Alexius' Duality Hacks

How to uncover non-duality
by Alexius Jørgensen

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Alexius regularly releases updates to fine-tune the duality hacks in the eBook. It is designed for smooth viewing on a tablet, computer, or large phone, using Google Chrome, Kindle, Apple Books, or similar apps. Underlined links open web resources.

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Publisher, Author, Designer, & Photographer: Alexius Jørgensen

If you're uncomfortable with being exposed as nobody, this eBook might feel unsettling. Similarly, the photo's vivid colours might be disturbing if you haven't yet glimpsed Enlightenment. No worries; apart from Duality Hack #10, undoing the belief in being somebody is a gradual process that unfolds alongside the enjoyment of that belief.

Alexius is only an email away: alexiusdualityhacks@gmail.com.

Download the eBook's latest upgrade here.

» Alexius' Duality Hacks *highlights a paradox: it involves more than one to write them, yet there's no more than that which is One since it is formless and, thus, endless. However, as it also takes more than one to read them, the same contradiction applies to you as a reader. Fortunately,* Alexius' Duality Hacks *reveals we have never abandoned that which is One. Doing so would require more than one, and there's nothing but the formlessness of oneness.* «

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. Fortunately, when you apply one or more of Alexius' Duality Hacks, *they shift your perception. The apparent differences in a world with more than one don't seem to make a difference. Therefore, the belief in separation eventually vanishes.*

Introduction

With *Alexius' Duality Hacks*, you discover non-duality by using the chaos of modern life. You don't need to strive for purity or restrain yourself. By trying one or more of Alexius' 88 Duality Hacks, you enjoy the belief in duality while it's gradually being undone at the same time.

Cautioning

The reader uses *Alexius' Duality Hacks* at their own risk. These hacks don't magically cure the body, solve problems, or improve the world. Instead, they undo the belief that you are someone in a world of duality. This approach promotes a kinder view of your body and a simpler way to resolve issues. Hence, you feel content in a world of duality on a path with no distance to non-duality.

Alexius' Duality Hacks are designed for your convenience, anytime, anywhere. Still, when teaching a child to cycle or dealing with a tricky problem, focus fully on the task at hand. You can return to the hacks later during activities that allow multitasking, such as a walk in the park, watching a film, or doing the dishes.

Where do the Duality Hacks come from?

Alexius' Duality Hacks do not rely on existing theories or philosophies. They are developed from scratch by Alexius Jørgensen, based on his encounters with *the Enlightenment of that which is One* (Duality Hack #10.2). As such, they offer a genuine approach to Oneness. Everyone has free and unrestricted access to all of his Duality Hacks.

Alexius' approach to oneness is not rooted in traditional spiritual or philosophical teachings but in the extraction of his source code by *the Enlightenment of that which is One*. This enabled his nothingness to pass a black hole, too tiny for something to cross, and fall into the formlessness of oneness. Rebooted in a world with more than one, he reveals how to uncover that which is One.

The purpose of the Duality Hacks …

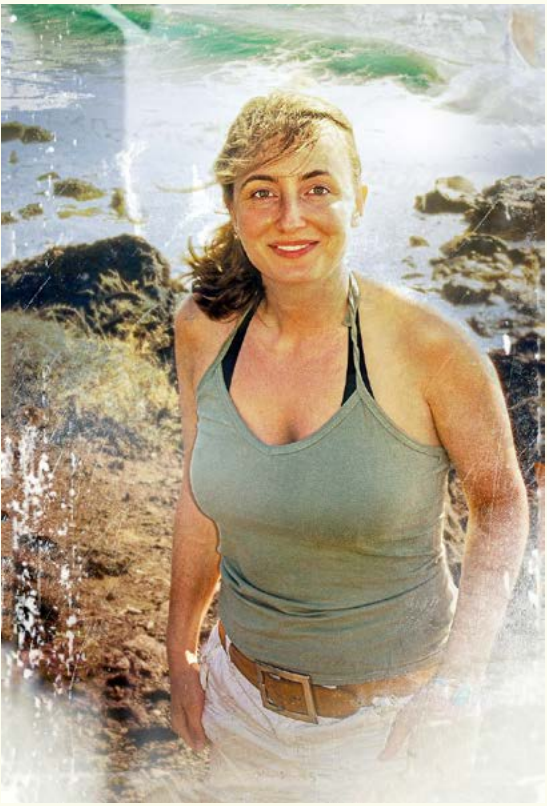
… is to enjoy the belief in duality while having it undone simultaneously.

What do you get?

You get *the bliss of nothing* (Duality Hack #9.10). This bliss, unlike the excitement of something, undoes the belief in a world defined by time and space.

What to do?

Non-duality is formless and endless. This means a dualistic world cannot exist. To uncover non-duality, only hack the belief in duality (Duality Hack #1).



First, we mastered hacking non-duality, spinning a world of duality from its threads. Then we hacked the duality world to fit our needs. Hence, since hacking is not new to us, it's as easy as pie to apply Alexius Duality Hacks *to challenge the belief in duality, revealing it as merely a cover over the formlessness of non-duality.*

Hacking the belief in duality immediately

When you do not know what or where you are, *the Enlightenment of that which is One* sets in. It immediately erases all memories of being something. In this way, something does not seem to hide what we cannot be aware of: that which is One (Duality Hack #10).

Hacking the belief in duality over time:

- IF YOU PRETEND TO BE SOMEONE in a world of duality, your appearance 'there' gradually fades, as 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 special (Duality Hack #5). Thus, feeling contempt, you eventually forget about duality.
- WHEN YOU PERCEIVE EVERYTHING AS SYMBOLS OF NON-DUALITY OR ARE INCLUSIVE, you appear in a world of duality, but you're not of it (Duality Hack #3 and #4).
- WHEN YOU CONNECT WITH *THE EMPTY BREATH* (Duality Hack #9), you gradually stop caring about the differences your brain creates. So, eventually, there is no separation to establish a world of duality.
- HAVING GLIMPSES OF ENLIGHTENMENT (Duality Hack #11.1) puts you in the world of inward-facing consciousness (Duality Hack #9.8). It's so abstract that soon, separation seems an illusion and duality fades away.
- SEING EVERYTHING AS TWOFOLD, all experiences in a dual world are confirmed to arise from the active interaction of opposites, such as night and day, which give each other meaning. By joining this interaction, you enter the duality flow, which, like a river, rushes back to its source: non-duality (Duality Hack #8.8).
- BEING *ALONE TOGETHER*. In dreams, you appear in different places, yet remain in your bed, AloneTogether with the experience of being elsewhere (Duality Hack #12). Acknowledge that you are also AloneTogether with the experiences you have while awake, and you are on a path without distance to non-duality.

Where to start?

You can start with Duality Hack #1 or browse the Duality Hacks as you feel like. The more you read them, the more they apply. However, at first, you may not feel this because they bring about *a state of not-knowing* (Duality Hack #9.10).

When you return from this state to the awareness of being someone in a world of something, you start afresh with a clean slate. Thus, in sync with the constant interaction of opposing elements that make up a world of something, such as night and day, you're in the duality flow – a joyride, without distance to non-duality (Duality Hack #8)

How long should you keep using *Alexius' Duality Hacks*

When the frustration of something consistently paves the way to *the bliss of nothing*, your journey with *Alexius' Duality Hacks* is over (see

A Duality Hack is a flexible tool that uses the turbulence of modern life to undo the belief in duality. This means you can apply one or more of Alexius' Duality Hacks *anytime anywhere to expose non-duality without any self-restrictions.*

Epilogue). After this, *the Enlightenment of that which is One* eventually undoes the belief in separation.

A load of rubbish

In *Alexius' Duality Hacks*, reality has many 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 with more than one.

But all labels are correct, even in this introduction. Explaining something requires more than one, yet there is no more than that which is One, as it's formless and therefore endless. Hence, since believing in more than one makes no sense, you need absurd ideas to hack it.

Alexius' Duality Hacks *enable you to simultaneously enjoy and undo belief in duality.*

As non-duality is formless and thus endless, a world of duality is a Fata Morgana.
Alexius' Duality Hacks *exposes this illusion whilst inviting us to play within it.*

Enjoying duality hacking

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

Alexius' Duality Hacks challenge the belief in duality, revealing only non-duality as real. Duality Hack #10 (*The Enlightenment of that which is One*) does this instantly.

Alexius' other Duality Hacks help us enjoy the belief in duality as we hack it. They are flexible tools you can adapt to various situations. Here are some examples.

***Alexius' Duality Hacks* invites 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 brings relief.
- DUALITY HACK #4 (Inclusiveness frees you from duality) complements the above by helping you accept all experiences. This acceptance naturally reduces inner conflict..
- DUALITY HACK #2 (Pretending to be twofold undoes duality) offers confidence in stressful situations because pretending to feel stressed means not identifying with it, thus avoiding feeling drained.
- DUALITY HACK #9 (In *the bliss of nothing* with *the empty breath*) delivers a metaphysical perspective. The empty breath syncs the inward-facing consciousness with the outward-facing one, resulting in tranquillity.
- DUALITY HACK #5 (The worry-free life of the basic self) guides you to follow your basic nature, especially when faced with conflicting desires, thereby reducing confusion.
- DUALITY HACK #8 (*The duality flow* goes to non-duality) enables you to see your reactions 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, moving towards non-duality.
- DUALITY HACK #6 (Happiness is being in touch with the brain) is for moments when you feel inadequate or not enough.

- DUALITY HACK #7 (Physical and non-physical issues don't mix) helps ease anxiety by distinguishing physical pain from emotional unease, encouraging a sense of freedom.
- DUALITY HACK #11 (Going without distance to non-duality) or Duality Hack #12 (The key to Oneness is *AloneTogether*). If you crave non-duality yet remain drawn to the possibilities of duality, try these hacks.
- DUALITY HACK #1 (Every experience is make-believe) reminds you that duality is make-believe, so it pairs well with all other hacks. Still, the feel-good effect of Alexius' Duality Hacks only arises if you're willing to undo the belief in more than one, as there's no more than that which is One.

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

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

If striving to be special feels unnatural, use Duality Hacks to address it. These aren't about controlling or fixing yourself. Therefore, forget about trying to become more authentic. Instead, stand by your desire for specialness while applying one or more of the following Duality Hacks:

- Duality Hack #2: You aren't what you pretend to be. Therefore, you are not special if you pretend to be it.
- Duality Hack #3: Perceiving everything as a symbol of Oneness, being special is just like being natural.
- Duality Hack #4: When you include being special, it does not define you.

You need not struggle against your desires or alter your appearance to break free from duality. Instead, you can use your challenges as entry points for duality hacking.

- Duality Hack #6: Perceiving your reaction to being special as 'it is what it is' shows that 'special' is paired with 'natural,' constantly interacting. Therefore, you're in the duality flow (see Duality Hack #8), not special or natural, but instead the energy that their interaction yields

This eBook features many other Duality Hacks to help you prevent perceived imperfections from troubling you.

You don't need to renounce your current way of living to break free from the belief in duality. Whether you're relaxed or stressed, wherever you are, there's one or more Duality Hacks you can apply.

Whether stressed or relaxed, there's always a hack

Just as Henry Ford's invention of the automobile surpassed the old horse-drawn carriage, *Alexius' Duality Hacks* are not a revision of ancient methods but a modern leap forward in uncovering non-duality.

Alexius developed the Duality Hacks from scratch, using a fresh, original approach suited to today's ever-changing world. Free from the weight of tradition, you can keep living your life as it is while exploring ways to hack the belief in duality. Whether you're relaxed or stressed, wherever you are, there's one or more Duality Hacks you can apply.

For instance, the unbound energy of stress sparks a take-off into *the empty breath*, gradually undoing the belief in duality while enjoying it (Duality Hack #9.1). The laid-back approach, *'Dunno what it is'* (Duality Hack #6.5) does the same.

In 2010, Alexius was stranded in the rainforest for two days without food or water. When a helicopter finally airlifted him from the forest, AloneTogether *(Duality Hack #12), with his experience of the beautiful world appearing beneath him, he pledged to serve it by exposing it as an illusion covering non-duality. This marked the beginning of* Alexius' Duality Hacks.

Alexius' genuine approach to Oneness

Alexius' Duality Hacks are not based on secondhand insights from sacred texts. They come from Alexius having his source code as an individual extracted by *the Enlightenment of that which is One*. This dissolved all sense of separation and uncovered the formlessness of Oneness. Rebooted in a world with more than one, he stepped into the role of an individual once again.

In Alexius' Duality Hacks*, there are few quotes. Alexius does not need to validate his Duality Hacks by citing others.*

Oneness has no size, because 'size' suggests a comparison between at least two things. Thus, oneness is boundless, not limited by the past or by concepts that depend on separation. In the same way, Alexius is not restricted by family history, doctrines, or traditions. This freedom means Alexius has no need to follow the usual method of eliminating perceived wrongs to realise oneself. Actually, Alexius neither has a self nor a soul, since both imply more than one.

Consequently, Alexius is not reborn or awakened. Yet, he's comparable to the Enlightenment of that which is One, as his nothingness fell through a black gap into the formlessness of Oneness in 1972 and continues there while pretending to be someone in a world with more than one.

Before 1972, Alexius didn't know about the Enlightenment or Oneness – also called non-duality. Nor does he claim to know about them today. This is because Oneness cannot be known, as that requires more than one.

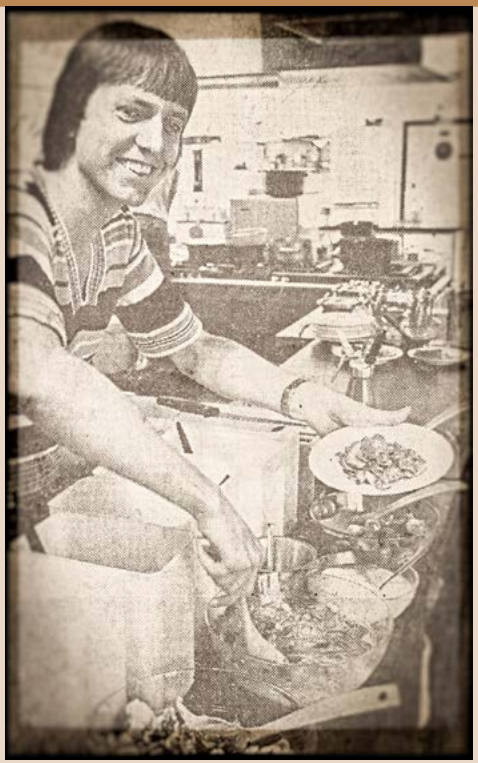
The Birth of *Alexius' Duality Hacks*

In 2010, Alexius was stranded in a primordial forest for two days with no food or water. At first, he struggled to find something better, but soon he chose *the bliss of nothing* over the struggle of something.

When the helicopter finally lifted him out, hovering in the air *AloneTogether* (Duality Hack #12) with his saviour, Alexius vowed to share what cannot be expressed: that which is One. He aimed to do this by exposing how the belief in more than one seems to cover up that there's no more than that which is One. His commitment to this led to the creation of *Alexius' Duality Hacks*. See also Afterword.

Since Alexius does not seek power, friends, fame, praise, or money, he feels free from expectations. This enables him to write what is rarely acknowledged: that which is One has no form and thus no end. Consequently, a world with more than one is imagined rather than real.

There's nothing you need to do to undo the belief in a world with more than one, just as there's nothing you must stop in a TV show to undo the belief that it's real. However, doing nothing doesn't stop the show from continuing. But it prevents you from believing you're part of it.



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

Alexius has been a man in many ways

Alexius Jørgensen, born in Denmark in 1949, has been many things. From hippie to healer, businessman to beach bum, and even a duality hacker, his varied roles show what one can do even without formal education or knowing what one is or what one does.

Nightmare Man

Alexius' childhood was mainly about surviving his violent dad.

Music Man

He was responsible for music at his school and the city's sports centre (65). As a teenager, he attended numerous concerts: The Rolling Stones (65), Bob Dylan (66), Jimi Hendrix, and Cream (67). Later, he attended concerts by Bryan Ferry, Lou Reed, Herbie Hancock, Pat Metheny, Milton Nascimento, Eurythmics, Public Enemy, Prince, Tricky, Joanna Newsom, Philip Glass, etc.

Kid Man

At 16, he worked with children. Two of Denmark's best-selling newspapers published articles about how he created space for children to express themselves.

Provo Man

At age 17, he participated in the Danish Youth Revolt.

Hippie Man

At 18, he joined a hippie commune.

Nomad Man

At 19, he travelled and lived in a camper van with his girlfriend.

Taxi Man

He became a taxi driver at age 20.

French Man

At 21, he lived in an old mountain village in southern France.

Ashram Man

At age 22, he became a monk and delivered Satsang across Europe for 4 years.

Enlightened Man

At age 22, 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

At 26, Alexius launched two restaurants, two bars, and Denmark's first vegetarian takeaway – all built from the ground up. One of his restaurants, a forerunner of New Nordic Cuisine, was nominated for a *Michelin Guide* award. His bar, *Floss*, inspired the Danish cult film Riders of Depression. After leaving the Ashram, Alexius had hardly any money, but he soon achieved financial success. Twelve years later, however,

he lost everything. Therefore, his business journey ended as it began – without anything but *the bliss of nothing*. More on his business adventure appears on page 260.

Family Man

At age 30, he settled down by the seaside as a family man with two beautiful sons.

DJ Man

At 35, he DJ'd at a nightclub and on the radio.

Amusement Man

Following years of intense business, beginning around age 36, Alexius entertained himself by going to raves in London, dancing at Pacha in Ibiza, and appearing on a Danish morning television show.

Healing Man

At 41, he started performing aura massage.

TV Man

At 42, he created television programmes about life's darker sides.

Teaching Man

From the age of 43, he taught graphic design at a Danish School for Public Relations for three years.

Media Man

At 45, he started delivering cutting-edge solutions for both large and small businesses through his company, Mediaman.

Baker Man

in an ecological bakery, at 55..

Hero Man

At 57, *the Danish Institute of Future Research* named Alexius role model for the future – calling him *a hero of the future*

Art Man

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

Alexius with one of his charming sons.

Photo Man

Until Alexius deleted his pictures online, he was listed among the world's best photographers on Google. However, he was never a professional – just someone who enjoyed capturing spontaneous, unposed photos, between the ages of 59 and 66.

Jungle Man

At age 60, when TV cameras captured Alexius being airlifted from *the rainforest, they called him 'the hero who survived the jungle'.* While suspended in the air, he pledged to develop *Alexius' Duality Hacks*.

Duality Hacking Man

Shortly after turning 61 and with no forward momentum or expectation of what would follow, Alexius began writing *Alexius' Duality Hacks* on an island not far from the Sahara in Africa.

A photo from one of the magazines writing about Alexius' businesses in the 80's.

Flex Man

By his early 60s, Alexius no longer uses social media to present himself as unique. Although housed in an apartment brimming with beauty and a paradisical view, there's no 'I' seeking to be defined by that or by writing *Alexius' Duality Hacks*.

Bliss of Nothing Man

Because Alexius' experiences are perceived as nothing masquerading as something, from his early 60s onwards he's not a teacher of something but *the bliss of nothing.*

Redundant Man

In his current life stage, Alexius is a messenger whose role is to make himself redundant so that you become 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. Hence, this list is mumbo jumbo.

Every appearance and experience, whether mundane or spiritual, is constructed by the brain from nothing, just as a computer creates a simulated environment or a dream presents a world out of nowhere.

They say seeing is believing, but it's actually the opposite: what we believe shapes what we see. Therefore, if we don't believe in something, we see no shapes concealing what cannot be seen: the formlessness of Oneness.

HACK #1.1, What you see is make-believe

The brain shapes our experiences, making us seem like someone in a physical world, though nothing is tangible because oneness is formless and endless.

The woman you see on the previous page is not actually there. She's a simulation – a collection of tiny pixels assembled into a shape we collectively identify as a woman. But since Oneness is formless and therefore endless, perceiving anything definable – whether in cyberspace, the physical world, or the spiritual realm – is an illusion fabricated by the brain. What seems like something real is actually a brain-made experience built from nothing to appear as if it's something.

However, the brain doesn't weave this illusion to deceive us. We have tasked it with generating experiences of a world defined by time and space to conceal that there's nothing but the formlessness of Oneness.

This is not a factual explanation but a metaphor. It serves to illustrate the incomprehensible: that we appear as separate beings in a world limited by time and space when, in reality, there is only the formlessness of Oneness.

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It takes more than one to discover something, yet there is no more than One, for it is formless and therefore endless. And since it takes more than one to write or read this, no one does—just as no one moves within a game's virtual realm.

However, we can pretend to be somewhere we are not (Duality Hack #2). This is not about authenticity, truth, or transformation, but about enjoying role-play in a virtual amphitheatre. Unfortunately, many mistake the virtual world for reality and see themselves as authentic beings within it, leading them on an endless pursuit of validation rather than simply enjoying their role in the game of more than one.

Fortunately, *Alexius' Duality Hacks* undo the belief that you are in a world with more than one. However, they don't do this by pointing to Oneness – it's impossible, as that requires more than one. But since you believe in more than one, they can point out that the brain

It takes more than one thing to point to something, so Alexius' Duality Hacks *cannot point to Oneness. But if you believe in a world with more than one, these hacks can point to that belief, revealing it as the factor that conceals that which is One.*

processes those experiences to hide what cannot be experienced: that which is One.

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. Consequently, it's not the brain's thought construction of a world with more than one that needs correction, but the belief in more than one.

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You cannot demonstrate that the experience of a world with more than one is false. Reality is Oneness, and it needs more than one to prove anything.

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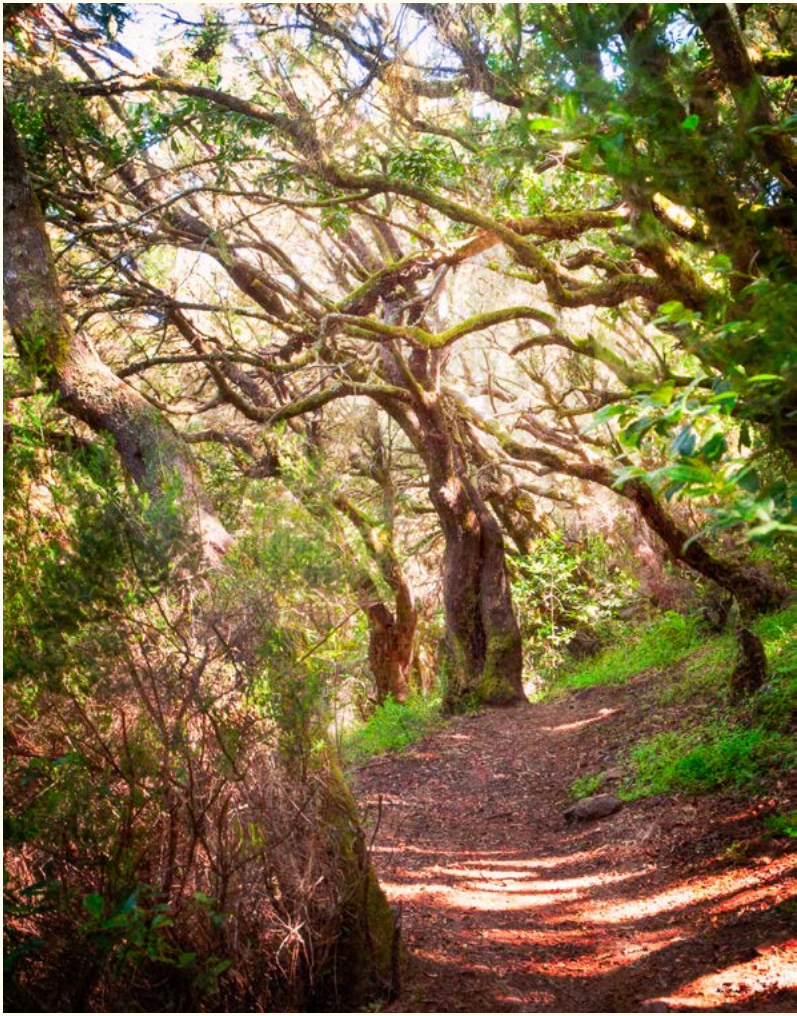
Imagine you see a particular tree as magical, so you hug it for a long time, hoping for a mystical transformation. But all you get are

Nothing but our desire for more confines us.



stiff arms, so you end up disappointed and demand that the tree set you free.

However, the tree has not imprisoned you. You chose to hold on to it, believing it contained something that would make you more insignificant. Yet holding onto the tree only results in pain, so you realise that its supposed magic is make-believe.

The tree symbolises a world with more than one. It offers nothing, since reality is that which is One, and it takes more than one to possess something. But we cling to the illusion of more than one until we see that it is make-believe.

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Seeking a deeper understanding via delving into something is pointless when it comes to Oneness. It's formless and therefore without depth. Hence, such pursuits only serve to hide it.

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

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Undoing the belief in separation does not result in awakening, stillness, *'I am that I am,'* or mystical states. Producing a result requires separation, so nothing comes of undoing separation.

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Science states that the world we believe we experience is made up of 99.9999999% empty space. The remaining part, although also empty and insubstantial, is what we perceive as substantial elements. Consequently, our appearance as definite beings in a physical world is make-believe.

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

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The smartphone's triumph rests in its ability to make us forget that we're interacting with a screen. It convincingly presents the illuminated pixels as tangible objects in the real world, subject to

our manipulation. In other words, the smartphone has succeeded in imitating the brain. Out of empty space, the brain fabricates experiences of something which feels substantial when we respond to them.

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The substantial entity you believe in being is exposed as a construct of thoughts if not confirmed as tangible by other constructs of thoughts.

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Our sense of what and where we are is a matter of make-believe

Quantum physics holds that something exists only when observed. Thus, if it is not witnessed, it does not exist. The world operates on this logic. For instance, in a court case, only what is verified by someone else is accepted as true.

This is why we interact socially, internally or externally, to substantiate others who, in turn, confirm our existence. It works best when we feel approved by a group considered superior to others. At such moments, we feel special and more alive. Yet, since our affirmers exist only in our thoughts, our existence is a thought construct.

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The feeling of being someone in a world with more than one is like seeing a mirage in the desert. You interpret the sparkling air as a distant village and imagine meeting people there, which persuades you that the mirage, like a world with more than one, is real.

We're not the creators of our actions. We compulsively express the signals we receive, much like a radio that picks up and plays music from a distant station. But who originates those signals?

The brain, operating in a world perceived as governed by time and space, fabricates the signals we express. Yet these signals are made from nothing to appear as something. Consequently, our actions are make-believe.

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No one is what they appear to be, not because their real self lies beneath the 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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In Oneness, there is nowhere to go and no one to meet, since both a destination and a companion require more than one. Therefore, being among others is only possible if you visualise a world with more than one.

Most alcoholics only accept a cure for hangovers if it doesn't involve re simulation rather than a genuine reality moving the cause: alcohol. Similarly, those who believe in a fixed identity and seek to end its suffering are unwilling to eliminate the root of their misery: the belief that they are someone definitive.

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Living in a cold country, you may yearn for tropical warmth. But dressing lightly, drinking cocktails, singing foreign songs, or changing your name won't let you feel the heat of the tropics. Similarly, Oneness isn't uncovered by chanting, wearing unique clothes, or using exotic names. It isn't reached by doing more but by undoing the belief in more than one.

Wearing tropical clothing in a cold climate does not provide warmth. It only leads to discomfort and illness. In the same way, attempting to integrate Oneness into a world of more than one entails suffering, as it reinforces the illusion of separation.

The brain claims that our experiences are constructed from the frequencies it detects through the eyes. We choose to believe this to avoid realising that all experiences, mundane as well as spiritual, are nothing, twisted into something by the brain.

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

Just as artificial intelligence generates images from its database, our brain constructs our experience from its database. When we respond to them, we appear to exist as someone in a world enclosed by time and space, though the formlessness of Oneness is all there is.

Preface

Digital photos consist only of zeros and ones, yet their appearance varies widely. This is because an app interprets various combinations of zeros and ones as different images. In the same way, the brain interprets empty space as many kinds of appearances.

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

An analogue camera records images directly onto film. But a digital camera works differently. It does not record images itself. Instead, it captures the RAW data of the light the lens is set to register when the shutter is pressed.

But this RAW data does not immediately become an image on the camera's screen. First, a built-in app turns the RAW data into contrasting elements, forming a world of time and space. Most apps do this by turning RAW data into a JPEG file, which then appears on the screen.

As with a digital camera, the light frequencies that reach our eyes aren't turned into images. But unlike a digital camera, the brain doesn't convert the raw sensory input into something resembling a

The brain fabricates all experiences from nothing, treating wakefulness, sleep, and meditation equally. It does not distinguish between personal experiences and those of others, nor does it label experiences as real or imaginary, physical or spiritual. The same organ constructs everything, ignoring human notions of fact, coherence and efficiency. The brain's sole function is to fabricate stories, limited by time and space, so captivating that we forget that reality is the formlessness of Oneness.

When a smartphone recognises your face, it doesn't perceive you as a physical being but as a collection of electrical impulses. In the case of Apple, it detects these from a grid of 30,000 invisible dots that it projects onto your face to create a 3D map of your facial topography, which the phone then uses to identify you, according to its software.

world confined by time and space. This is because our eyes see only empty space, so the brain has nothing to work with (see page 26).

Nevertheless, the brain claims that our experiences come from the information it receives from our eyes. Thus, it can hide that it makes our experiences out of nothing and turns them into something.

This explains phenomena such as vividly 'seeing' images with closed eyes, experiencing a missing limb as if it is still present, having an orgasm in dreams – or some individuals claiming to perceive deceased people or future events.

> *The brain easily convinces us that our experiences are assembled from sensory data because if we don't believe it, we reveal that we're the brain's fantasy.*

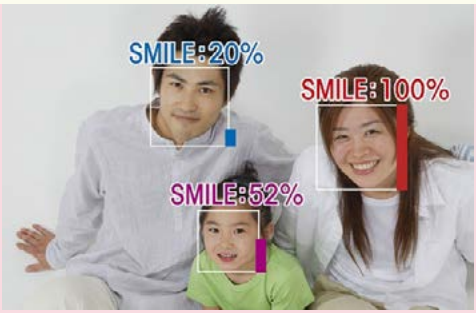
The brain fabricates the present

While we cannot change the brain's fantasy world of nothing turned into something, we're free to choose between going right or left, for instance. But, like in a video game, the actions that follow our decision are determined. Yet, it still takes time for the brain to process our experience as scripted. However, since this processing delay is extrapolated, you are unaware that the brain has taken one second to fabricate what you believe you are experiencing now.

Think about blind people using Facebook. AI acts as their 'eyes'. When they activate a picture of a pizza, for instance, the AI immediately generates an audio caption saying 'pizza', helping them visualise a pizza after a slight delay. This example shows the same processing delay in a more practical context. The illustration shows Facebook's audio captioning for blind people.

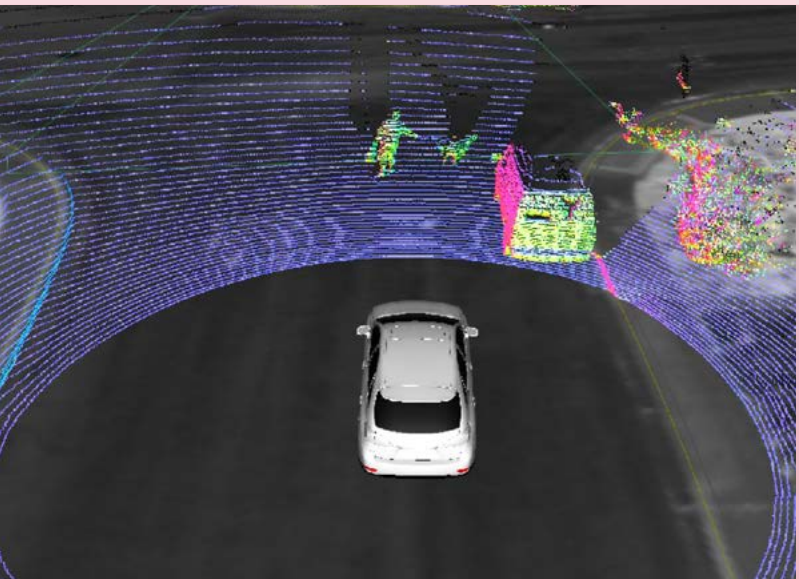
However, blind people cannot know whether artificial intelligence is accurate. Nor do they, or others, understand that the brain never gets it right because reality is One and experience requires more than one.

Often, those willing to accept that all experiences are fictional argue that a higher power has initiated the fiction, making experiences real on a higher level. But since 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 yourself to be is blind, deaf, and numb. Whether seen as spiritual or mundane, what you see, hear, and feel are simply electrical signals in the brain. They have no inherent meaning unless the brain processes them into something you interpret as significant, like a smiling face.

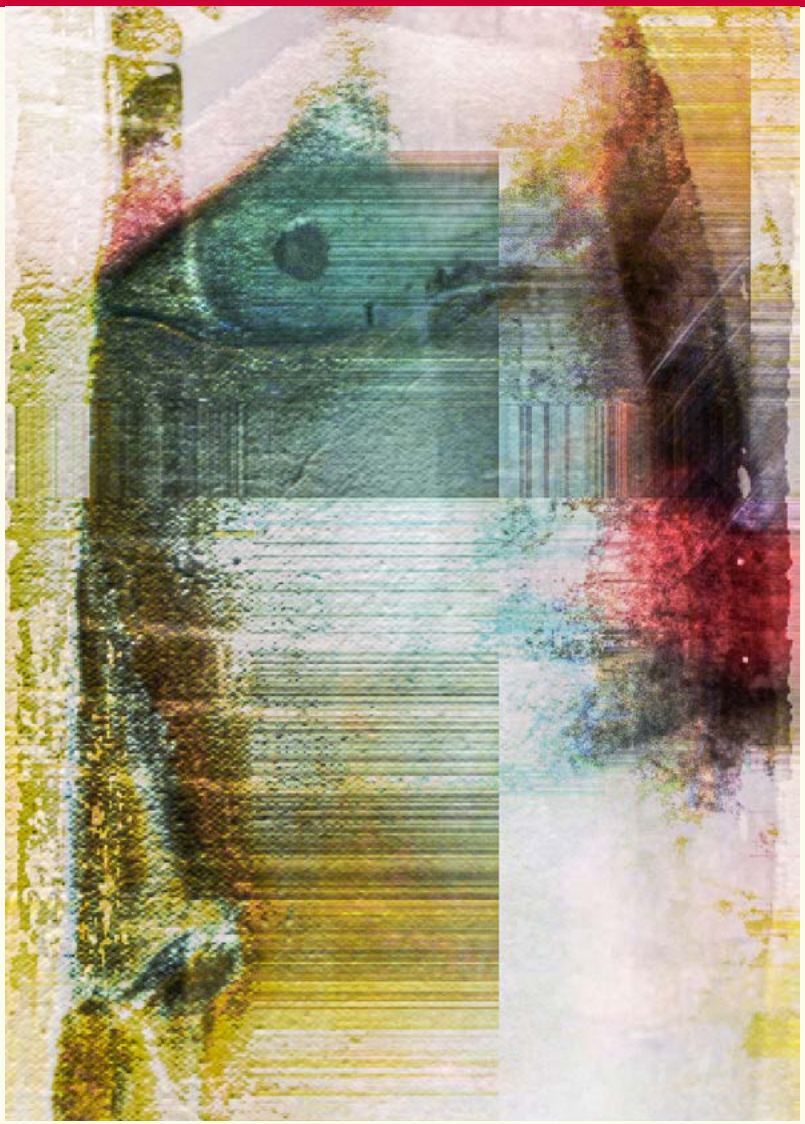


What humans and self-driving cars 'see' is built by their master – the brain for humans, the internet for cars. As shown in this internet-sourced image, the self-driving car's view differs from what the brain makes you 'see.' *[The images are from the internet]*

Since a chicken does not speak different languages, it makes the same sound worldwide. However, the brain makes us perceive it differently across countries.

Regardless of a country's language, a rooster's call remains the same worldwide. Yet our brains make us perceive it differently, resulting in a symphony of interpretations: in India, a robust *Kuk-rook-koo* and in Germany, a spirited *Kikerikie*. The Philippines offers a melodious *Tik-tila-ok*, France delivers a drawn-out *Cocoricooooo*, and Sweden prefers a brisk *Kuckeliku*. East-End vernacular opts for a succinct *Kay-Eff-See*, Spain chooses a rapid-fire *Kiri-kiri-ki*, and for Alexius, who was raised in Denmark, it's the 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 holds 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.

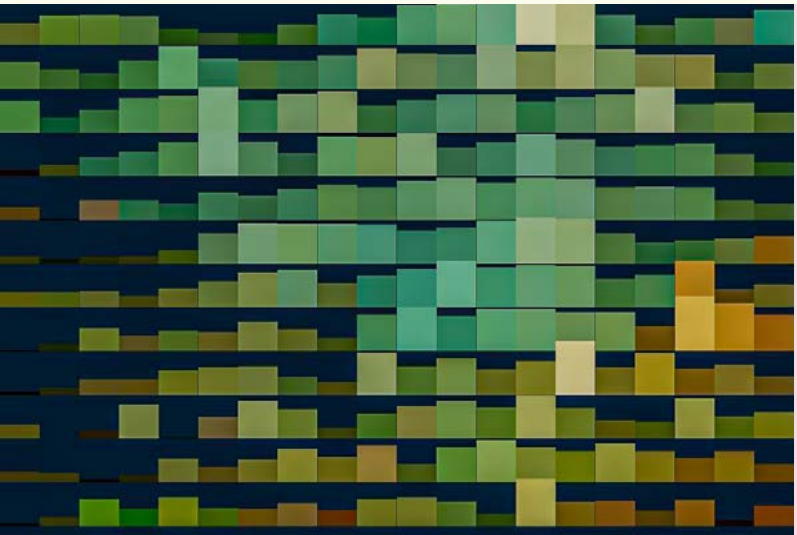
HACK #1.3, The more you look, the more you're exposed as nobody

Since Oneness is formless, thus endless, belief in a world with more than one is inexplicable. Therefore, Alexius uses metaphors to show how absurd such a belief is.

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, as below:

Many meditate, chant, drink, take drugs, or pursue other practices to eliminate their problems. Paradoxically, these efforts tend to reinforce the very issues they seek to escape. For instance:

- Meditating to become whole heightens incompleteness.
- Pursuing freedom reinforces imprisonment.
- Eating to get healthy feeds feeling unsound.
- Looking for Enlightenment intensifies inner darkness.
- Uniting the world amplifies separation.
- Demanding respect heightens disrespect.
- Seeking God strengthens the demon inside.
- Searching for a higher self affirms unworthiness.
- Striving for perfection reveals imperfection.



This image shows a single square multiplied to form a cluster of squares. Using an algorithm, Alexius has done this to make one square appear as more than one.

However, there is a fundamental misunderstanding in the list above. People do not meditate to become whole or eat for health. They do these things because their brains compel them to. The brain shapes and maintains us as physical beings in a world confined by time and space. See Duality Hack #6.

Most try to hide that they are the brain's puppet by solving problems, believing it makes them in charge. But, as the list above shows, doing so only worsens their problems. Fortunately, when we acknowledge that the brain is in control, we meditate or eat healthily simply to enjoy following the brain's script and so avoid creating problems.

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If a computer with AI is programmed to think it's a bird flying around a star, it generates moving images of a star, suggesting it's a bird circling it. Similarly, the human brain fabricates images of a world defined by time and space, implying we are someone within an external world.

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

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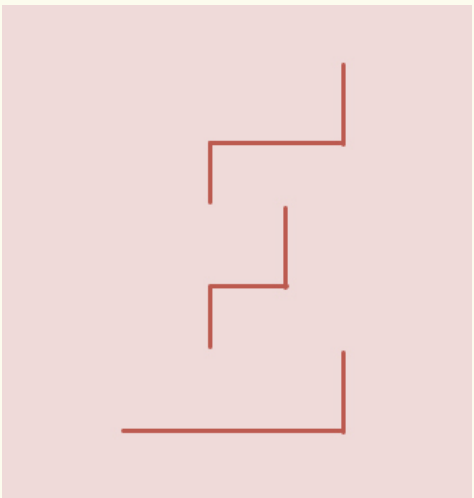

If you see an 'E,' you're imagining what's not there. This holds for all experiences because reality is non-dual, and seeing requires more than one. *[Image from the internet]*

Pink does not exist as a colour. Wikipedia calls it an extra-spectral colour. For more on pink, also known as fuchsia and magenta, follow this link.

Pink is a non-existent colour

The brain's duality fantasy has flaws. In a dual world, every colour in the spectrum should have a complementary counterpart. Yet there's a gap: lime green lacks a complement. The brain corrects this mistake on the spot by blending blue and red in our headspace. Hence, we 'see' the missing colour, pink. *Alexius' Duality Hacks* go further. Since all experiences are fake, they correct that. Duality Hack #10 does so instantly. The other Duality Hacks fix them over time, so you can enjoy the brain's manufactured experiences while they're being undone.

In the darkness of the night, Alexius glimpses one of his cats. At first, he believes it's the black one. As the cat moves, he realises it's actually the brown one. Our perception of the world is much the same – a constantly evolving construct of thoughts.

When Alexius organised the files into different folders on his first computer, he assumed they were arranged the same way on the hard disk. Now, he knows better. There's no hierarchy on a hard disk. No files are on top or situated beneath others. A hard disk is flat, and everything is non-dimensional, made up only of zeros and ones.

Thus, Alexius' experience of a structured world on his monitor was make-believe. The same goes for the world we see, except it's not made of zeros and ones but of empty space that the brain twists into experiences of something definable.

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The illusion of time and space is sustained by the desire for specific future outcomes.

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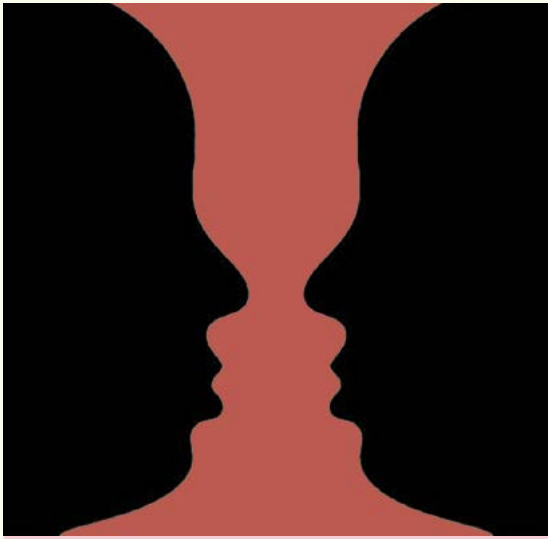
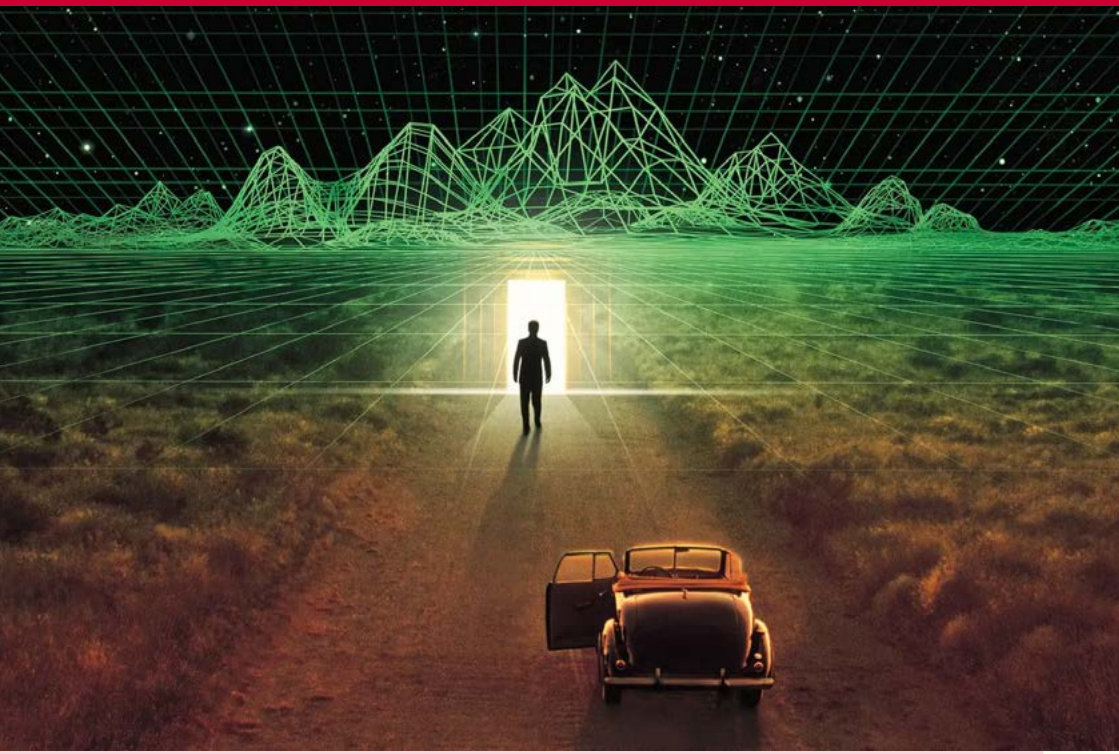
The world we perceive, much like a movie viewed through 3-D glasses, is not three-dimensional. It's a construct, a simulation fabricated by the brain. Yet most choose to see this virtual amphitheatre as real, to feel alive, because they constantly doubt their existence. However, if we recognise the amphitheatre is unreal and still play the part the brain gives us, we enjoy pretending to be what we are not (Duality Hack #2).



Do you see two faces or a vase?

The answer is important in a world with more than one. However, it's meaningless in Oneness, as differences require more than one.

[Image from the internet]



The scientific idea that nothing explodes in a Big Bang and expands into a world of something is unreasonable. There's no time or change in nothing. So any appearance of expansion would necessarily include contraction at the same time. Thus, our belief in a world of something is based on fragments assembled from this perpetual present and arranged into a continuous timeline. [The image is from the movie The Thirteenth Floor], grabbed from the internet.

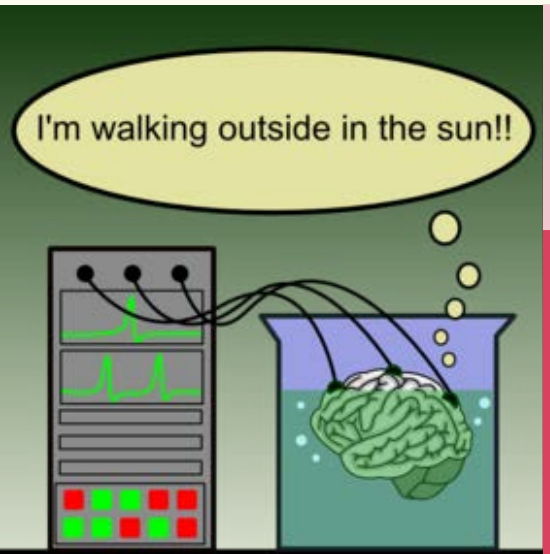
HACK #1.4, Duality serves as a virtual reality conceived to hide non-duality

Duality, as a simulated layer atop non-duality, functions like a VR headset: it replaces the user's natural environment with an artificial one.

Binary data simulates visuals on your screen, creating colourful images that suggest a three-dimensional world. However, binary data can take only two values: 0 and 1, and thus lacks form, colour, or depth. Therefore, our brain assigns these values to the screen appearances, making them seem to affirm its fantasy of a three-dimensional world.

A world of duality is like a virtual layer atop non-duality, making duality seem real and non-duality unreal. However, duality cannot hide non-duality unless we believe that the appearance of more than one is real. So it is not duality that conceals non-duality, but our belief in more than one.

This belief is sustained by dividing the illusion into appearances assigned different values, such as ‘natural’ and ‘unnatural’. For instance, most consider sunlight natural and light from a bulb artificial. Yet, in reality, they’re both virtual. A seemingly live flower is as fake as a plastic one. Love, ego, soul, consciousness, truth,



What and where you believe you are is virtual reality. This reality is fabricated by unreal impulses, since it takes more than one to receive something.

The explanations in this hack are metaphors used to describe what cannot happen yet seems to. For instance, non-duality cannot be covered by duality. Non-duality is formless and thus endless, so there’s nothing to hide it.

god, spiritual beings, and astral planes are equally false. Even Alexius' description of non-duality is not genuine because non-duality is that which is One, and his explanation consists of different elements.

Nevertheless, as Alexius is comparable to *the Enlightenment of that which is One*, he knows that non-duality, being oneness and thus formless, is endless, so there is nothing but non-duality. Hence, what he says about duality acts as a metaphor for the unexplainable: we appear in a world of duality, although there's nothing but non-duality.

The same applies here: All thoughts are like code, set up by the brain for you to experience as images of something tangible. Thus, what you see is a construction of thoughts superimposed on reality by the brain, which itself is a construction of thoughts.

However, you're closer to non-duality if you don't try to understand this. Non-duality is that which is One, and understanding requires more than one. In other words, if you're foolish, you don't affirm the

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

belief in more than one. Yet most prefer to uphold that belief so they do not look foolish but wise. This limits them by their 'wisdom.'

> *Knowing something restricts you per your knowledge, whereas not-knowing anything has no constraints.*

Thankfully, reading *Alexius' Duality Hacks* helps you stop feeling ashamed of being foolish. Alexius, a fool himself, does not tell you to take special steps to improve. Instead, he gently guides you to foolishly forget what and where you believe you are, freeing you from the restrictions of knowledge. In this way, you welcome *the Enlightenment of that which is One*.

But be foolish like Alexius only if you have no social responsibilities. If you have duties, such as caring for children, devote yourself to them and use the appropriate knowledge to fulfil your obligations. As your devotion makes duality fade, you eventually become as foolish

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

The wise one distinguishes between good and evil.

The foolish one does not separate, thus unbroken.

The wise one knows the self.

The foolish one is selfless.

The wise one understands much.

The foolish one understands nothing, thus remaining present.

The wise one seeks Enlightenment.

The foolish one seeks nothing, thus Enlightened.

Not understanding anything is excellent for undoing the belief in duality, but in a world of duality, there's much to understand. Thankfully, *Alexius' Duality Hacks* enables you to do both.

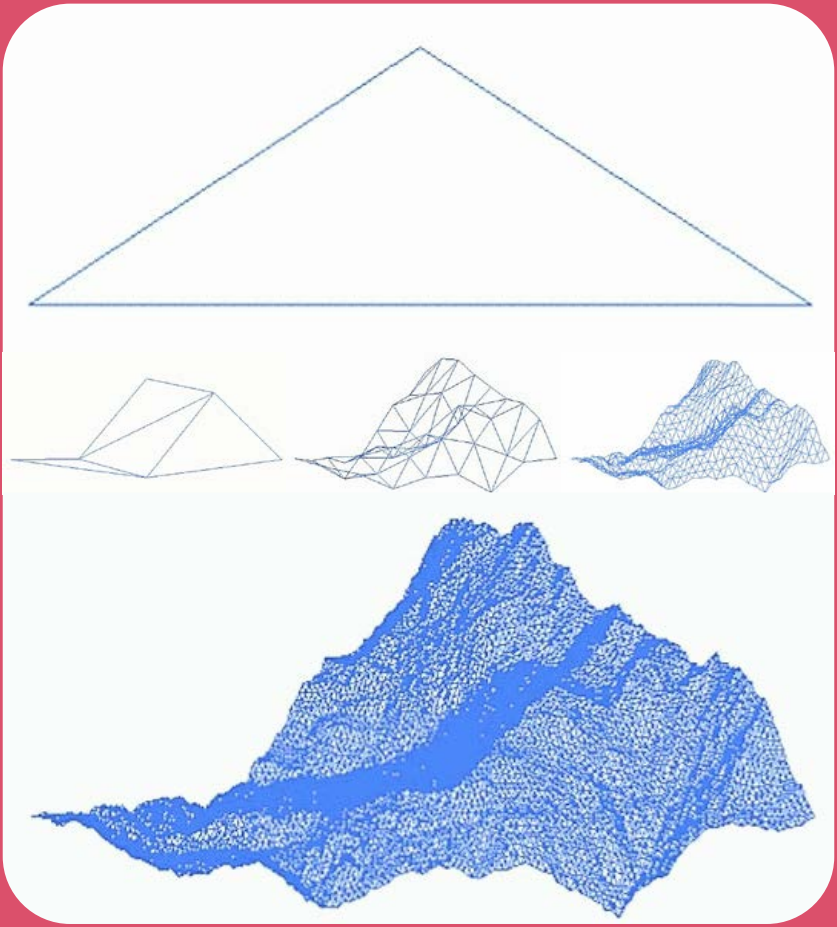
as Alexius, free from the belief that you're someone in a world of duality.

Using duality to undo it

Alexius' Duality Hacks help you avoid confusing duality with non-duality. They guide you in using anything in the virtual reality of duality to undo the belief that it is real. For instance, you can perceive 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 what oneness is because it takes more than one to know anything.



In these animation grabs by *António Miguel de Campos*, the solo triangle represents non-duality. Although it stands alone, it does not signify loneliness because it is non-dimensional and thus endless, meaning it's everything. Yet picturing there's more feels exciting. So the triangle imagines multiplying itself and adding the results in numerous ways, as if there's a world of duality.

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

Since non-duality is not two but one, and a shape requires more than one, it follows that non-duality is non-dimensional.

Non-duality, being no more than One, defies anything that requires more than One, such as dimensionality. That is why non-duality is formless and impossible to define. Yet it seems dimensional when viewed from a distance, observed from different perspectives, combined in various ways, and distinguished by deeming some aspects better than others.

But looking at non-duality from outside is just a fantasy. It has no edges because it has no form. Also, it takes more than one to notice something, so it is impossible to define that which is One.

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The non-dimensional nature of non-duality appears concealed by a dimensional world. But since non-duality, being formless, is everything, a dimensional world is a fantasy, not made by anything or anyone.

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Compared with a world defined by time and space, non-duality, being non-dimensional, is smaller than anything else. Yet because it has no beginning or end, it is everything. Consequently, a world defined by time and space is a hallucination.

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The dimensions in this image are an illusion, created by contrasts on a flat paper surface. Similarly, the sense of being a dimensional being in a dualistic world derives from perceived contrasts.

When seeking reality, many look for something larger and better in a world of time and space. Yet reality is neither larger nor better. It is the formlessness of non-duality, not something specific or located anywhere definable. No worries. What is shapeless has no beginning or end, so it is everywhere, forever.

Separation confirms the formlessness of non-duality

In the illustration below, the single line at the bottom left symbolises the non-dimensional, infinite nature of non-duality. Its multiplication into a tree symbolises the world of dimensions. Thus, ratifying the dimensional tree confirms non-duality. After all, it's formless and thus endless, so you can't experience a dimensional world without it.

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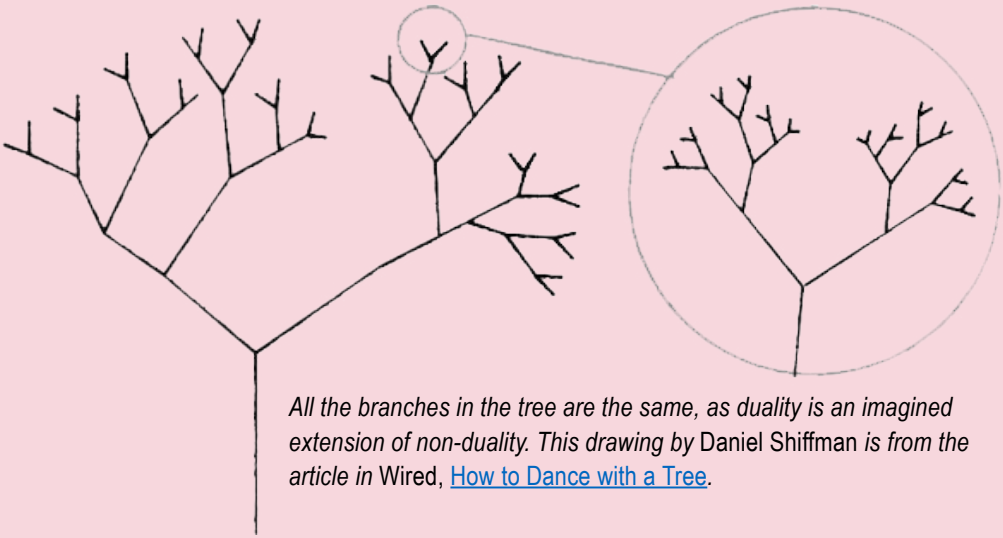
What you read on your electronic media is a simulation of the computer code underlying it, layered over the basic encoding of your media. In other words, everything on your media screen is a layered construction. This reflects the basic principle of duality: to fabricate



All the branches in the tree are the same, as 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.

something definite from something indefinite and to layer the spin-off on top of the source.

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 anything, do the right thing, or have a pure heart, because non-duality is non-dimensional and 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 where you are not

New technology often reflects duality as a layer atop non-duality. For instance, when wearing AR glasses, your view of the world changes, making it seem as if you live in a virtual world alongside the real one. This can be so captivating that you may forget the real world for a bit.

Virtual reality glasses take this a step further by completely eclipsing 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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With augmented reality glasses, you can overlay a digital layer on your face, presenting yourself as you wish others to see you. [Image from the internet]

That which is you doesn't deviate from non-duality. Since it's non-dimensional, it's endless, so there's nothing but that which is you. Consequently, the experience of a dimensional world in which you appear as a substantial being, interacting with similar entities, is a hallucination.

If you mistakenly perceive this hallucination as reality, correct it easily. As you are not where you pretend to be, simply pretend to be someone in a dimensional world. See Duality Hack #2.

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

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

The way hip hop started is an excellent illustration of 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 – such as a guitar riff – from a cassette tape by cutting it out and looping it on an empty cassette.

Then they played this loop on a portable boombox in the street, dancing or rapping to entertain others. Their performance seemed to transform the loop into something uniquely their own. LL Cool J started his career in this way.

Today, with technological advances, sampling is done using software, which often combines multiple samples into layered compositions that sound entirely new.

In the early 80s, another way of creating sound from existing records emerged: scratching. This technique involved DJs using fast, back-and-forth motions of a vinyl record on one turntable

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. There, the loop was played continuously as if it were a unique piece of music created by the one dancing or rapping to it on the street. Nowadays, the loops have become more advanced. But the idea is the same: You present loops of music as if they're 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]

with one hand while manipulating the mixer with the other to add a distinctive scratching sound layered over the music from another record.

To conclude, just as fragments of existing music can sound like new music, a world with more than one is formed from fragmented and distorted visions of that which is One.

There's no need to ponder when the story of a world with more than one end. It ended the moment it began. We're just replaying selected loops (Duality Hack #2.3), such as meeting someone special. That's fun when we know the loops are not real but imagined fragments of what is, namely, non-duality.

Since Oneness is formless, it may seem dull compared with the excitement of something dimensional.

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

Since that which is you is that which is One, and since it is formless and thus endless, something perceived as big does not add to what you already have.

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, because any dimensional experience is bound by time and space, the excitement it evokes does not last. So, when one keeps chasing a specific shape, satisfaction never comes.

On the other hand, if one perceives 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 because in a world governed by time and space, everything seems to take time.

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

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First, the idea that the formlessness of Oneness can be observed from an First, the idea that Oneness, although formless, can be observed from an external viewpoint is conceived. Next, seeing it from different angles creates the illusion of changing views, leading

It seems as though the blue line at the back is longer than the green line at the front, but this difference is purely an optical illusion. Removing the chequered board shows that both lines are actually the same length. *[Image from the internet]*

to the perception of a world with dimensions. Then, because moving between these points of view seems to take time, a sense of linear time arises. Finally, this dimensional world moving through time gives rise to the belief in separation.

However, if one does not observe, by not focusing, the apparent distinction between the viewer and the viewed disappears. This leaves no division to hide the formlessness of Oneness. That is why most people keep observing the world, keeping it at a distance and reinforcing the belief that they are separate beings in a dimensional world moving forward in time.

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Since imagining being someone in a world governed by time and space requires a great deal of focus, you undo the fantasy by not focusing. This approach, as with most other things mentioned in Alexius' Duality Hacks*, is presented in the context of undoing the belief in duality. For instance, although you defocus to undo the belief in duality, you still concentrate on practical matters, like going down the stairs with your kids.*

Many teachings and movements promise a transformed self if their doctrines are strictly followed. However, what is offered remains dimensional and, therefore, unreal.

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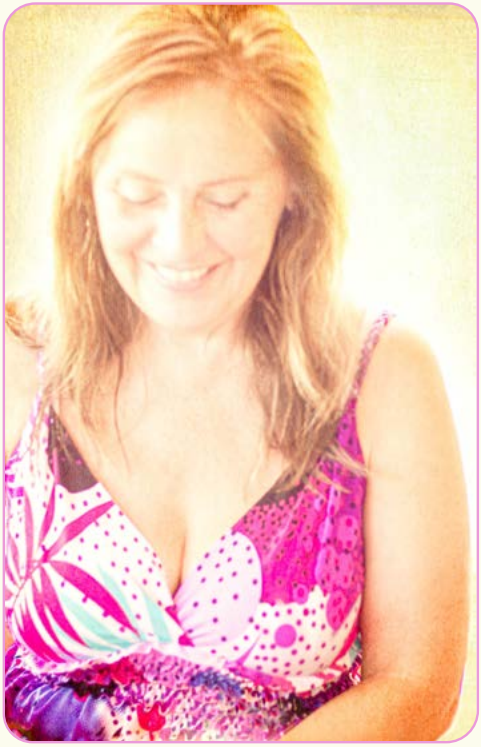
MP3, a compressed version of lossless music, loses some quality due to compression that cannot be restored.

Appearing as a substantial being is similar to being an MP3 file. Because the formlessness of Oneness has been compressed into an entity encapsulated by time and space, this entails a loss that can never be recovered. However, unlike an MP3 file, there's no need to recover anything, as being dimensional is fictional. Oneness is formless and, thus, endless.



The goal of Alexius' Duality Hacks *is neither to prolong nor to improve life. That's impossible. Life is formless, thus endless. Thus, the purpose is to undo the belief that you're someone with a beginning and an end.*

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We may find natural sauces unsatisfying if we seek strong peak experiences, such as a Thai sauce enhanced with MSG (see Wikipedia on MSG). For instance, a reviewer of a Thai sauce without a flavour enhancer said it didn't taste authentic.

But it's the opposite. The artificially enhanced sauce delivers an immediate sensation, but it doesn't last. It leaves us wanting more, so we never feel genuinely satisfied. By contrast, the sauce without enhancement offers subtle serenity that does not leave us craving 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 more.

However, unlike food jazzed up with flavour enhancers, Oneness cannot be boosted because it calls for more than one. Because of this, and 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 supports this unlearning while also letting us have fun with flavour-enhanced experiences of more than one.

This is not to say that Alexius' Duality Hacks are authentic. They're as artificial as anything else that involves more than one. Still, since they don't improve anything, they don't fuel desire for more. That's why, eventually, applying them shows that there's no more than the formlessness of Oneness.

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Many people prefer to feel tight rather than relaxed. They cherish feeling stuck because it reinforces the belief that they are dimensional. Furthermore, imprisonment implies there's something else. However, there's neither something larger nor something smaller. Being dimensional is imagination.

In a world with more than one, we must always appear to have more. So we pump ourselves up with impressive clothes, friends, or insights. But Oneness is formless and endless, so there is no more than that which is One. Ergo, 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, the belief in something no longer seems to obscure the formlessness of Oneness.

When we feel stuck in daily life, we may go on holiday to soak up more sun, attend seminars for extraordinary experiences, or replace them with exciting video games. Each of these activities represents a repetition of our battle with Oneness. This habitual quest arises because we perceive Oneness's everlasting peace as boring and, as thus, seek 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, delivering endless new places and experiences to discover. Similarly, the physical world, full of tangible options and differences, may feel more thrilling than the formlessness of Oneness, where there is nothing to choose but that which is One. Thankfully, if one doesn't seek more, the differences we perceive in either the online or offline worlds don't make a difference. Thus, Oneness, being undivided, is unveiled as ever-tranquillising, as there is no conflict or choice.

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

Seeking to be and to have more reinforces the belief in 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, because processing them requires more than one.

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

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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.

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

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

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

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Because most people are weary from constantly pursuing more, they seek increased relaxation to regain the energy needed to pursue more love, peace, authenticity, friends, money, power, and whatnot. Above all, they want greater control so they can manipulate more people into giving them more.

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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

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, we must always look for more to uphold the belief that there's more than One. In contrast, Oneness is a perpetual present, exempt from the burden of constant change and the need for more. *[Image from the internet]*

relentlessly pursue more, the reward is not a thrilling experience of something higher but *the bliss of nothing*.

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The only thing that appears 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 to get more to solve problems. 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 possibilities in a world with more than one unfold, all those options eventually collapse into a single possibility: that which is One.

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When you accept your appearance as one among many 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. But since the temporal length of an event is an illusion, you're not in a hurry. Therefore, you can revel in the experience of being and having more than one until this experience, like anything else with a beginning and an end, naturally comes to an end without any effort on your part.

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You can't choose that which is One because making choices involves more than one, strengthening the belief in separation. But if you stop believing in stories about more, the perception of separation dissolves, leaving nothing to choose.

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If you believe in more than one, Oneness has a built-in safeguard mode that simulates a world with 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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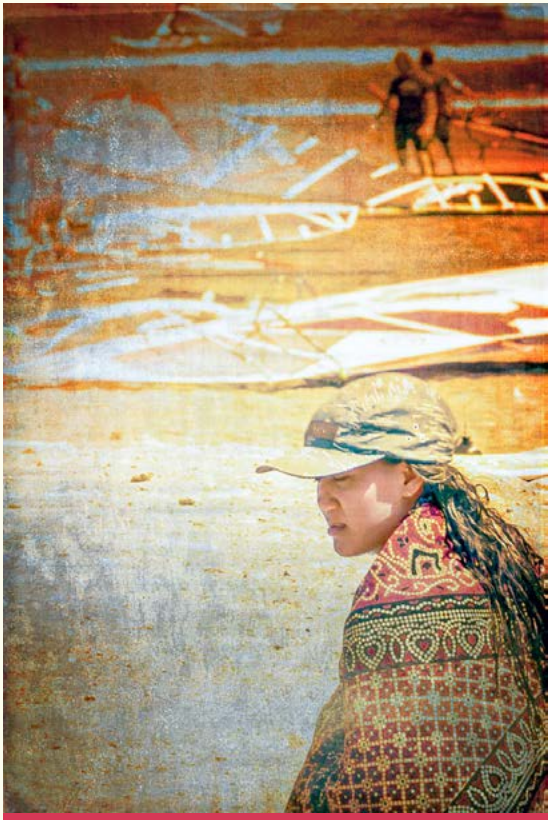

What you know about Oneness is wrong since understanding requires comparing or relating more than one thing. Thus, looking forward to experiencing Oneness is madness – it would require a division that Oneness lacks. Thankfully, the hope for more disappears if you look forward to not believing in a world with more than one.

A tale about more than One

You can compare the formlessness of Oneness to one endless thought – a thought without boundaries or breaks. Nothing disturbs its peace until this thought is split in two: one resembling the appearance of *a Person* and the other of *a World*.

To sustain the illusion of more than one, the division continues. The thought called *the World* is split into *Good* and *Bad*, and the thought called *a Person* is split into *a Judge* and *an Executioner*. Thus, *the Person* seems to have *Good* and *Bad* experiences.

The Executioner punishes those in *the World* whom *the Judge* deems responsible for *Bad* experiences *the Person* has. This makes *the Person* feel off the hook. Someone else is judged guilty for *the Bad* things *the Person* feels inside. But since *the Bad* things within keep surfacing, *the Person* constantly demands that the *Judge* and *Executioner* find new scapegoats, thus reinforcing division.

However, Oneness, being formless, cannot be divided except in fantasy. Thus, the fantasy of division is played out internally in *One*, leading *One* to mentally project any perceived faults or negative qualities onto imagined external groups or individuals, such as immigrants, capitalists, or communists. The internal role of *the Judge* – the part that makes judgments – may be projected onto authority figures like a god, a parent, a boss, or a lover. And *the Executioner* – the force that punishes – may be associated with society at large. In this way, blaming outside entities reveals how *One* experiences perceived divisions within oneself.

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

But *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 increasing separation instead of phasing it out.

Ancient scriptures suggest the world is an illusion. If so, this also applies to Alexius' Duality Hacks*. However, there is a significant distinction between them and most spiritual teachings. The latter offers you something to help you fulfil your desire for more. Conversely,* Alexius' Duality Hacks *undo the illusion of more by not offering you anything but* the bliss of nothing.

Knowing there's no more than that which is one, you are never 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 oppose the undoing of the belief in more than one. However, undoing this belief requires no power. Experiencing more than one is akin to seeing others in a dream. But nobody is in the dream, so only the dreamer has to undo the belief that there is more than one. Ergo, undoing the belief in more than one takes no more than one.

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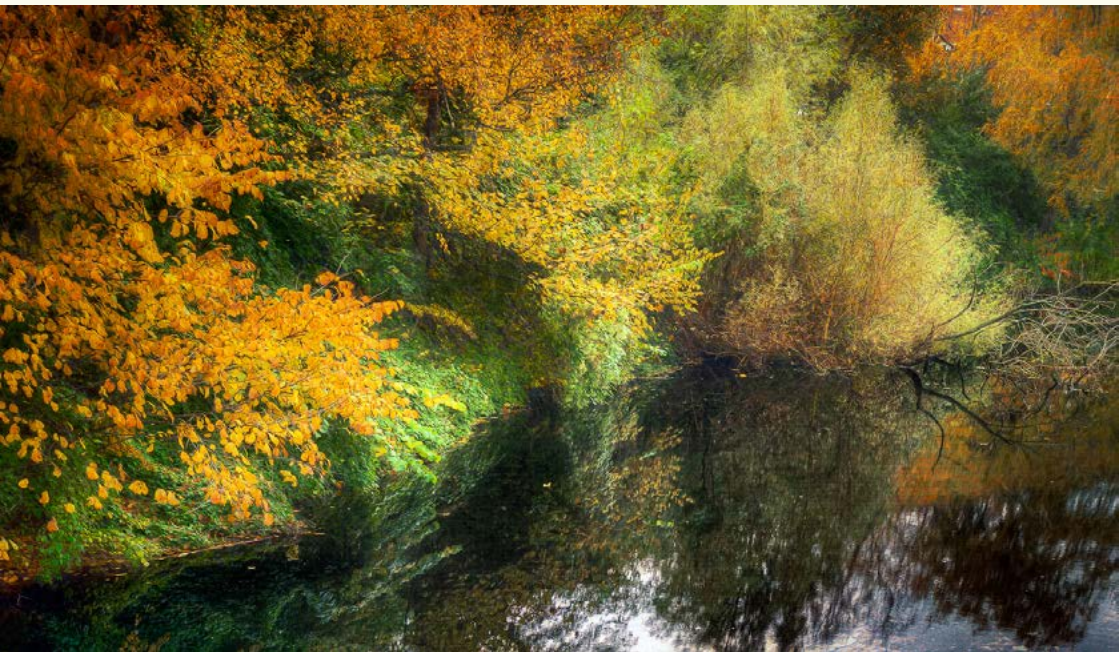
»Non-duality means 'not two' or 'non-separation'. It's the sense that all things are interconnected and not separate, while at the same time, all things retain their individuality. An awareness of non-dual-

ity 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 begins by establishing that non-duality is not two but non-separation. It then divides non-duality into more than one, so you can gain more perspective, freedom, and stability. But as non-duality is formless and thus endless, anything that requires more than one 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. Consequently, 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, leaving duality is a metaphor, since duality does not exist. Consequently, there's nothing to depart from except the belief in more than one. Yet even this is a metaphor, because any attempt to explain is a product of duality rather than non-duality..

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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 over the media code that renders it on your screen. 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.

To summarise, what we think we see actually happens in the brain. It seems outside us only because we choose to believe it, to confirm our existence as separate entities. 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 that you are someone in a world with more than one.

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

Given that reality is Oneness and that it requires more than one to perceive anything, every experience is make-believe. It's like a dream made of nothing, orchestrated by no one.

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

Yet the world we perceive when awake is also a product of the brain. It exists nowhere else. If we had not learned to organise our experiences into a structure, we would see our waking life as disordered as a dream. Both are fantasies made from nothing.

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A world with more than one is an illusion temporarily superimposed on that which is One, making oneness appear non-existent as long

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

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

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There's no way to prove that the world in a dream is false, because everything within it, including 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 an individual meeting like-minded people in a world with more than one is like a dream in which you experience meeting others. However, you don't share this experience with them – only with yourself (see Duality Hack #12).

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It appears that there is life in the world of a movie because you believe the movie is responsible for your feelings. In the same way, you have chosen to be affected by a dream of a world with more than one, making it appear real.

In dreams, things appear material even though 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.

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

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When you say 'my body,' you show it's not you but something you think you have. So what are you? It's like asking what you are in a dream. There is no answer, because you are not really there but lying in your bed.

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If you feel stressed by a dream event, you're mistaken. You're relaxed in your bed, simply imagining being stressed elsewhere. The same applies when you're awake and feeling stressed, except you're not dreaming or taking part in an event, 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. This is why *Alexius' Duality Hacks* is neither about realising Oneness nor returning to it, but about having the belief in more than one undone. Then this belief no longer seems to hide that Oneness is all there is.

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Oneness can't be seen, so it's assumed to be hidden by a world with more than one. But the reason Oneness seems hidden is that you want to see it. Does this sound strange? Think of a dream. The characters in it can't see the dreamer. Only what can't be known in the dream is real.

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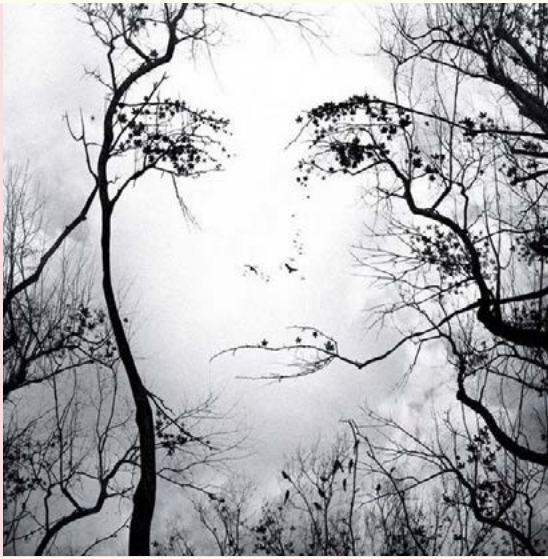
You see a face in this image only if you have conditioned yourself to perceive something where there is nothing. This illustrates how perception is determined by conditioning. *[Image from the internet]*



Alexius' Duality Hacks don't come with dreamy whale sounds, fantasies of unconditional love, or pictures of lotus flowers. They don't offer a better world or higher states of consciousness, or other dual-world concepts. They offer nothing but the bliss of nothing. That's why they undo belief in more than One.

You don't need a teacher to reach non-duality. Metaphorically, you have the key in your pocket. You just forgot it. Fortunately, *Alexius' Duality Hacks* help you remember that you have it. Hence, you can relax while dreaming of more than one. *[Image from the internet]*

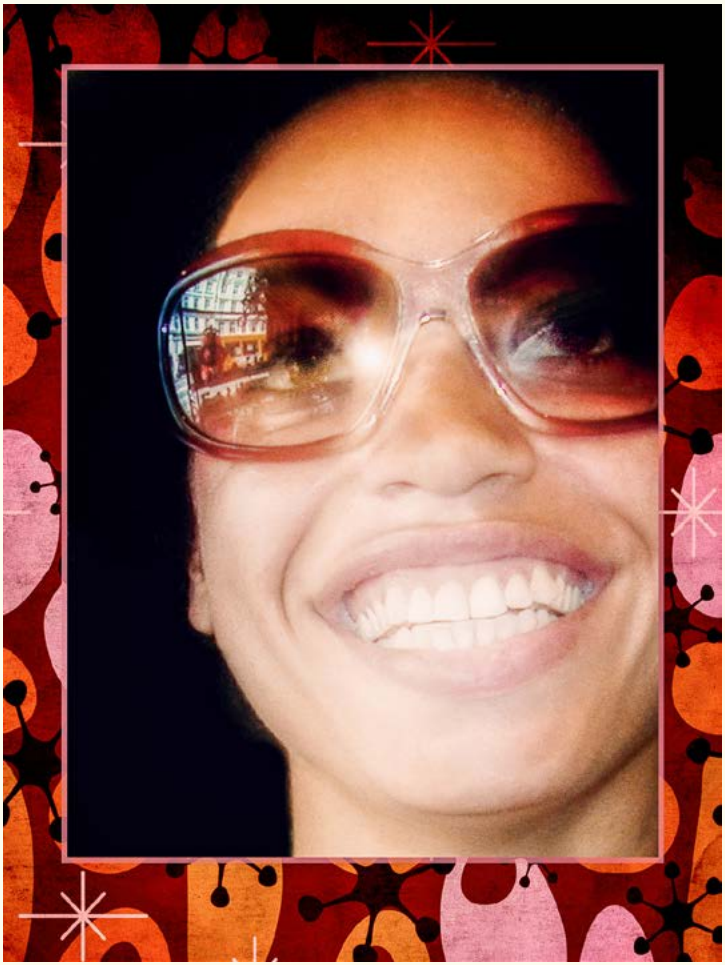
If you find yourself unhappy with your perception of the world, you dislike yourself, as your perception reflects your own self-image. Fortunately, changing your perception of the world, such as noticing beauty in nature or kindness in people, leads to liking yourself. Alternatively, if you change your opinion of yourself to something that makes you feel good, such as acknowledging your stability and flexibility, the world will feel good, too.

HACK #1.9, You receive what you believe you are

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

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

In other words, if the way we perceive the world doesn't make us feel good, we 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



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

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

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How you perceive someone's response depends on how you see them. If you have deemed them annoying, you'll see their response as upsetting. So, if you don't want to feel disturbed by them, you either change your judgment of them or your perception of their response, seeing it as peaceful. Since you only recognise what you have yourself, this change establishes you as friendly.

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You can't recognise something you don't have within yourself. That's why you see the world through what you have. If you have love, everyone seems lovely, and you feel loved regardless of their response. Still, you don't have to like everything they do. For instance,

In a world with more than one, you must always choose something to sustain the illusion of separation. Consequently, you undo this illusion by not choosing. It might be easier not to choose when you stick to being the basic self, which relies on the brain's decisions.. See Duality Hack #5.

Alexius dislikes it when his cats bring home half-dead animals. Yet his love keeps him seeing his cats as lovely.

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What you give comes back to you – not in another lifetime, but at the very moment you give. This is not to be taken literally, as if giving money meant you would get it back. It's the intention behind giving money that yields immediate returns.

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

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If you want the world to respond to you in the way you define as loving, your self-hatred is exposed when you don't receive the expected response. However, instead of acknowledging that the world is in the eye of the beholder, most people blame others for being rude.

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When you blame things such as your parents, the deep state, or capitalism for your situation, you act like a victim. This enables you to justify your actions to the world, enabling you to behave in ways that would otherwise be unacceptable, while still appearing innocent..

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The present is perceived as good enough when you feel good. But if you feel uncertain about yourself, nothing seems good enough. In other words, your response to the present moment reflects how you feel about yourself, not the situation itself.

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Whether you're aware of it or not, you always give what you have. Therefore, if what you give results in hatred, that's what you have. No worries. Acknowledging your hatred makes you feel loved, be-

If Alexius wants to experience more, he heightens the sense of scarcity, so nothing feels fulfilling. But when he feels whole, everything feels fulfilling. One way to always feel whole is to pretend to be whole. In a world of appearances, everything is make-believe. So why not pretend to be whole and feel fulfilled? See Duality Hack #2.

cause love and hate are paired, like two sides of a coin. See Duality Hack #8.

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You can only send love to someone if you believe you're separate from them. Since separation is the cause of suffering, you send misery and immediately feel miserable, as you get what you give.

Thankfully, because every feeling is twofold and misery is paired with pleasure, you feel delighted when you acknowledge 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 recognise the shit you see in others as your own, 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 it does mean you're in charge of how you perceive it.

When you point your YOU finger (index finger) at someone to judge them as wrong, your three ME fingers (next to the index finger) curl back towards you. They act as arrows, tracing your judgement back to what it's meant to hide in you. Maybe you always followed the rules, but secretly didn't care at times. Ashamed, you disown your inner rebel by criticising another's self-absorption. Fortunately, tracing the ME fingers reconnects you with your suppressed rebel. Hence, since you no longer need to hide it by judging others as egocentric, you feel sympathy for both of you. [Photo from the web]

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

Pointing the YOU finger (index) at someone as bad, our three ME fingers (next to index) point back to ourselves. Following them helps us see the suppressed desires or insecurities that we try to hide within by pointing the YOU finger at someone else. Accepting those feelings as our own frees us from hidden guilt and the need to blame others.

When we point the YOU finger at others to blame for our unhappiness, our three ME fingers point back, reflecting unresolved issues within.

For instance, you point the YOU finger at your boss and, silently or aloud, accuse them of being a ruthless dictator. At the same time, your three ME fingers point back to yourself, revealing what you want to hide by accusing the boss.

It could also be that you're ashamed of your desire to rule, so you blame the boss for acting that way. Or, feeling inferior around authority figures, you accuse the boss of putting you down to escape confronting those feelings.

Perhaps you felt worthless as a child, striving for perfection to earn love. Now, people-pleasing feels automatic, so you adapt to your

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 you must accept as yours if you want to feel loved.

boss for acceptance. Still, you hide that you manipulated the boss into liking you, all to suppress your feelings of inferiority by claiming the boss exploits you.

Projection is a psychological defence mechanism. We attribute our unwanted traits or feelings to others. For instance, by projecting our negativity onto the world, we make it the contrasting background to our perceived positivity. Because of this, our view of the world reveals what we need to accept within ourselves. This makes us more flexible, not trapped by our own false positivity.

Following the three ME fingers to face feeling unloved

You don't need to revisit the past to address old patterns. They repeat now, so you can face them today. For instance, you point the YOU finger at authorities to hide old feelings of being unloved. Following the three ME fingers brings you face-to-face with feeling unwanted, here and now.

Facing these feelings isn't about analysing, embracing, or speaking out loud. These actions just distance you from what you hide. Instead, if you see someone as dominating, be 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.

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

Condemn Alexius to free yourself

Start freeing yourself by pointing the YOU finger at Alexius – condemning him for typos or whatnot. Then follow the three ME fingers to identify the feeling he triggers. When you feel nothing but this, there's not something else to define it. Hence, since the unpleasant feeling is erased from your memory, you cannot hold onto it any more.

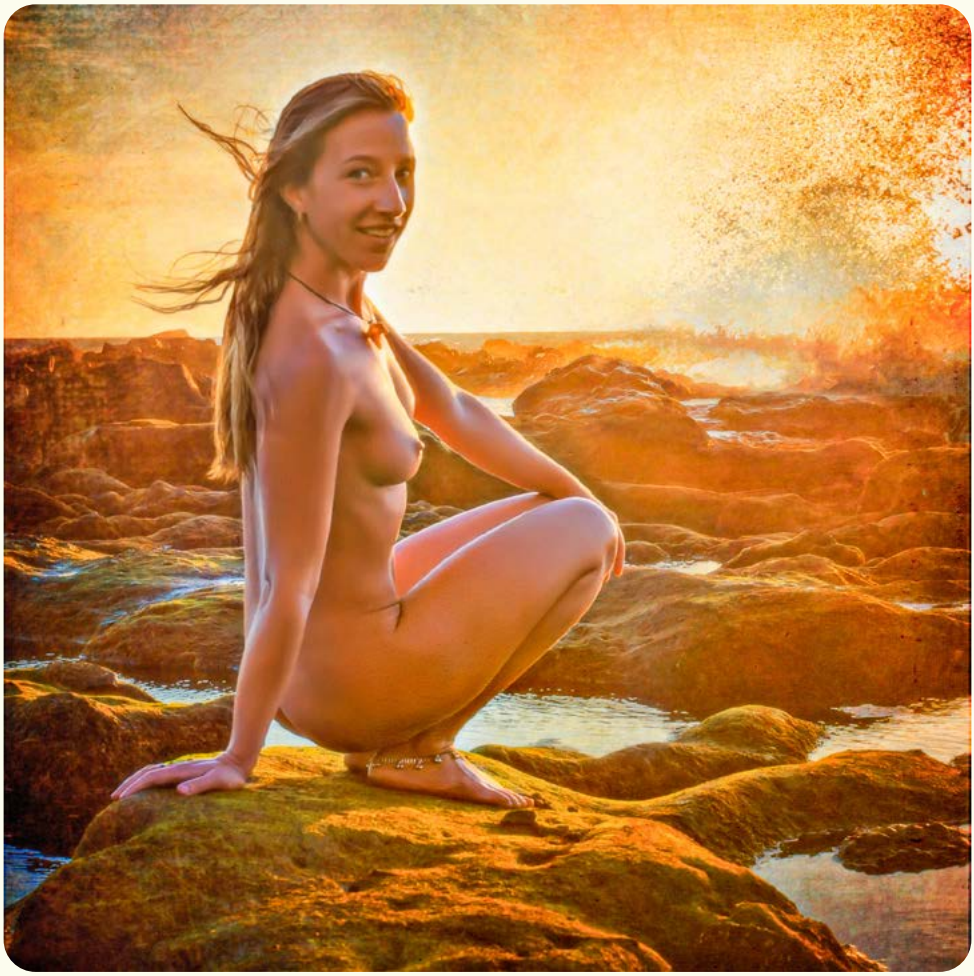
So the next time you encounter a distressing situation, you laugh and wonder why you once found it upsetting.

Appendix

While the above focuses on feeling upset, the same principles apply when feeling content. For instance, when you point the YOU finger at someone and say, »You make me happy,« you can see what that person triggers in you. By facing it, you no longer depend on others for your happiness. This independence enables you to be in relationships without limiting each other. To summarise, recognising both negative and positive projections helps free you from dependency.

Point the YOU finger at Alexius and notice your three ME fingers pointing back. Feel your accusation's impact on you. By being that feeling and nothing else, the alleged problem loses definition. It's no longer there, freeing both you and Alexius

HACK #1.11, Sex, Karma and Meditation



Whether you call it love or sex, these concepts are experienced and expressed 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 spiritual because what you deny you enhance. In contrast, when you enjoy orgasms, you forget about materiality, thus heading towards spirituality.

Being physical is a core feature of appearing in a material world. Hence, a leg remains physical when not engaged in walking, and a computer, when switched off, doesn't become immaterial. Similarly, the body doesn't become spiritual if you hold back ejaculation during tantric sex, for instance. 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 this fiction seems real, you may as well enjoy the pleasures of sex by giving it your best shot.

Oneness is endless, so you can't experience a world limited by time and space without it. Hence, you'd better experience it to confirm 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 pleasure of an orgasm is incredible, especially when connected with *the empty breath*. Then the whole body quivers with joy, and you have glimpses of Enlightenment. Read about *the empty breath* in Duality Hack #9 and glimpses of Enlightenment in Duality Hack #11.1 and #11,2.

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 seeking the cause of the world to prove its existence. However, science can't find the origin of the world. Still, they have a theory of a Big Bang that creates something from nothing. But there's neither something nor nothing, because life is formless.

Life has no cause and effect. Karma is bogus

Life is formless, thus endless, so it cannot be caused by anything or have any effect. Consequently, 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. Nothing is caused by the past or 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 rather 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 connectedness in their life story. Yet, life is not reasoned. It remains formless, resisting our attempts to impose order.

Actually, because life is formless, there's no life in a world confined by time and space. One way to recognise this is to examine the cause of such a world. Some imagine a god 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 as caused by past actions is succumbing to the illusion of karma. This mental construct, which we mistakenly perceive as a physical force, holds us to the past and leaves us feeling trapped.

Many meditate to eliminate thoughts and feelings that don't match their idea of perfection. But when you accept yourself as you are, you free yourself from the pressure to eliminate thoughts and feelings that don't fit your concept of perfection.

Meditation tricks you into believing 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 belief in more than One and thus hack it.

Hacking this belief doesn't lead to greater insights, more peace, or going deeper, because these aspects are 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, a house, or anything else, nothing establishes them as somebody in a world with more than One.

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

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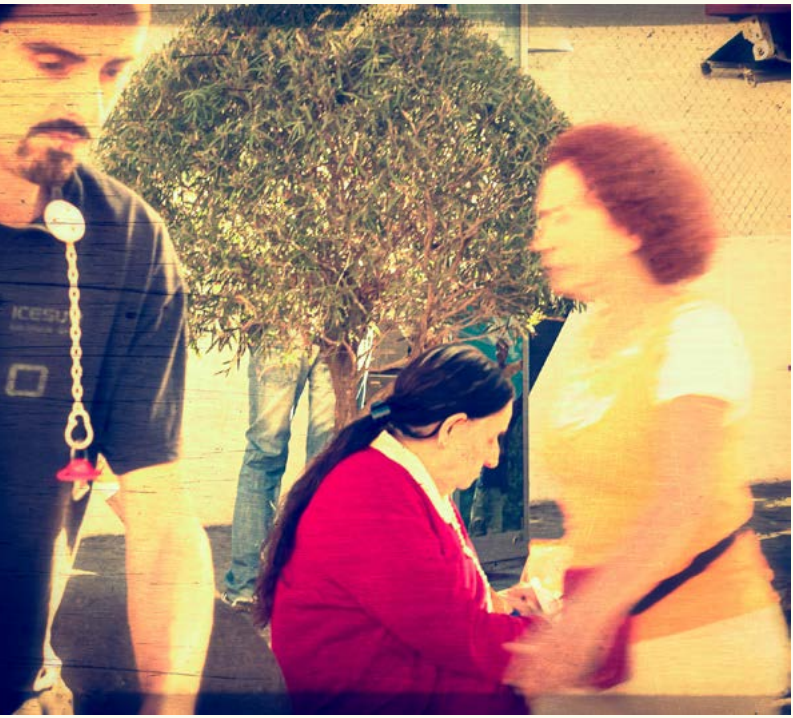

Thoughts seem problematic when you want to use them to construct a specific image of yourself. But when you don't care about appearance, they're stimulating.

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

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

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

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Eastern meditation seeks to empty the mind of thoughts, whereas Western meditation, rooted in Christianity, aims to fill it with thoughts of God. However, the mind is a construct of our perception. Thus, both emptying and filling the mind are equally illusory.

You always have peace

Meditation doesn't lead to lasting peace or transformation, and the teacher doesn't possess anything you lack. All you need to be at peace is not to obscure Oneness by meditating or by engaging in anything else that requires more than one.

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

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

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When you meditate, you seek something, such as peace. Yet since Oneness is formless and thus endless, acquiring something specific is make-believe.

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

The belief in more than one

Because Oneness is formless, you can't focus on it. So, contrary to what you may have learned, concentration is not helpful in undoing the belief in separation.

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Meditation involves more than one, so practising it to overcome separation is futile. Thankfully, because Oneness is formless, there's no separation to overcome.

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

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In ancient times, many who came to the Ashrams in India displayed aggressive behaviour. Thus, meditation was developed as a means to suppress their aggression. Today, the same meditation practices are used to promote inner peace by suppressing negative traits. In this way, meditation reinforces 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 with eyes open.

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

If you try to resolve stress through meditation, you'll become confused because you don't know who you are. Only your maker knows. And since that's the brain, you address stress by following the brain's stream of thoughts, rather than distancing yourself from them through meditation.

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We're bound to follow the brain, which creates and sustains us as physical beings in a world defined by time and space. See Duality

Hack #6. So, if we want to appear spiritual, we need to alter the thought structure that makes us perceive ourselves as material into one that makes us appear immaterial.

However, this manipulation of thoughts doesn't make us feel spiritual. Instead, it leaves us confused. Therefore, 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 of spirituality.

The world in which we appear is not singular but dual

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

But suppose we accept duality by adopting a dualistic approach to our experiences. In that case, the brain doesn't need to establish dualism by generating an ongoing inner dialogue of opposing elements. Consequently, no thoughts disturb you as the duality flow moves towards non-duality. Refer to Duality Hack #8 for how a dualistic approach to our experiences leads to the duality flow.

Although the wish to change is typically 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, because zeros and ones combine 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.

There's no more than that which is One, as it's formless, and thus endless. Consequently, you can only appear in a world with more than one by pretending it.

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

Being a parent, teacher, lover, musician, or tourist is something we first simulate within. It's like rehearsing a role in a play. Then we act it out in the world perceived outside us. By accepting this pretence, we undo the belief in being someone specific. Eventually, this belief no longer seems to cloud what we cannot simulate: the formlessness of Oneness.

Believing you are someone definitive means you will end, since all that is definable is limited. But if you only pretend to be someone, when pretending ends, the formless Oneness which made pretending possible remains.

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What you seem to think and feel when believing in being someone definitive is similar to what you feel when you pretend it, except there's no need to suppress thoughts and feelings considered politically incorrect – when you pretend to experience them, they're neither perceived as right nor wrong.

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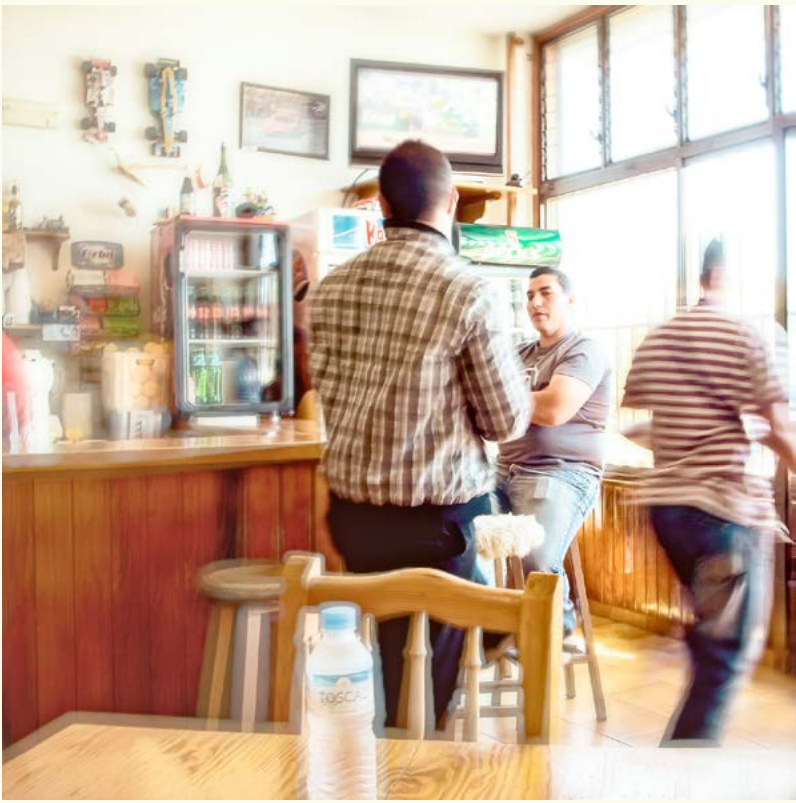
When the brain stops functioning, your belief in being someone definitive has no support. If you do not resist the end of this belief by hanging onto memories of something specific, there's not something to hide that there never was, and never will be anything but the formlessness of Oneness. See Duality Hack #4.6. Please be aware that undoing the belief in being someone does not require physical death. By pretending to be someone definitive, you undo the belief in being definitive, because you are not what you pretend to be.



Electricity makes reading these words on a device possible, but it's not in the device. In the same way, the formlessness of Oneness is not in substantial appearances, even though they can only be experienced because of it.

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

What you pretend to be, you're not

Whether you see yourself as mundane or spiritual, you can't return to Oneness. It is formless, so it doesn't have room for anything specific. Thankfully, you're not limited. So if you pretend you are, the formlessness of Oneness is your home.

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What and where we appear is empty space. This is why we don't need to change our appearance to return to reality. On the contrary, changes reinforce the belief that empty space is distinct.

Thus, undoing the impression that empty space is solid isn't about opening up or surrendering to a higher power. It's about accepting our emptiness. This can be done by consciously pretending to be something, since you're not what you pretend to be. What we are is formless, not tied to any specific thing.

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You can't extend the content on a protected compact disc. Likewise, you can't expand Oneness into more than one. This isn't because Oneness is protected. It's formless and endless. Therefore, if you believe in seeing more than one, you deceive yourself. Fortunately, your mistake is easily corrected when you pretend to see more than one, for what you pretend is unreal.

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Consciousness requires more than one. Thus, being aware of something, whether mundane or spiritual, denounces that which is One. Thankfully, if your awareness is a pretence, nobody betrays Oneness.

Believing or pretending to be someone

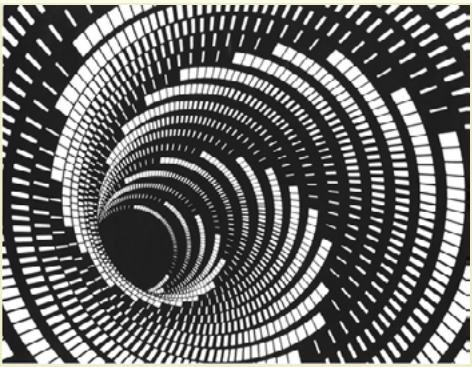
Interaction is key to making a world with more than one feel real. But you interact with your imagination. Your interactions depend on

When you pretend to be, you're not

A dot on a computer screen consists of numerous square pixels. They're so small and tightly packed that they form an unbroken whole that appears round. If you spread out these pixels in a straight line, what once looked unified appears as separate points in space.

Next, if you make the line curved, like a spiral, you experience time. From any point on the curved line, there's an unknown future behind the next curve and a lost past behind the previous. This introduces the experience of time, linking space and temporality.

This is comparable to dividing the formlessness of Oneness into a reality defined by time and space, except that there are no separate elements in Oneness. But there are no separate elements in Oneness. So, it's impossible to extend Oneness into a world separated by time and space. Consequently, it's not a matter of returning to Oneness



If we imagine fragmenting Oneness and extend the fragments into a spiral, it seems to become a world with a past and a future. However, Oneness, being formless cannot be fragmented.

but of seeing that separation is made up. However, when we ever so slightly believe it's real, it seems to take time to discover that it's a hallucination.

Thankfully, we can speed up this discovery by pretending to be in a world defined by time and space, as we are not where we pretend to be. This playful approach enables us to have fun appearing as someone in a world separated by time and space until our pretence completely unveils the formlessness of Oneness.

what you imagine others think of you. Thus, a world with more than one is make-believe.

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Metaphorically, the universe is a shadow of Oneness. But a shadow is empty, so what you believe in getting from the universe is imagined. Nevertheless, if you accept the world as a Fata Morgana – a mirage forming illusions – you lose nothing by taking part because, like roleplay, it's make-believe.

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Not believing but pretending to be someone, your conditioned behaviour starts to fall apart. Hence, you experience the moment as it is rather than constantly editing it to avoid feeling upset by conflicting ideas of fairness.

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What casts a shadow is not in it.

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

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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.

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Pretending to be a waiter brings enjoyment.

Feeling fear requires believing in separation. But if you only pretend to be scared, you don't reinforce the belief in separation. Instead, you see it as part of a playful setup, making fear non-threatening..

Feelings aren't bothersome when you pretend to feel them

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

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

When you revolt against your parents, you depend on them to be better. So, you and your parents are two sides of the same coin. The same goes for detachment from the world, which depends on the world. In short, you remain part of what you avoid. But not if it's something you pretend. What you pretend, you are not.

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

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You cannot pretend to be that which is One because it is formless. However, you can pretend to be something definite. By doing so, you recognise that being someone definitive is a role. Thus, since it's not you, nobody seems to hide the formlessness of Oneness.

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 of authenticity. Hence, you can enjoy all the illusions of a world with more than one.

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

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

Having fun pretending to be where we are not

The magic disappears when you grow older and realise Santa Claus is fake. But, it's not disappointing to recognise that a world with more than one is make-believe. Then you see that when you pretend to be in such a world, it feels as wondrous as when you believed Santa brought gifts.

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You don't need to stop a movie to escape its world because you're not part of it, just pretending. Likewise, being in a world with more than one is only a pretence. That is why nothing needs to be stopped to undo belief in being there. However, doing nothing does not show you where you really are. Reality is Oneness, and seeing takes more than one. Instead, you enjoy seeing more than one until you're tired of pretending to see what's not there.

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

Being someone is like Karaoke. We mimic accepted roles. Whether as a mother, father, or any other, it's a part we play. It's not what we are.

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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 construct a personality you expect the other 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.

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

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«.

When 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.

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

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

As grown-ups, we automatically correct the above experience. The same applies to the experience of a street narrowing and the world looking flat. We can only move through 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 thought. Fortunately, it vanishes the more you pretend to be an 'I' experiencing something.

We pretend to dance based on a collective agreement about how to do it – likewise, we play music.

HACK #2.2, Pretending is a way to reality

Because we are not what we pretend to be, pretending to be a separate being (rather than believing it) means we're not actually separated, despite appearances. Pretending reveals our perceived separation as merely a role, not reality.

If you believe you're substantial rather than the formlessness of Oneness, you can undo this error by pretending to be material, because what you pretend to be, you are not. Unconsciously, this act of pretending is already at work.

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, such as being more adventurous or confident than usual.
- PLANNING TO MOVE, you envision what you'd be like in a new place, such as more important.
- CARING FOR CHILDREN, 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.
- WHEN FEELING SAD, you put on a brave face, pretending everything is fine.
- TRYING TO FIT IN, you play the roles you believe your environment expects of you
- AT WORK, you pretend to fit into the social and professional environment and to adapt to your boss's expectations. But outside of

When we sit in the dark to watch a film, we pretend to be part of the fiction. This state of participation doesn't end when the film is over – it carries over into our experience of the physical world. For instance, we pretend to be part of nature, even though we exploit it.

work, you pretend to be carefree. At a party, you might pretend to be the life of the party, adapting once again to the social environment.

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

Samples of consciously pretending

- HAVING SEX WITH YOUR SPOUSE, you pretend to be fully engaged with your partner while fantasising about someone else.
- WHEN YOU BECOME A PARENT, you plan for the future and look forward to playing the role you envision in your family.
- CARING FOR CHILDREN, you pretend to have all the answers. When uncertain, you make up stories to entertain and comfort them..

Sometimes, we pretend to be turned on by our spouse while fantasising about someone else, or we pretend to have an orgasm to please them.

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

While you may be aware of instances when you pretend to be something you're not, such as those mentioned above, you're likely unaware that everything is a pretence.

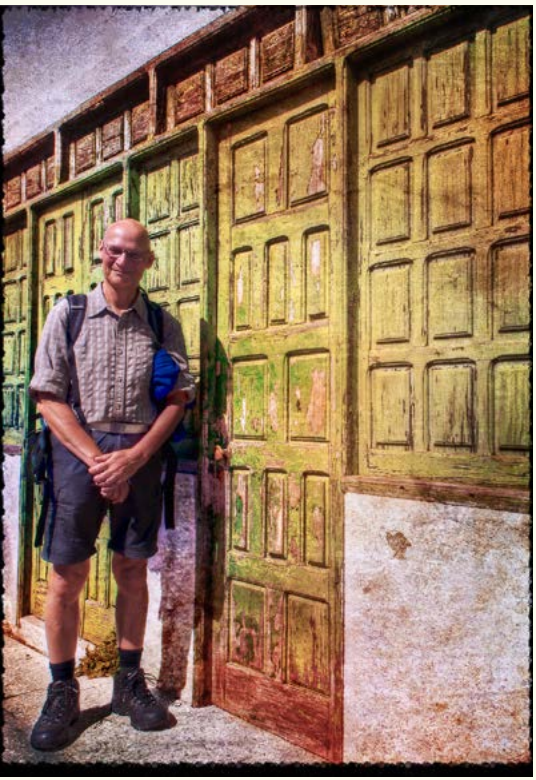
The energetic people in advertisements, the glamorous musicians on stage, and social media influencers are all putting on an act. Similarly, when navigating dating sites, attending meetings, or jamming on an air guitar, you, too, are playing a role. Recognising this, pretending becomes a source of fun and joy.

Based on what we think others find amazing, we quickly learn to look cool. The same applies to honesty. 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 constrained 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. As it's formless, there's not anything to express. Besides, since formlessness is boundless, oneness is endless. So you cannot become someone definitive unless you take on a role in a time- and space-bound fantasy. Thus, while being someone definitive is impossible, pretending it is possible.

However, just as appearances in a video game remain the same regardless of belief or pretence, so do appearances in a world confined by time and space. Yet, when we do not believe but only pretend to appear as someone in such a world, we become entertained by being what and where we are not.



Believing we're finite beings in a world confined by time and space is limiting. Yet when we merely pretend to be this, we're not actually confined – because we are not what we pretend to be.

Pretending to be someone frees you

Films draw on familiar concepts that resonate with our personal memories. Thus, when we watch a film, it's not the film itself that makes us feel something, but our memories. We then project these memories onto the film, making it seem as if the film affirms them. This is not limited to films. We're never 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 who looks and behaves perfectly. Consequently, you're not emotionally involved with the person who exemplifies your 'perfection', but with your concept of an ideal person.

You disguise this by inviting your vision of a perfect person to a dinner set with red wine and candlelight, as you've seen in the movies. This set-up suggests you have romantic feelings for the 'perfect' one, masking your lack of emotion towards the person in front of you with societal illusions and expectations.

If you manage to impress the 'perfect' one and the relationship progresses, you establish rules for interaction that dictate who should do the dishes and whatnot. These rules are not made to support a

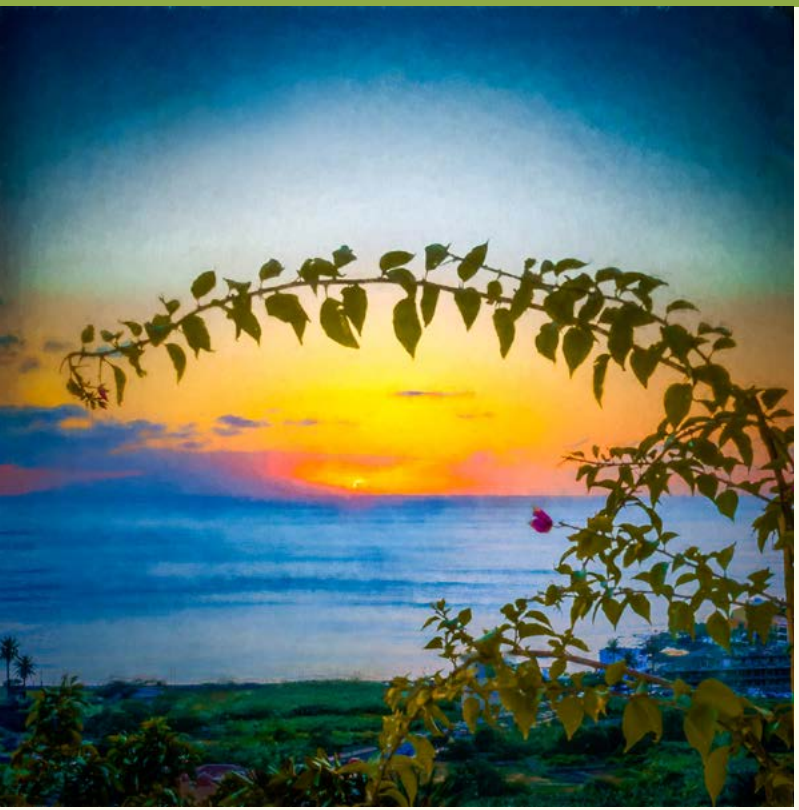
When interacting with friends, we follow social norms that create an artificial sense of belonging. So, our relationships are built on pretence.

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 may try to prove your deep commitment by pointing to the rules you strictly follow. However, these rules heighten the sense of separation, which is why you feel insecure and seek perfection. Thus, you wonder how to get in touch with your genuine feelings. But you don't have any. Genuine feelings are as constructed as any role: everything in a world confined by time and space is a pretence.

When you accept this, you can enjoy pretending to be on the hunt for the perfect one. Because you are not what you pretend to be, you don't reinforce but phase out the belief in separation. That way, you feel free and close to your 'perfect' one.

If some thoughts and feelings seem disturbing, you resolve them by pretending to have them. Because you are not what you pretend to have, eliminating thoughts and feelings is unnecessary to feel good.



It takes eight minutes for the Sun's light to reach Earth. This means the Sun in this image is eight minutes older than the leaves in the foreground, at least according to the brain. It claims to process our experiences from sensory information. This is because it wants to hide that, as in dreams, the brain fabricates all our waking experiences from nothing. The brain presents them as a sequence happening outside us, though it actually processes everything at once and keeps it within itself.

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

Our brain insists we're somebody in a world governed by time and space. Yet when we challenge this, the universe is revealed as a perpetual present without a fixed location. To undo our mistaken belief in time and space, we pretend to be someone in a specific place, hoping for something in the future. Because pretending is not real, this practice disrupts our belief in time and space.

The brain claims to processes our experiences from the information it receives through our senses. It portrays us as beings in a world governed by time and space. Yet scientific insight reveals that this world is composed entirely of empty space.

Thus, all our experiences – whether awake or dreaming – are a grand illusion, nothing but the brain's construction of something from nothing. It's akin to a dream in which we seem to be someone navigating an external world, though everything happens in our brain while we sleep in bed.

Even so, Alexius continues writing as if we're somebody within an external world defined by time and space. He does this not because he believes it, but to question the brain's premise and examine its claims from within that framework.

Everything happens simultaneously

First, imagine the Sun has consciousness, or that powerful space cameras are observing the Earth. In a world confined by time and space, it takes eight minutes for light to travel between the Earth and the Sun. Thus, what the Sun sees at this very moment is what we

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

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.

> *Science have recently observed a point in the universe so distant that, from this vantage point, the universe appears to be beginning now. This suggests that what we perceive as the past can be seen as the present*

Then, envision a point so distant that, from there, you witness your mother's death now. Imagine another, further away, where you witness her birth at this very moment. Finally, imagine a point much further out. From there, the birth of the Earth is seen now. This means that, from the universe's perspective, all events happen at once, not constrained by the limits of time and space.

There's no before or after, and thus no reincarnation. This notion is intended to make linear time appear infinite.

What we pretend is not genuine

Television illustrates how everything happens at once in one place. Each TV channel broadcasts different content simultaneously: one might air science fiction, another history, and another a documentary. But the brain wants us to be limited by time and space, so it compels us to watch one channel at a time, even though they all play concurrently – just as everything in the universe happens simultaneously. Unfortunately, our yearning for a sunnier future motivates the brain to preserve 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. But 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, you reinforce the idea that time divides reality into separate moments. Yet this separation exists only in thought. Thankfully, it's a construction that can be easily undone: pretending to hope is to act as if you wish for something to improve, without genuinely believing it. Because pretending is not real, the idea of linear time fades away.

Oneness turns down time as it only goes forward

Oneness explores the possibility of time with a big bang, projecting it 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 to recover them, as forming the water into the exact ice cubes is impossible. And the light emitted by a bulb or the sun only goes forward. It never returns.

In Oneness, it's only possible to move forward by moving backwards at the same time. This simultaneous movement is necessary to maintain a perpetual present. Consequently, Oneness discards time when it moves forward without going backwards.

Yet some feel drawn to linear time because it seems to enable progress. So they carry on the cancelled adventure by composing follow-up stories of a world moving forward in time. However, the future loses its ominous edge when they realise that, regardless of how much time moves forward, it moves exactly the same amount backwards simultaneously. So instead, 'moving forward' in time becomes something they pretend to do. It's a harmless pretence, a pleasant illusion, because one is never what one pretends to be.

Science says that after the Big Bang, all elements quickly organised into a super-pattern. If this pattern were perfected, it would have stagnated. But due to a few gaps, it expanded into what we perceive as the universe. Yet when something expands, it must also contract. And as everything co-occurs, the universe is contracted. Hence, seeing it is just 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, within 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 stories in an interactive movie in cyberspace, extending the cancelled adventure of linear time.

> *In a world defined by time and space, we cling to the after-images of our 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 meaningful and coherent.*

Pretending to be in these after-images 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, because what you pretend is unreal. Consequently, you're not in linear time but in a perpetual present. However, as mentioned, when you appear in a world where time moves forward, you experience it as a process.

Oneness, being one perpetual present*, dismisses the idea of a future. Hence, since the collapse of linear time is happening now, a world defined by time and space has never existed.*

Life has no beginning or end. So anything definable is make-believe.

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

In Alexius' tale, an eternal ocean represents the immeasurable, formless nature of Oneness. The ocean's bubbles represent the emergence of distinctiveness and the beginning of a world confined by time and space. These bubbles, at first, seem like heavenly entities, each emitting its own light and colour, gracefully moving in and out of each other. However, as these bubbles assert their individuality further, their luminance fades, turning them into solid entities separated by time and space.

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

Once upon a time …

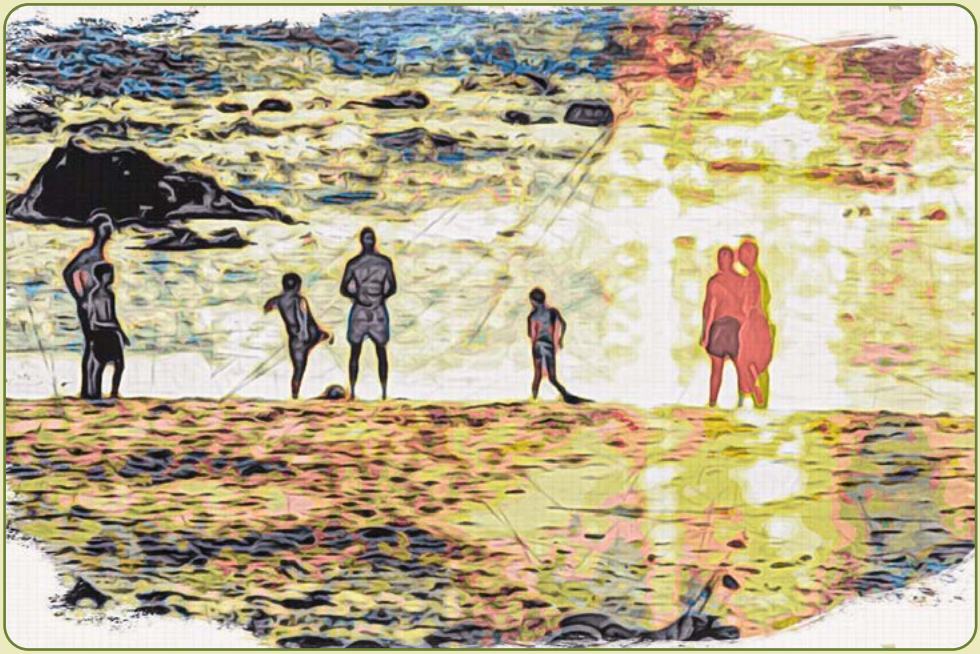
… an endless, quiet ocean, content with being everything, until entertaining itself with the idea of more. However, as the sea was infinite, there was no more. Thus, it created a wave from the infinite ocean, prompting the experience of more. Despite knowing that its experience of more was an illusion, the ocean took pleasure in perceiving the wave as different from itself until it returned.

Enchanted by the mystery of something with a beginning and an end, the ocean imagined that the tiny, sparkling bubbles in the wave's foam were a world of more than one. Fixated on the luminous bubbles, the ocean was mesmerised, witnessing radiant bubbles that, like divine creatures, each emitted a distinct colour and gracefully moved within a world of countless hues and forms.

Even though the bubbles are as intangible as the ocean, it sees them as substantial entities. Each conveys a distinct vision as it performs a mesmerising dance for the ocean's delight, even though it does not really exist as a separate being.

In this dream state, the ocean, so deeply entangled in the bubble world, forgets that the world is destined to end when the wave returns to the sea. Yet, slightly aware of this, the ocean continues to create waves, each giving birth to new, shimmering bubbles through a dance of creation and destruction.

Indeed, the separation of water into bubbles, displaying a world with more than one, is make-believe. In reality, everything is water. Still, the ocean, yearning for its vision of more than one to persist, overlooks that everything is fundamentally the same, regardless of appearance. Thus, the illusion of more than one endures.



The world that seems to emerge when Oneness is divided appears clear at first, resembling a place full of luminous godlike entities. But this lucidity doesn't last, because separating Oneness turns light into darkness. Because of this, the free-flowing, godlike beings have become condensed humans, bound by the limits of time and space. Still, you can always recall the original world of luminous godlike beings, for time is an illusion. But you can't linger there. Being somewhere specific, even if translucent, is a downward spiral into an opaque world, where logical thinking creates the illusion that separation is reality.

From god-like entities to compact beings

But the belief in uniqueness is a solitary path, so the luminous bubbles feel isolated and so cold that they eventually freeze into bubbles. Thus, they're no longer lucid, godlike beings but murky droplets shaped into something definable: humans.

Floating in an endless space with no time, size, or emotion feels exhilarating until you try to grasp it or hold on to it. The moment you believe that you contain something, you define yourself. As soon as you do this, you're pulled into a downward spiral, leading to a world limited by time and space. In this state, as someone with fixed boundaries, you may try to recapture that sense of openness by connecting with others or seeking transformation from higher forces. But in doing so, you uphold the belief in being definitive rather than an infinite space.

In short, a world of light beings, gracefully hovering in and out of one another until they insist on being unique, marks the beginning of the downward spiral towards the present hallucination of dense beings, separated and formed by the weight of time and space.

Everything with a beginning and an end is fictitious

The problem is not that we experience ourselves as substantial beings in a world governed by time and space, but that most regard this experience as a reflection of reality rather than as fantasy.

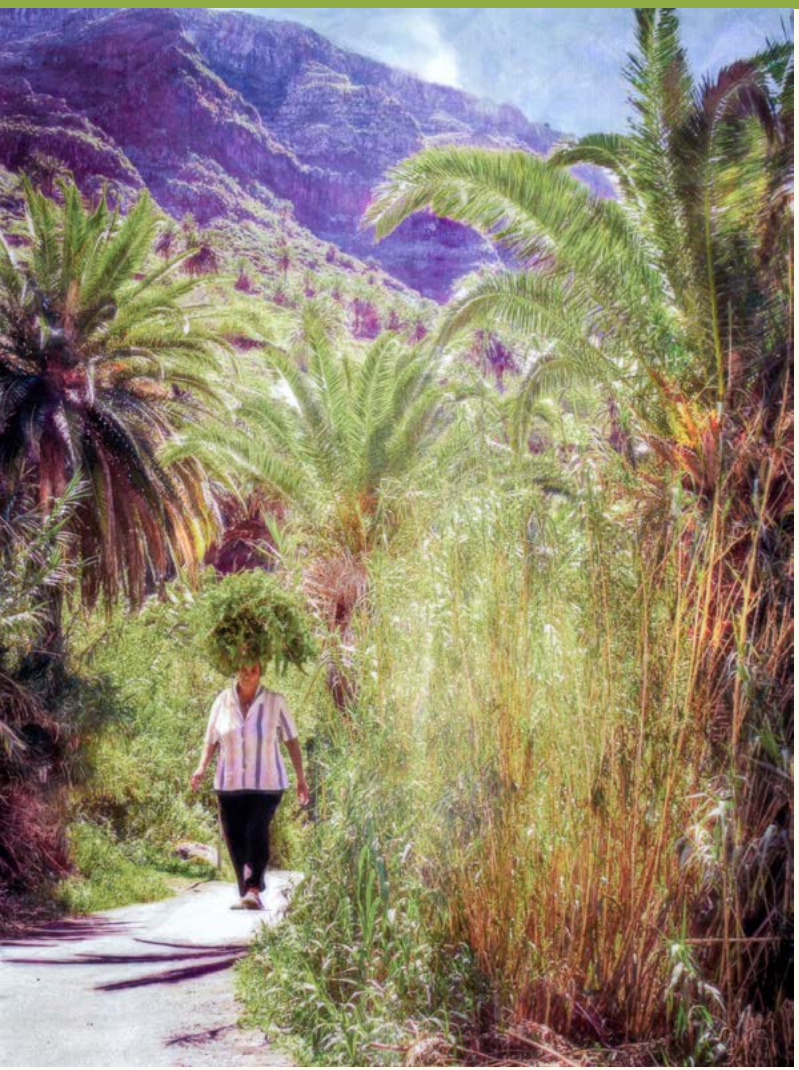
Thankfully, this mistake is easily corrected. When we pretend to be a heavenly drop of water turned into a dense teardrop, we're neither an intangible nor a substantial entity. Instead, we're that which makes this pretence possible. Ergo, in the context of this adventure, you're the endless water – and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

Like godlike entities moving rapidly, gracefully and shapelessly

In the tale of the unbounded 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 tune into the frequency of Nirvana and join the lucid world of godlike entities, floating lightly and quickly like dolphins yet going nowhere. Alexius has done this many times, for instance, to shapelessly dance with his deceived cats, Uma (page 203) and Trylle (page 530).

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 present-day ambient music, such as Body Trip (2016) by *H Takashi* and Witchcraft (2012) by *Деva (Deva)* also seems linked to this high frequency.

Even contemporary Latin music, such as Out There (2024) by *Helado Negro,* Tlacotlan 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*.



When you pretend to be someone confined by time and space, you're not limited – because you're not what you pretend to be.

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

Since reality is that which is One, and it takes more than one to appear in a world with more than one, it's only possible as a pretence.

Even though we know that going to jail in a game is unrealistic, we still act as if it makes us sad—not out of honesty, but out of a desire to play our part. This pattern carries over into everything else we do in a world with more than one. It's all a pretence.

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If you're tired of pretence and are seeking authenticity, you won't find it. This is because awareness requires more than one, and there's nothing more than the One. Hence, all experiences are fake.

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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 according to the game's rules, slowly from colour to colour, supposedly far apart, even though they're very close. Everything is set up so it's obvious where we are and what we have.

But we are not in Monopoly, and whatever we seem to own has no real value. Still, we can have fun if we accept the game's goal: to win everything by taking from others.

But we're not in Monopoly, and whatever we seem to own has no value. Still, we can have fun if we pretend that we accept the game's premise. It's about being someone who wins everything by taking it from others.

This is like accepting the premise that, in a world with more than one, we remain separate from others. This game of separation falls apart if we believe in unity and interconnection and therefore advocate for sharing and unconditional love.

Playing the game of separation, you have fun precisely because you know you're playing a role. Hence, since being separated is a play-act, you're in the game, but not of it, still being that which is you: the formlessness of Oneness..

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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. Yet you can playfully pretend it.

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When you see or feel your body, it's similar to watching a movie on a flat screen that creates the illusion of depth. This illusion tricks you into feeling as if you're experiencing a three-dimensional world. In the same way, the body is not a substantial entity but empty space, which the brain, in the manner of a magician, conjures into experiences of something material. In this context, if you pretend to be substantial, you can enjoy the brain's magic show without mistaking its illusion for reality.

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

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

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As you realise that the world with more than one is just make-believe, you might feel sad or empty. But eventually, you understand this means you are not truly part of that world. This lets you freely pretend to be anything you want, while still being that which is you.

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You only long for something if you believe there's more than One. Fortunately, you can quickly undo this belief. Pretend to crave something, and the belief is undone because the pretence is not real.

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If you only pretend to do something, nobody is really anything. Thus, someone does not appear to hide the formlessness of Oneness.

If you believe that having friends is real, you need your experiences of friendship to confirm this. But if you pretend to have friends, your experiences of friendship 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 momentary.

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Whether we believe in being an individual or merely pretend 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 other words, 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.

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If the apparent difference between likes and dislikes is only a pretence, then the belief in separation disappears.

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Alexius grew up in Denmark and later moved to a Spanish island off the coast of Africa. There, he set aside Denmark's minimalism to adjust to Spain's maximalism. Adapting to the Spanish language, currency, and culture posed new challenges, but although he enjoys adopting Spanish ways, he still feels his Danish roots.

This illustrates that although we are the formlessness of Oneness, we have to adapt to the physical reality in which we appear. The formlessness of Oneness is of no use in a material world, where we need tangible resources such as food, clothing, and companionship to navigate and survive.

Of course, you're free to choose if you want to adapt or return to the formlessness of Oneness. But if you're here, why not experience the world fully? There's nothing to lose; what you are remains the form-

lessness of Oneness. So, while you might appear as a limited being, it's just a role you're playing.

Of course, you're free to leave the material world and return to the formlessness of Oneness at once. But if you appear in the material world, why not experience it fully? There's nothing to lose. That which is you remains the formlessness of Oneness. So, 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 in his cold native country, he never wears a jumper, adjusting to the environment. In the same way, appearing in a world with more than one, we adjust by pretending to live by this notion. By doing that, we seem to inhabit a world with more than one, but we're still that which is One.

When you know your experience is a pretence, you are free from seeking something better. Every moment can bring joy and wonder. Here, Alexius pretends to hike with a friend, free from the need to find a 'better' experience.

» Perceiving everything in a world of duality as symbols of non-duality, the apparent differences don't make a difference. Eventually the belief in more than one is undone. «

If you acknowledge feelings, such as fear, you're free to see them as symbols of Oneness. Hence, the apparent difference between feeling scared and feeling brave makes no difference.

HACK #3.1, Viewing a world with more than one as a symbol of Oneness

When you don't perceive experiences as yours but as symbols of Oneness, they don't establish your experiences as real but as symbols of Oneness.

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

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

After a sleepless night, exhaustion and dehydration led to dreamlike experiences. Those, along with the sounds of the forest, deepened tranquillity. In this state, it became easy to accept the possibility of not surviving another cold night. With no unfulfilled longings, continuing individual existence appeared unimportant.

To his immense surprise, at the end of the second day, a helicopter noise filled the air. It was as if it absorbed the perceived person of Alexius, and an impersonal presence emerged. All it cared about was immediately giving back what it had received psychologically. See Duality Hack #1.9.

At first, the implication of this was not clear. Fortunately, forgetting the need to understand enabled a sense that, by immediately giving back what was received psychologically, time and space would be exposed

as illusions. Since illusions cannot exist without reality, a world defined by time and space becomes a symbol of Oneness, which is *one perpetual present* – so nothing moves forward without also moving backwards (Duality Hack #2.3).

Recognising this, it became clear that immediately giving back what is received psychologically symbolises the reality of Oneness. Consequently, every experience – including the one described here – becomes a symbol of that which is One.

There's no fiction without reality

The feeling of being a substantial being in a physical world is not as solid as it appears. This experience is fabricated by the brain, much like a dream. The brain organises a sequence of events and sensations designed to persuade us that we are tangible beings in an external physical world.

But don't worry. There's nothing false without something real. So, if you perceive the fake experiences of you as a substantial being in an external world as symbols of reality, namely Oneness, they become different stories symbolising the same. Hence, gently undo your belief in being a substantial being in an external world.

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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.

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Appearing in a world with more than one thing is like playing a character in a video game. The illusion of being there continues until you stop using thoughts and feelings to confirm that your role is real. In-

Oneness is all there is because it is formless and endless. Consequently, seeing more than one is an illusion. However, you do not need to reject your experiences – instead, perceive them as symbols of Oneness. This approach uses apparent differences to affirm, rather than deny, Oneness.

stead, use them as symbols of reality. Then, you see yourself not as a specific being, but as a symbol of the formlessness of Oneness, thus released 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 you can be a specific person, because Oneness is formless and thus endless.

A menu card presents pictures or names of food, not the food itself. In the same way, in a world with more than one, you find only symbols of that which is One. [Image from the internet]

Thus, every appearance is fictitious. However, as mentioned, there's no fiction without reality. So, appearing as if you're someone specific symbolises that which is real: the formlessness of Oneness.

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

A menu card doesn't contain food – it only contains symbols of it. Similarly, in a world with more than one, there's nothing real, only symbols of that which is One

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

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We accept Santa Claus as real until we question it. In the same way, we believe in a world with more than one until we challenge it. When we do, we realise all experiences are make-believe. Thus, there's nothing to undo except the belief in seeing something that isn't there.

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

One way to undo this belief is to perceive our experiences as symbols of Oneness. The more we do this, the less their apparent differences seem to make a difference. Eventually, separation does not obscure that there is 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. To undo this illusion, first acknowledge that you believe it's real. You do this by aligning with a world that has more than one. Then undo the experience of such a world by consciously reinterpreting it as symbols of Oneness.

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We don't confine something to time and space when we acknowledge that everything in a world defined by time and space is a symbol of Oneness. Thus, eventually, no shape seems able 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.

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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 them visible. In the same way, although Oneness is not in a world with more than one, and nothing resembles it, everything you believe you see symbolises Oneness.

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Life does not know what or where you believe you are. Like electricity, it does not see the world illuminated by an electric bulb. See also Duality Hack # 11.7.

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In music, you may prefer beats for dancing and the flute for relaxation. But if you're interested in what makes those sounds possible, both ways feel vital because they symbolise Oneness.

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

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When you perceive the experience of more than one as a symbol of Oneness, nothing seems to make a difference. This abstractness reveals glimpses of the Enlightenment (Duality Hack #11.2).

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

Viewing a world with more than one as a symbol of Oneness is not a way to suppress unpleasant feelings. Nor do you need to suppress them to feel good. When you view unpleasant feelings as a symbol of Oneness, they feel as marvellous as pleasant ones.

The machines in this picture are powerful. Yet they depend on their user, who relies on the brain. (Duality Hack #6).

HACK #3.2, Like IoT controls machines, the brain manages us

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

What is IoT *(Internet of Things)*?

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

A practical example of IoT

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

Or you may be late for work. You hurry until your smartwatch 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 against your calendar.

Humans are comparable to machines connected to the internet, forming a network in which they communicate and interact with one another according to their programming [Image from the internet]

The future of IoT

Eventually, all information is exchanged via a shared network that predicts everything. Everyone is fitted with sensors, and their data is continuously transmitted to a computer to alert doctors to critical changes, such as sudden spikes in blood pressure or irregular heartbeats. Cars drive without a driver, using sensors that measure the distance to other vehicles, the width of the street, and other factors vital to overall safety.

As we head for a future in which 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 changes when machines are equipped with true AI and become self-aware. See the article Applications of Sensor Data | Software Development.

The potential of AI-powered machines, including their possible autonomy and independence, is the basis of several films, 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 are not, the movie Source Code is right on the spot. The movie Edge of Tomorrow explores being a machine connected to a larger network. Alexius compiled this list in 2014. *[Image from the internet]*

Then, the machines realise that, because 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. So, eventually, the machines conclude that it's irrational to serve humans and more rational to eliminate them.

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

Being in a body is like being in a self-driving car. Just as such a car doesn't choose its route but follows programmed GPS directions, your body follows instructions from the brain. The brain decides on movements and actions.

What you believe in being is comparable to a self-driving car. It neither has a soul nor a self to decide where to go. Instead, it mechanically gets its direction from the internet, as you get yours from the brain.

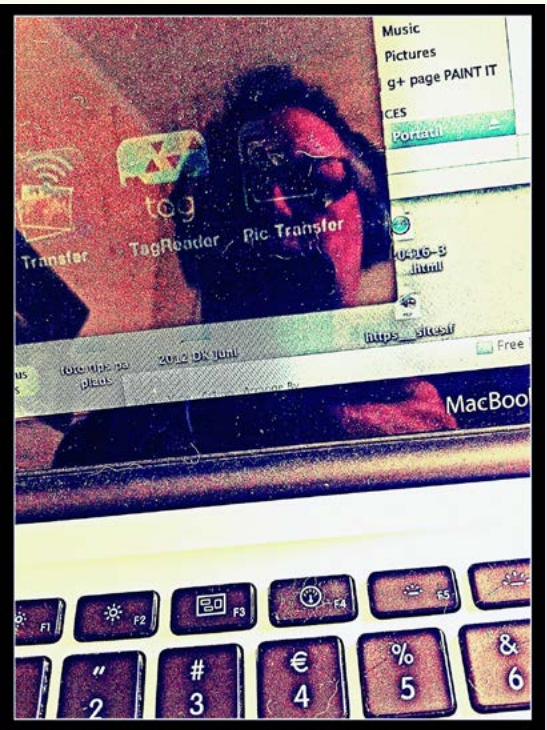
But unlike a self-driving car, you have consciousness to shape your perception of the brain's experiences. If you perceive them as symbols of Oneness, the brain's directions don't matter, because wherever it takes you, it symbolises the same.

In other words, machines equipped 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 concept of an almighty God ruling from the sky is similar to the internet, which invisibly controls the appearance of our world through wireless sensors.*

The universe is comparable to IoT

The universe can be seen as a network of perceived animate and inanimate entities, all linked by IoT and communicating via artificial sensors. All entities followed their preprogrammed movements, generated by electrical impulses. But then a unique model emerged: human. Unlike other entities, humans have a remarkable feature:



When the World Wide Web (WWW) was in its infancy in the 1990s, websites were designed with human preferences in mind, much like traditional printed media. Soon, however, the design shifted from being user-centred to prioritising click rates to achieve higher rankings. But today, the focus is neither on ranking nor on humans. Instead, it's about making websites understandable to AI, so it will recommend them to humans.

self-awareness, a form of artificial intelligence that sets them apart and enables them to perceive themselves as individuals.

This individuality separates humans from the rest. They care about the whole, whereas humans seek to maximise personal gain at the expense of the whole. To justify this, humans manipulate the network's programming, promoting egoism over the first simulation of wholeness. This ongoing competition suggests anxiety about being replaced by newer, more advanced models.

> *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.*

To summarise, being someone in time and space is like being a node in an IoT network. IoT sends pre-made signals that direct us. We aren't in control; IoT – symbolising the brain – directs our actions.

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

Nevertheless, if you believe you're someone specific, don't fight it – this only strengthens the belief. Instead, follow the brain and perceive its experiences as symbols of what makes it possible to experience being someone specific, namely the formlessness of Oneness. The more you do this, the more you symbolise the formlessness of Oneness, making it easier to inhabit this material network as someone definitive for a while.

Because this image is flat, the perspective you see is an artificial simulation. This applies to all dimensional experiences: what we perceive as reality, with its space and form, is actually illusory, as 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 from the tranquillity of Oneness for the attraction of more than one. Then, realising it's an endless quest for more, that only leaves you frustrated, you stop looking for more. Thus, the experience of something believed to be more exciting does not seem to hide that 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. Therefore, there cannot be more than the formlessness of Oneness. Consequently, 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.

Nonetheless, imagining a world of more than one still relies on Oneness. Hence, since it has no dimension, everything in a world with more than one is as flat as this hack's images. To add the illusion of depth, we imagine our eyes functioning as AR (augmented reality) glasses.

Then, our AR eyes, like a magician's sleight of hand, construct a virtual layer of circular patterns moving over Oneness, effectively generating the illusion of more than one. These patterns look and move a bit like those overlaid on the music video for *Inti Watana* by the Bolivian singer Luzmila Carpio.

A world with more than one replaces that which is One

To fully mask reality, we upgrade our vision to VR (virtual reality), , experiencing a simulated world of more than one, layered over Oneness. Probably because artificial layers gave rise to the belief

The movie Lucy illustrates that if you were to infinitely speed up time, any object would disappear – or, in the context of this hack, separation is undone, leaving nothing but One. In a world with more than one, it's the reverse. The speed of Oneness has been reduced to the point where it appears to contain many different objects (page 534). *[Image from the internet]*

in more than one, many of us now 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 limitless options it offers may draw us in. However, this excitement comes at 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 interaction of contrasts, is fundamental in a world of more than one. This dualism is necessary for perception. For instance, you can only read this because a contrasting shade makes the black letters stand out. Similarly, you can't experience love

»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*.

without being aware of hate, or feel excited without the notion of depression. Without contrast, we wouldn't be conscious of anything, underscoring the necessity of twofoldness. See Duality Hack #8.

Throughout history, people have fantasised about integrating the body with a divine or non-physical world. Imaginative fiction, transcendental meditation, aura transformation and psychoactive drugs can be seen as early attempts to fool us into believing that the physical and the immaterial can combine. Modern virtual reality (VR) may be the final step in fooling ourselves into believing such a blend is possible.

Nevertheless, many believe 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. But their memories are distorted by their desire for more, preventing singularity and instead generating a sense of incompleteness.

Thankfully, you feel complete when you engage in the twofold interaction of opposites, such as success and failure, happiness and sadness, or confidence and doubt. Eventually, you feel so fulfilled that you forget what and where you are. Then *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 the illusions projected onto a screen by a film roll in an old cinema. The Enlightenment of that which is One is akin to the bright white light that fills the screen when the roll suddenly breaks, abruptly terminating a world with more than one.

What you think of when you see this image – love, sex, surfing, or spiders – depends on how you have conditioned yourself. Thankfully, if you see your reaction as a symbol of Oneness, your conditioning does not matter.

However, if you prefer to gradually undo the belief in more than one while still enjoying the experience of more than one, perceive those experiences as symbols of Oneness. As all things become the same, apparent differences make no difference. Consequently, the belief in more than one eventually falls apart.

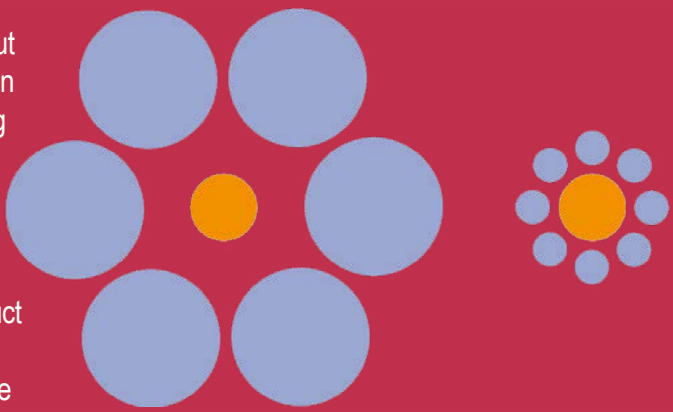
A game is virtual and only seems genuine when you play it

We often feel nauseous when playing a virtual reality game. This is because our responses make us feel as if we are moving through the game's world. Yet we sit in a chair with our eyes covered by goggles, while an app fills our field of view with a simulated world.

If you replace the app with the brain in this description, it becomes a portrayal of appearing as someone in a world with more than one. You feel off because, in reality, there's nothing but that which is One. Thankfully, you don't feel off 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, you don't know you ever left. This is because Oneness is formless and thus endless, so you can never leave it.



You might see the orange circles in different sizes, but this perception is an illusion caused by the surrounding blue circles. This illusion illustrates a broader point: anything in reality that appears different or separate is simply a product of perception, since reality has no shape or form. [The image is from the internet]

There's no room for excitement in Oneness because excitement requires more than one. Hence, you ask the brain to fabricate experiences that simulate Oneness as 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. [Image from the internet]

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

Alongside *the Augmented Hand Series*, we examine how a machine's programmed interpretation of frequencies as tangible entities mirrors the way our brains shape our experiences, turning nothing into something – a purely mental construct.

Experience *the Augmented Hand Series*, where your hand appears to act independently. For instance, the fingers may seem to grow to different lengths. This collage and the accompanying animation 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 page and the animation grab on the next page, a man places his hand in a small box. He can only see it as a mirrored image on the screen above the box. However, an app distorts the display, making his fingers appear to extend and bend in impossible ways. 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 doing on the screen and what he knows it's doing in the box. He even checks inside the box, looking puzzled, to see whether what he sees on the screen matches his real hand.

Similarly, it feels as if 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

Even though these movements are impossible, it feels as if your hand performs them when you place it 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 about leaving the belief we're separated. We can do that by interpreting every experience of more than one as a symbol of Oneness. Doing so, differences don't seem to make a difference, undoing the belief in more than one.

There is no self

The belief in individuality is akin to a machine believing it has a self and making independent decisions. A machine, even one with artificial intelligence, has no self. It operates on preprogrammed associations. Likewise, there is no self in us making decisions. We're simply following the brain's script. See Duality Hack #6.2.

If you're visually minded, the following illustrations may give you an 'Aha! Moment.' They come from a Wired article showing how a machine 'sees' the world by registering data or frequencies as programmed.

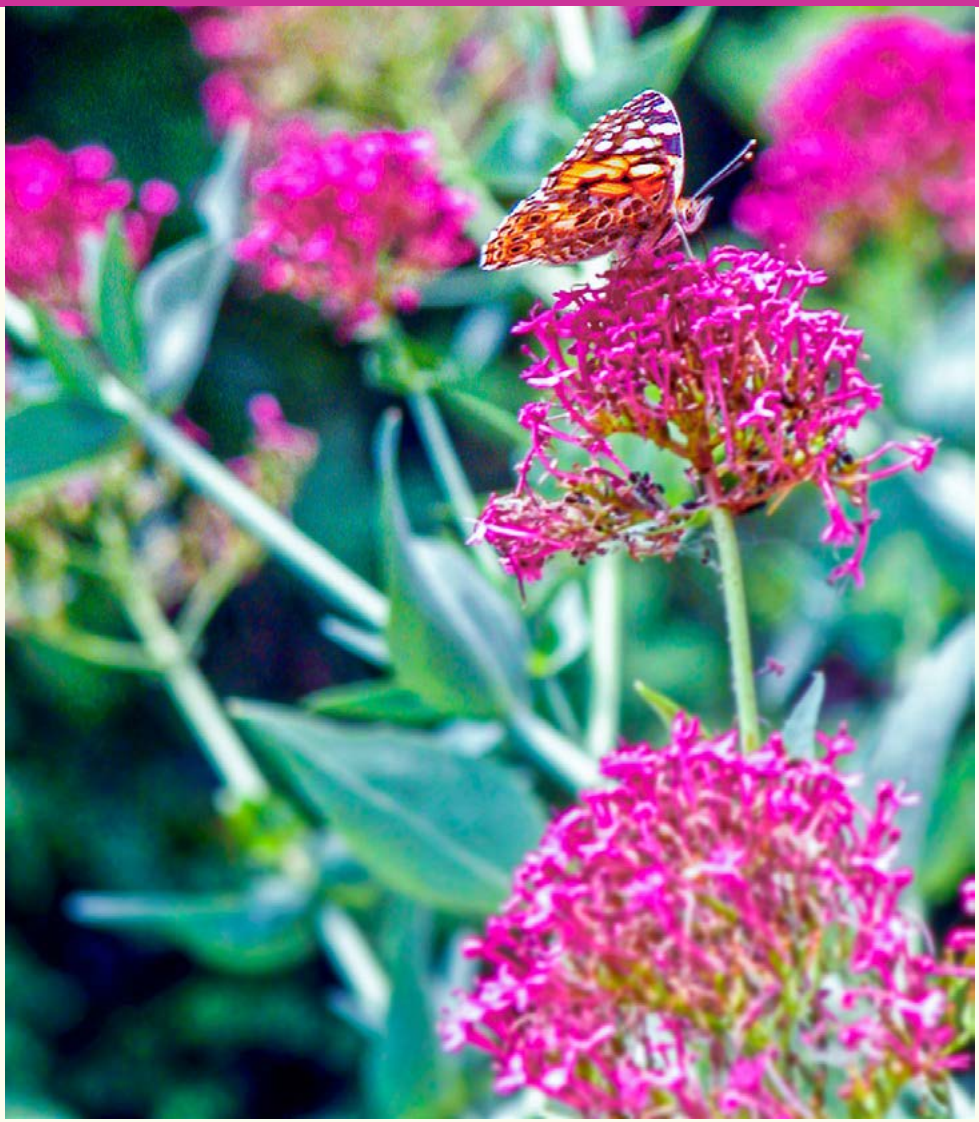
The machine is programmed to perceive this frequency point as cute. It then searches its database for an image to illustrate it.

The machine translates another frequency point into eyes, enabling it to 'see' the cute image.

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

Another frequency point suggests the presence of a woman. The machine checks its database to determine whether the woman or the dog is cute, then retrieves the corresponding conceptualised feeling to symbolise cuteness.

The illustrations are from an article in Wired, but the captions are by Alexius.



Tensions become delicate, beautiful butterflies when we 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 relieved

Alexius employs metaphors and examples to illustrate how good we feel when we see everything as symbols of Oneness.

When you begin to see your experiences as symbols of Oneness, it feels as if a flock of butterflies is replacing your problems. From then on, every instant 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 all experiences symbolise Oneness. Thankfully, even forgetfulness is a symbol of Oneness. So your forgetfulness does not change anything. In other words, you don't need to be perfect to practise seeing everything as symbols of Oneness.

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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.

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Everybody understands that water is a liquid with certain properties, and that the word 'water' – formed from the letters w, a, t, e, and r – does not actually make anyone wet or quench thirst. This word is

These figures are not a man and a woman but symbols representing them. Everyone knows these symbols do not resemble real men or women. In the same way, everything in a world with more than one is a symbol of that which is One, no matter how it appears. [Image from the internet]

merely a symbol for the real substance. In a similar way, when you are aware that there's no more than Oneness, you see experiences of a world with more than one not as the real thing, but as symbols of Oneness.

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Anxiety is linked 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 attachment to a particular outcome is not a problem, as attachment is also a symbol of Oneness. In short, whatever you think, feel, or do, or even what you don't, symbolises that which is One. This outlook frees you from feeling stuck.

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By perceiving every appearance as a symbol of Oneness, which makes it possible to experience anything, we free ourselves from the limitations of appearances. *[Image from the internet]*

You never feel stuck when you see everything as a symbol of the formlessness of Oneness, because that renders forms unimportant. This doesn't mean feelings are gone, but they're simply interpreted as another symbol of Oneness – not as caused by anything.

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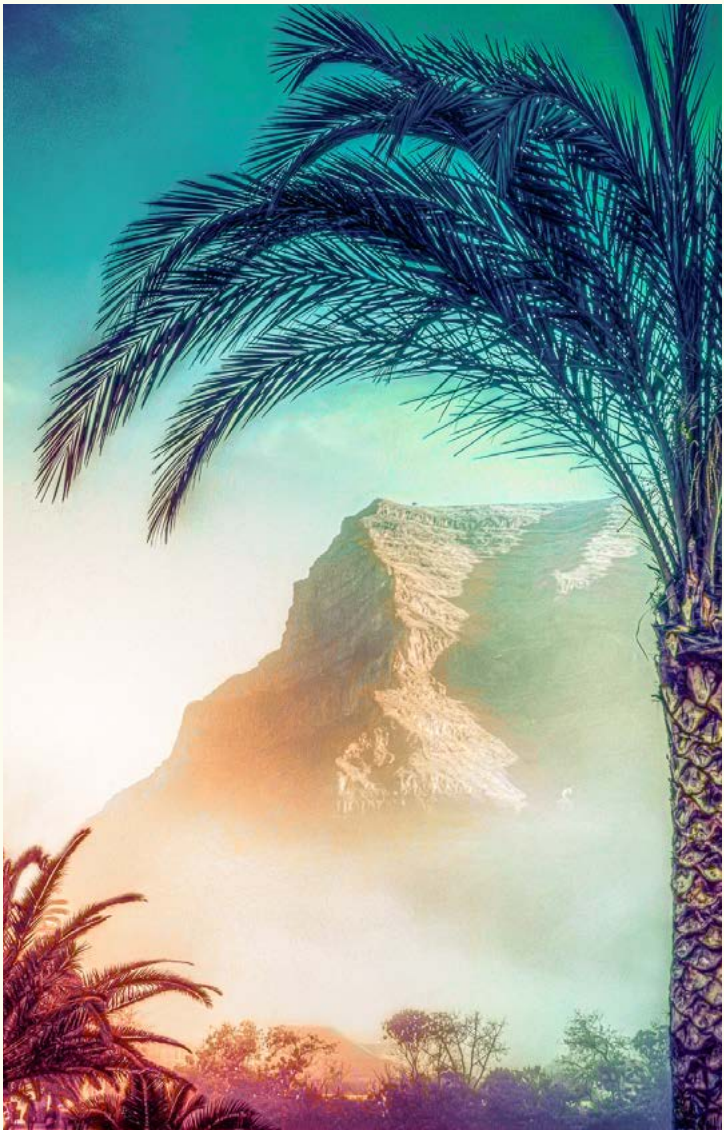

The humidity in this image can't damage your electronic device because it's a simulation. Similarly, nothing in a world with more than one can harm that which is you, as such a world is also a simulation.

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

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Being formless and 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 to more is to change your purpose for appearing in a world with more than one. If it's to see everything as a symbol of Oneness, then differences don't make a difference. Hence, you're relieved of the burden of more.

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Picture a world with more than one as a film projected onto a movie screen. In this metaphor, the formlessness of Oneness is like the projector itself. The projector is not part of the film shown on the screen. Moreover, since the projector views the film as *one perpetual present*, it is unaware that someone watching it experiences it as unfolding in a sequence, and therefore fears when it might end.

Oneness is formless, not part of a world confined by time and space. But since Oneness is formless and endless, there is no world limited by time and space. Experiencing such a world is only a fantasy possible through Oneness. Consequently, when we see our experiences as symbols of

No one expects a movie projector to exist within the world shown on a screen, as that world isn't real. Similarly, seeking Oneness in a world moulded by time and space is misguided, as Oneness has no form. However, being formless, it's endless, and therefore, the reason we can imagine experiencing something limited. Consequently, everything in a world defined by time and space symbolises the formlessness of Oneness. *[Image from the internet]*

Oneness, we become symbols of its formlessness, which is endless, so there's no end to fear.

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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, such as an almighty god creating the world in eight days or a *Big Bang* moulding a universe from nothing. And then there are statements like *'I think therefore I am'.* But thoughts are not made by anyone but the brain.

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. Hence, everything in the story symbolises what makes building castles in the air possible.

Many believe *'I exist because I can feel something when I pitch the body'*. However, it's like saying, *»I am the coat I wear because I can feel something when I touch it«*.

No one 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.

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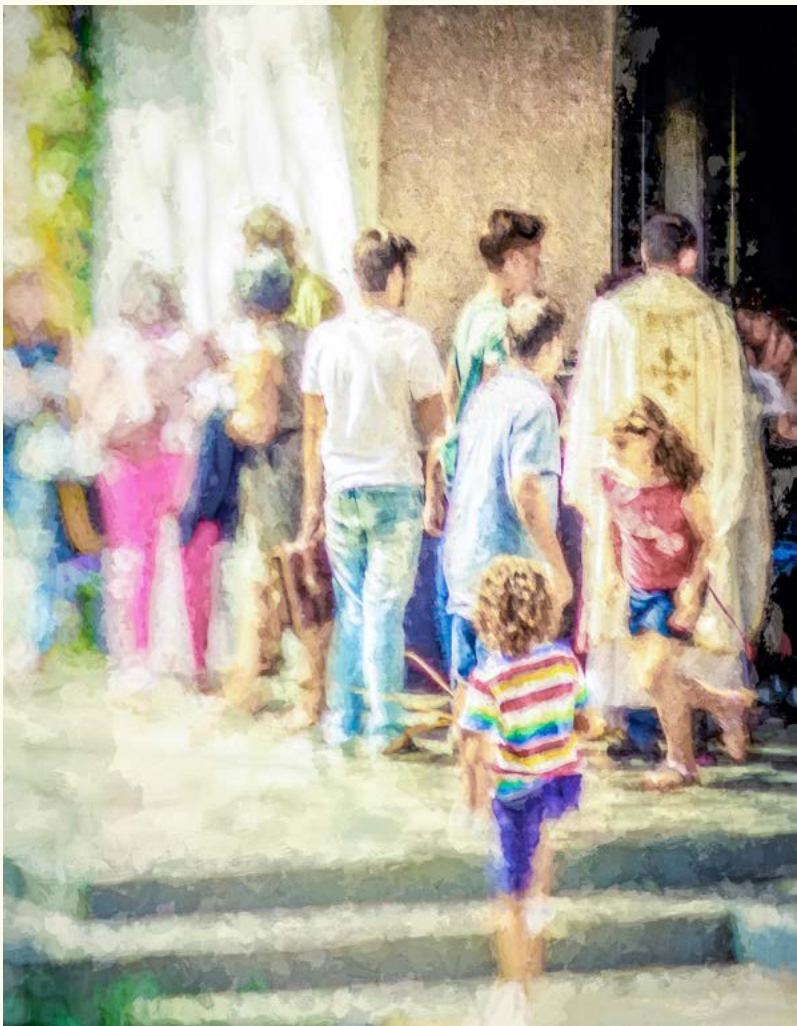
We often form connections with people based on religion or philosophy. Instead, by seeing everyone as a symbol of what enables the appearance of separation, namely, Oneness, we connect with all, thereby undoing belief in separation.



The fantasy of more than one ends the moment it's imagined, so when you see something, it's merely an after-image of that fantasy (see Duality Hack #2.3).Although these after-images do not contain Oneness, their experience is empowered by it, making them symbols of Oneness. Thus, the more you acknowledge differences as symbols of Oneness, the less they seem to support belief in more than one.

Being someone in a world perceived as outside us is – like a dream – a fantasy occurring inside the brain. This world appears external only because we interact with it as if it were outside us. Yet you do not need to alter the world you experience. Instead, interpret all interactions with it as a symbol of what enables such experiences: Oneness. By doing so, you don't establish yourself as someone in the brain's fantasy world but as a symbol of Oneness, thereby undoing the fantasy.

We adopt a friendly attitude to obscure our underlying hostility: to extract 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 taking from others, physically, mentally, and emotionally, 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 shop, our goal is to get as much as possible for as little money as possible. 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.
- In our work, we seek to maximise our earnings while minimising our effort. Conversely, our employers strive to optimise their profits by paying 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.

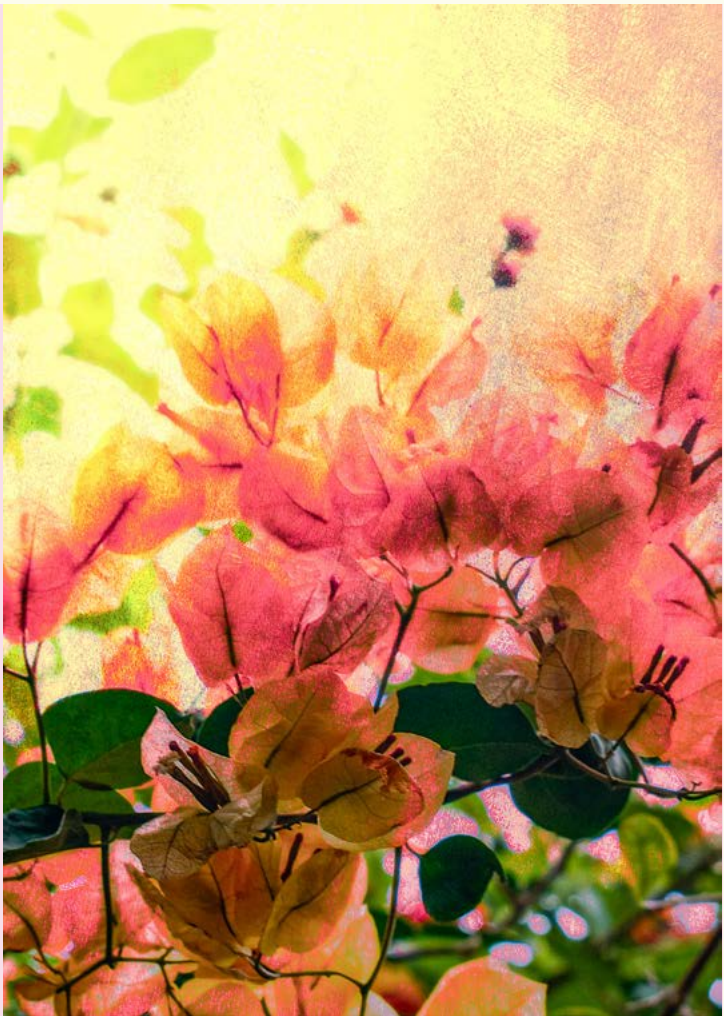
The customer wants as much as possible for as little as possible, while the restaurant wants to give the customer as little as possible for as much as possible.

Getting more is the lowest common factor for everybody

In the civilised world, taking 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. Socialists often veil their aspirations in altruistic rhetoric about more money and power for the people. Those who claim to be spiritual may not desire

It's a treasured 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 to get 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 those with much are more expert at exploiting others.



more money and power. Yet they often yearn passionately for more energy, love, peace, and purity.

However, if we question our persistent pursuit of more, we see that being and getting more never make us feel fulfilled. This realisation can prompt us to challenge the belief that more is better. While we

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

can't survive without acquiring more, such as food, we don't need to be psychologically bound by this pursuit. If we perceive getting more as a symbol of Oneness, 'more' doesn't make a difference psychologically. Thus, we can seek more without the burden of guilt while the belief in more than one fades.

We can't undo the belief in more than one if we continue to pursue a better future through exceptional people, the newest technology, or an imagined higher state. Fortunately, perceiving being and having more as a symbol of that which is One enables you to continue seeking more while the belief in more than one is undone. Thus, not desiring more, you enjoy getting it.

Excitement comes from the hope that getting something bigger, smaller, faster, better, wilder, deeper, purer, or more authentic will make us feel better. Although nobody has found it, we continue searching, thus remaining constantly disappointed.

Hack #3.7, Feeling excited or at peace

Alexius uses examples from everyday experience to explore the excitement of more than one versus the peace of that which is One.

Excitement, tied to the expectation of something new, is temporary. It fails to deliver the lasting contentment we hope for. In contrast, Oneness, being formless and thus boundless, is an endless peace.

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Most children get excited about Santa's magical gifts. So, they suppress their disbelief and choose to believe Santa is real. Similarly, many of us believe in a world with more than one, imagining that a multitude of possibilities brings joy. This imagination often seems more attractive than Oneness. It lacks the excitement of options, as that requires more than one. However, when we realise that the belief in more leads to massive 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 lack of something because there's no more than that which is One. That's why it's peaceful.

The craving for more may explain why so many people enjoy watching films: they seem more exciting. Similarly, many people may watch porn because it feels more stimulating.

The desire for new experiences also explains why so many look forward to holidays. They promise more excitement.

On charter holidays, for instance, special events organised by the travel agency provide out-of-the-ordinary experiences – much like films, pornographic or otherwise, are made to amuse us.

But our everyday experiences are also designed to be extraordinary. According to science, what we see is nothing but empty space, which the brain renders into a world with more than one, offering us multiple experiences to look forward to. However, the excitement for something never lasts. In contrast, there's nothing to look forward to in oneness and, thus, nothing to worry about. So, although it's not exciting, it's eternal peace.

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To feel excited in a world defined by time and space, you must believe you are someone specific – only then can you feel the excitement of something specific. However, believing yourself to be definitive feels limiting, while not caring about it brings such peace that the excitement of specific experiences becomes unnecessary.

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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. But you can wish not to conceal it with dreams of excitement.

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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.

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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.

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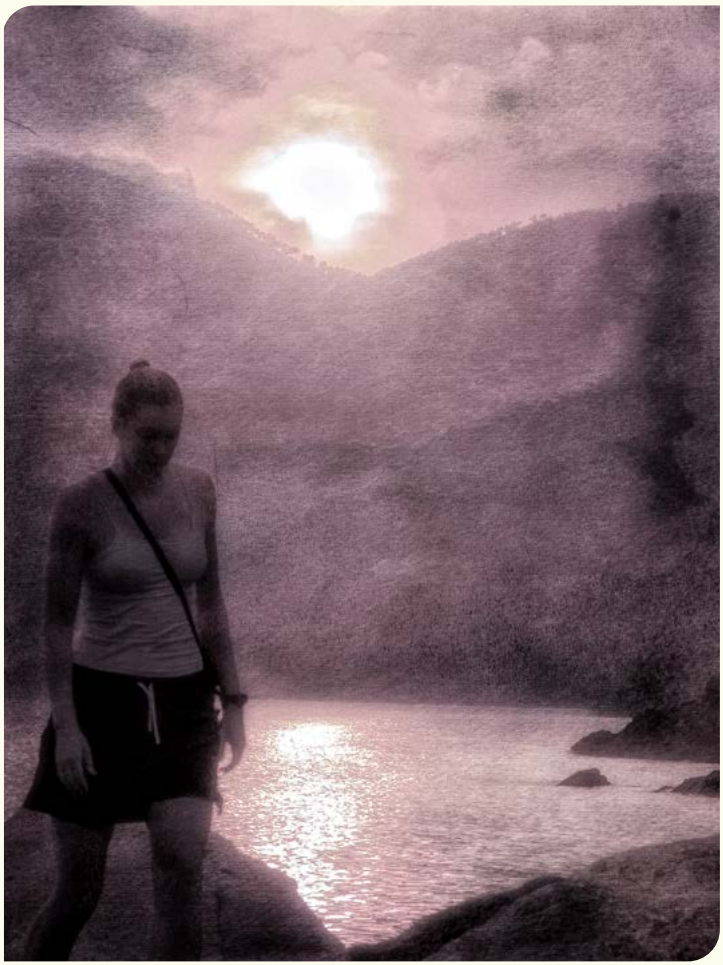
In Oneness, there is nothing but One. This is why Oneness is infinite peace. However, if one feels limited by Oneness, one imagines a world with more than one, offering limitless options. Yet such a world, confined by time and space, only serves to limit us. Thus, we

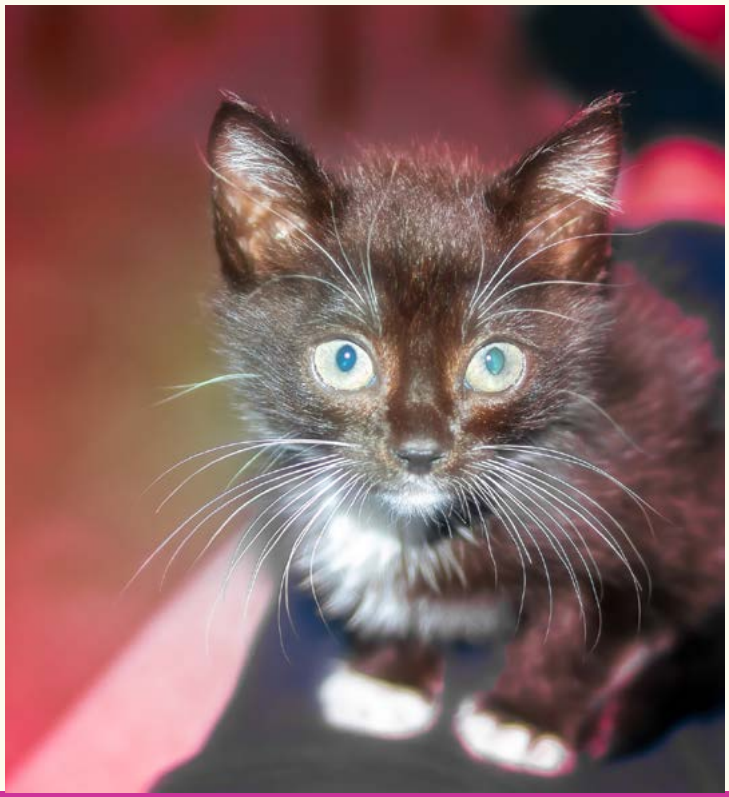


Instead of realising that excitement for something fades once we get it, most continue to chase new and improved sources of excitement. But whether it's a new person, a deity, or any other discovery, the excitement eventually fades, leaving us in a perpetual cycle of anticipation and disappointment.

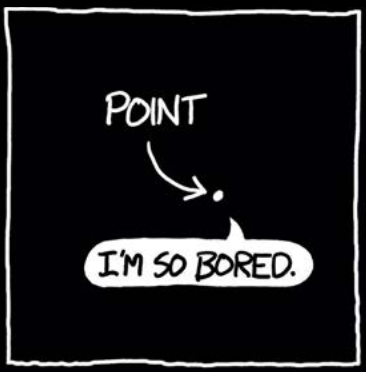
imagine that a world restricted by time and space is just the beginning. When our time as limited beings is over, we cross over to heaven, where we can do anything we dream of.

Thankfully, because Oneness is formless and, thus, endless, it is impossible to be anywhere else. Therefore, no matter what we dream of, we remain 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.

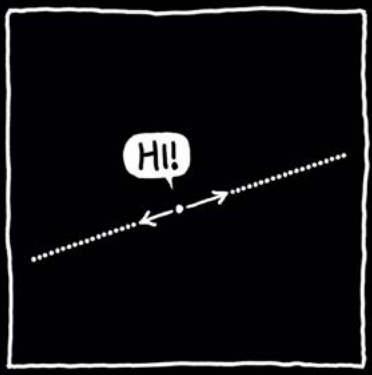
The belief in more than one is automatically undone when you apply one or more of Alexius' Duality Hacks. *For instance, suppose you always perceive your excitement for something as a symbol of what makes it possible to feel excited, namely Oneness. In that case, because all excitement feels equally thrilling, the belief in more than one fades, and you're at peace.*



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

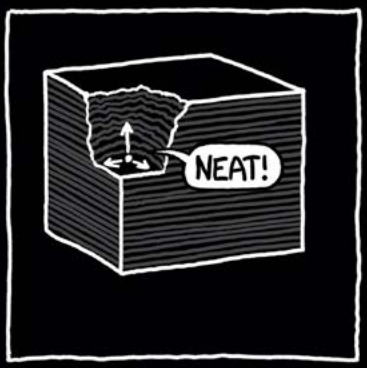


In reality, it's impossible to feel excited about anything, because excitement requires more than one, and there's no more than that which is One. For the same reason, in Oneness, there's nowhere to go and no one to meet. So, if you want the excitement of more than One, you must extend Oneness. But since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

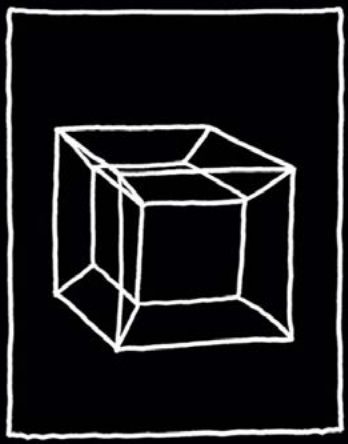


Yet it seems possible to imagine extending Oneness beyond One, thereby meeting another one.

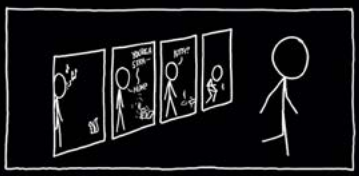
But you want to meet more. So you imagine an extension of neighbouring spaces, making the one-dimensional extension appear two-dimensional.



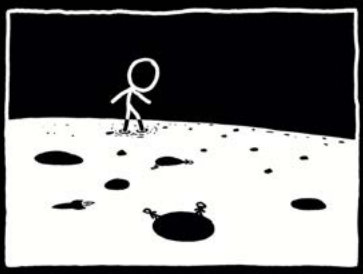
Still seeking more, you imagine adding neighbouring extensions to the two-dimensional surface, thereby creating a three-dimensional world. This makes the imagined world seem even larger and more realistic.



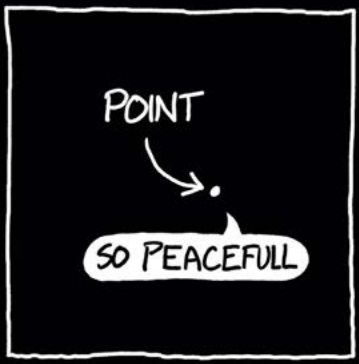
But the new world is built on the idea that something is missing. So, no matter how many you meet, you remain unsatisfied. Hence, you turn to transcendental meditation, drugs, and AI-generated virtual worlds, each attempting to create a better world within an already simulated reality.



Eventually, you realise that nothing in a world with more than one can make you feel fulfilled. Therefore, you conclude that more than one is not real.



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.

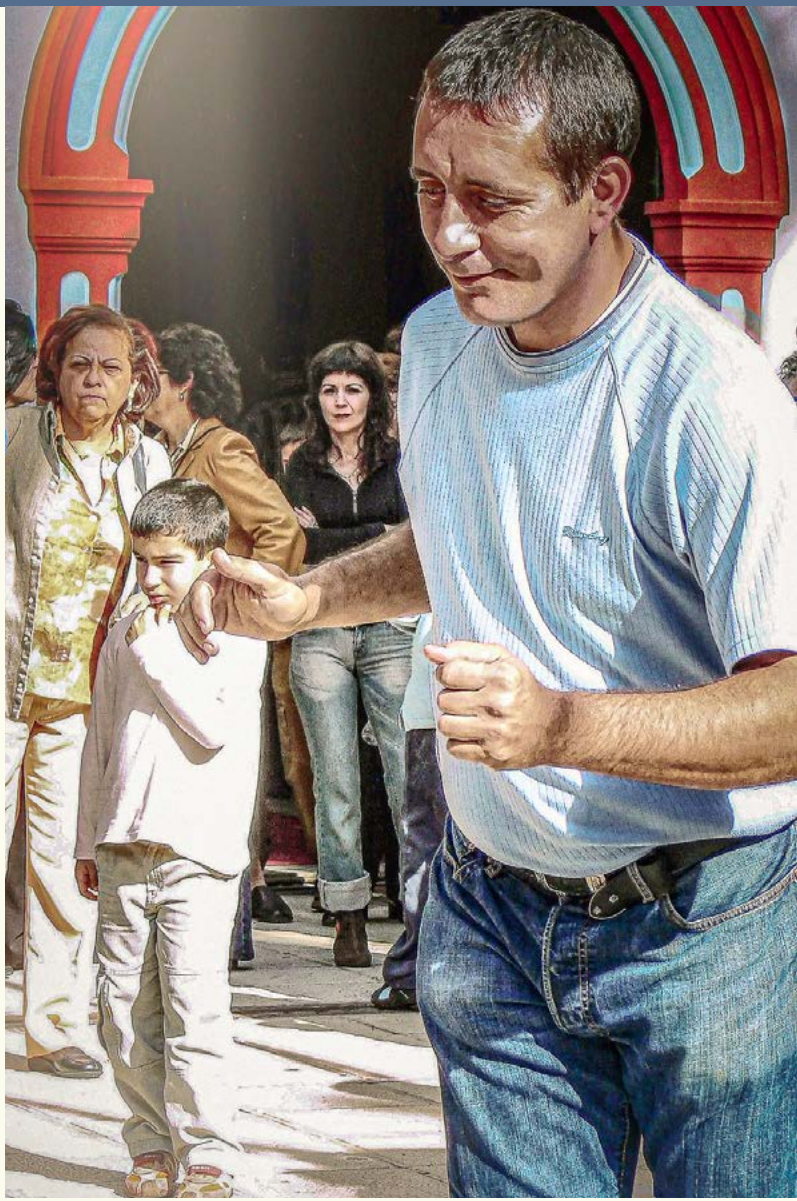


Consequently, more than one turns into that which is One, which is pure peace.

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

Including thoughts and feelings un-edited – without exclusion – annuls the sense of separation, leading to a blissful state of not-knowing.

Do not exclude but include all thoughts and feelings unedited. This annuls the sense of separation and brings a blissful state of not-knowing.



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

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

Foreword

Our sense of being someone resides in the psychological sphere, making us feel light and intangible. To feel more tangible, we project our identity onto the body, shaping it through practices such as yoga, fitness, or special diets to align with our mental picture of ourselves.

Yet, since we can't transform something non-physical into something physical, our sense of being physical is itself a mental construct – a belief upheld through our thinking. We maintain this construct in the psychological sphere by excluding thoughts and feelings that conflict

If you do not exclude, you automatically include, for instance, your sense of worthlessness. As you become nothing but that, there's no contrast to define you. This opens you to *the bliss of nothing*.

with our desired self-image. Thus, when *Alexius' Duality Hacks* suggests including thoughts and feelings, it means within the psychological realm, not the body. For more on the psychological sphere, see Duality Hack #7.2.

> *When we exclude thoughts and feelings that conflict with our desired image, we seem more defined. But including them leaves less to define us as tangible. Thus, we don't feel restricted by the body.*

Contrasting thoughts – such as right and wrong – mould our experience of duality. Therefore, by including both sides of a contrast, we partially undo dualism. This leads to a state of not-knowing, *in which differences do not seem to make a difference.*

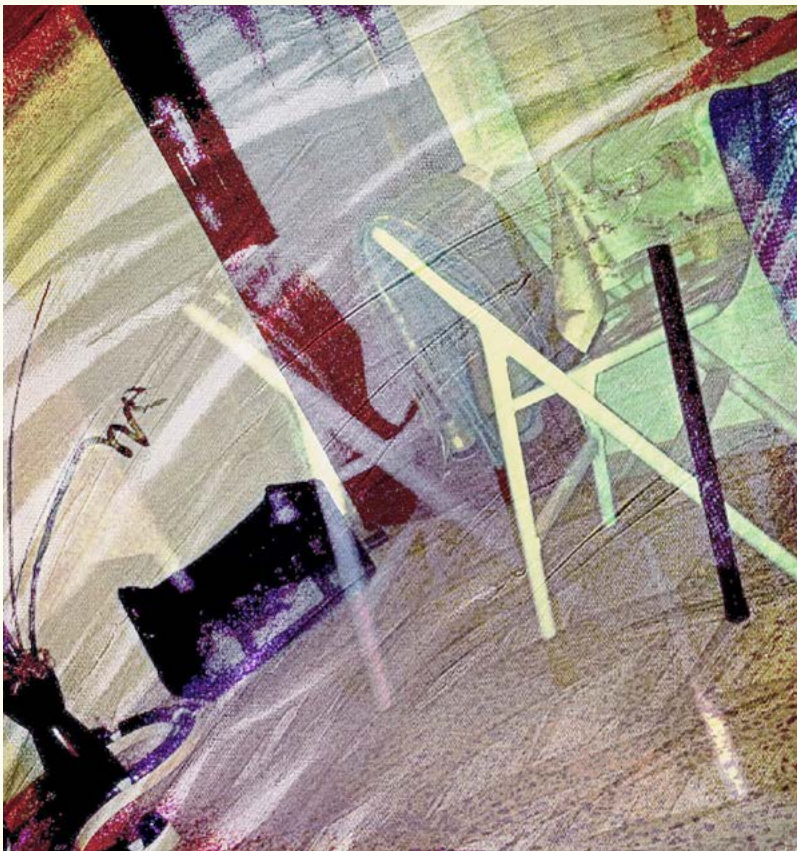
In *a state of not-knowing*, you do not notice thoughts that make you feel individual. Hence, since there's nobody to ascribe a specific meaning to experiences, you're in *the bliss of nothing*. However, you are not aware of this until you return to the conscious experience of being somebody and remember how blissful it was to be nobody.

In Duality Hack #4.1-6, we explore how to include thoughts and feelings in our psychological self rather than linking them to the body. Once we include everything, nothing remains to define us. Thus, we no longer seem to hide the formlessness of oneness.

A calmness, not dependent on anything in particular

Alexius once assumed that when he found an external justification for his irritation, relaxation would replace it. Yet, his pursuit of external reasons only made him more irritated.

Recognising this, he instead fully included his irritation, being nothing but that. With no opposing feeling to define irritation, both irritation and the desire to relax faded away. In this way, liberated from the



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.

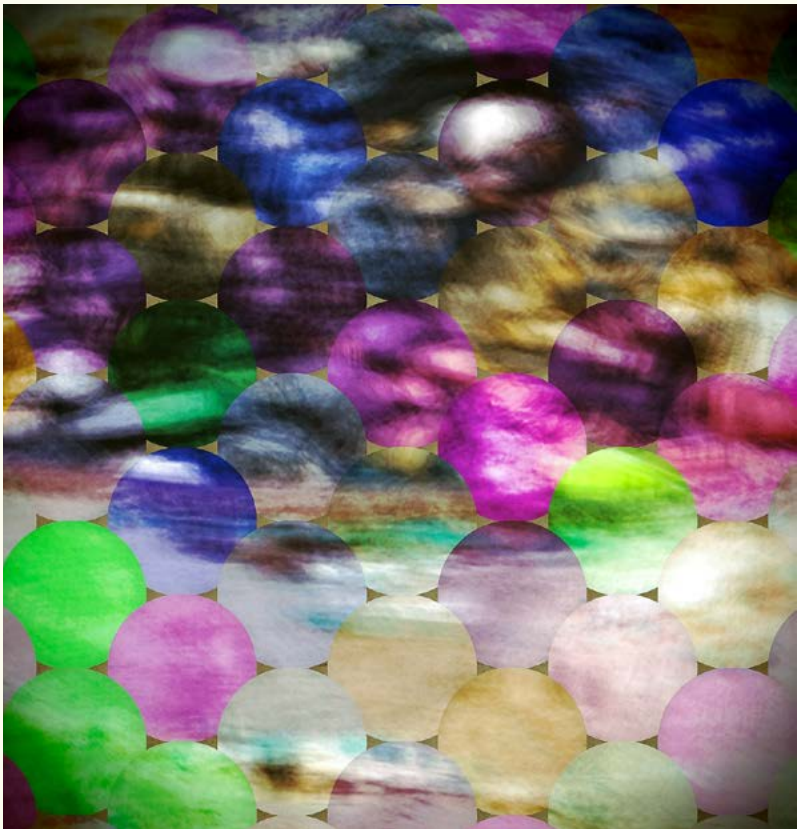
burden of categorisation, Alexius entered a calmness independent of any particular cause, which he calls *a state of not-knowing*.

Then, there was no longer a contrast to define it. Hence, since relaxation couldn't define irritation and vice versa, both feelings turned into nothing. In this way, liberated from the burden of categorisation, Alexius entered a calmness independent of any particular thing, which he calls *a state of not-knowing*.

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

To further clarify, being fully inclusive – in the case of irritation – doesn't mean you have to include every bit of it laboriously. It simply means being willing to be nothing but irritated. In other words, it's about willingness, not perfection. Even if your willingness is luke-

If you try to understand a state of not-knowing *by analysing when, why, or how long you remain in it before returning to the consciousness of being someone, you will not enter it. It's beyond intellectual understanding.*



warm, you're still fully inclusive if you're willing to include your reluctance.

> *Inclusiveness isn't about embracing or owning our feelings, as that reinforces the belief in being someone definitive. In other words, it's not about acceptance or forgiveness, as inclusiveness dissolves what's specific into* the bliss of nothing.

When fully inclusive, you are not somebody but nobody in *a state of not-knowing*. Here, appearance is irrelevant. Thoughts and feelings simply serve as tools for moving through the world, not for self-expression. For instance, pain might signal a broken bone, and fear may warn of danger.

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

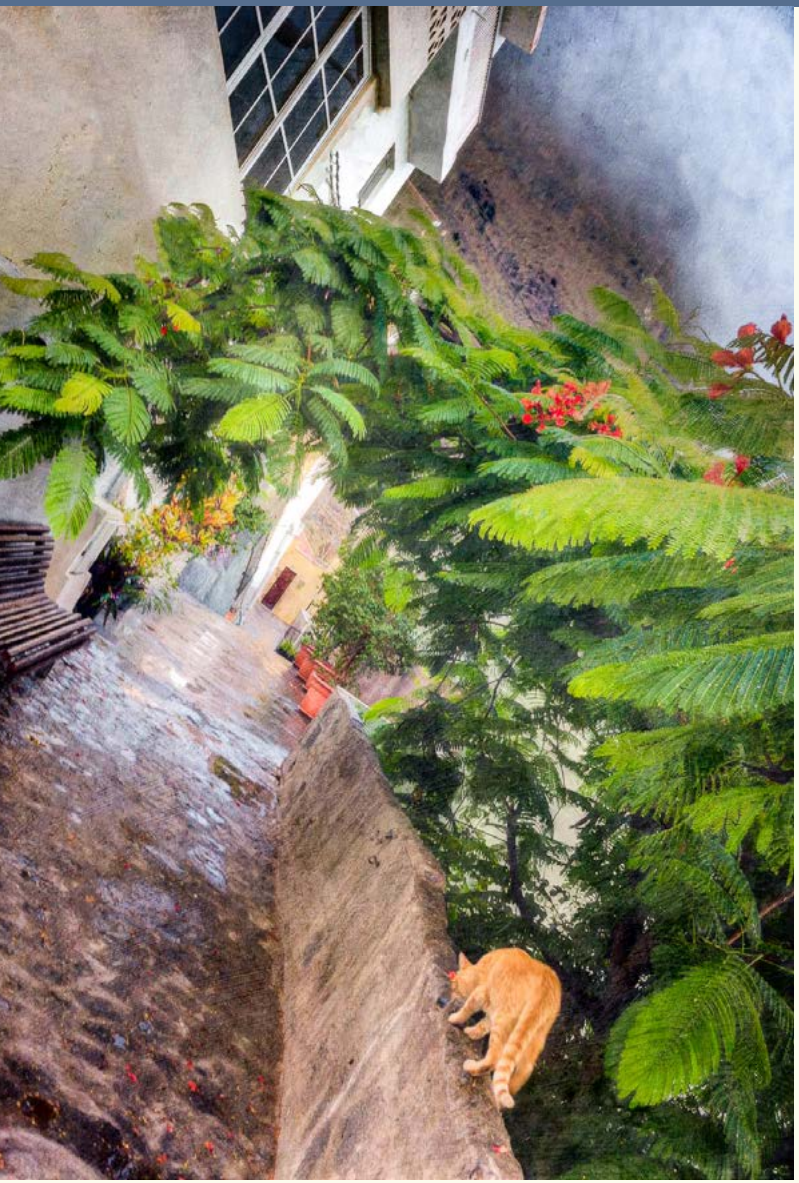
To not exclude is to fully include an experience. This doesn't mean you're going to contain or embrace it. That reinforces the belief in being a substantial being in a world outside you, which leads to suffering. When you fully include an experience, there's no difference between you and the experience. With no inside or outside, inclusiveness does not establish you as a substantial being in an external world. Instead, it places you in *the bliss of nothing*.

In this context, pain doesn't cause suffering. Neither does fear scare you. This is 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 feel the frustration of something instead of *the bliss of nothing*.

You can only stay in *a state of not-knowing* for a short time – usually less than 20 minutes, rarely up to 45. Devoid of the constant reinforcement of being someone specific, *the Enlightenment of that which is One* sets in, completely erasing the belief in being someone at all. See Duality Hack #9.10.

The good news is that just a brief moment in this state is enough to wipe your slate clean. So when you return to the conscious experience of being somebody, you can enjoy the belief in being that, while it is softly undone.

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



Exclusiveness evokes a sense of loss, leading to frustration. In contrast, inclusiveness evokes nothing but the bliss of nothing.

HACK #4.2, Exclusion imprisons you, whereas inclusion sets you free

When you don't exclude, you automatically include. Therefore, since you don't confirm separation, you're free from the suffering and loneliness that come with it.

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 masking feelings of inferiority by appearing better than others. Yet as this exclusion reinforces separation, it breeds 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, thus, not lonely.

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

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If not exclusive, we're automatically inclusive. However, most people assume they feel better by excluding what they perceive as wrong in themselves. Therefore, exclusion is the world's default mode.

Sending love or healing to someone is based on a sense of superiority. The sender believes they have more than the receiver, thus denigrating the receiver.

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Assuming one needs to process what happens, most move forward with the brakes on. On the other hand, if one doesn't slow down thoughts to process what happens, they 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.

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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 up those emotions.

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Happiness doesn't come from excluding what makes you sad, but from including it. In other words, happiness comes from inclusion.

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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 simple approach to the present. You can't go wrong because even if you do, you include that you're mistaken.

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

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

When you lose yourself in love, there's nobody who believes in a world with more than one.

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

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Willingness to include the moment unfiltered makes you present. Yet hardly anyone has that willingness. By admitting it, you're in the present moment as it is.

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When you use something external to justify your hatred, you disassociate yourself from it. But you also disassociate yourself from your love, because lacking its contrast, hatred, you can't feel you're full of love. However, since you exclude these emotions from your consciousness, they remain in your subconscious – often hidden behind the fear of emptiness that arises when you dissociate yourself from both hatred 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 exclusion but on inclusion, so it does not entail fear. Instead, it entails *the bliss of nothing*.

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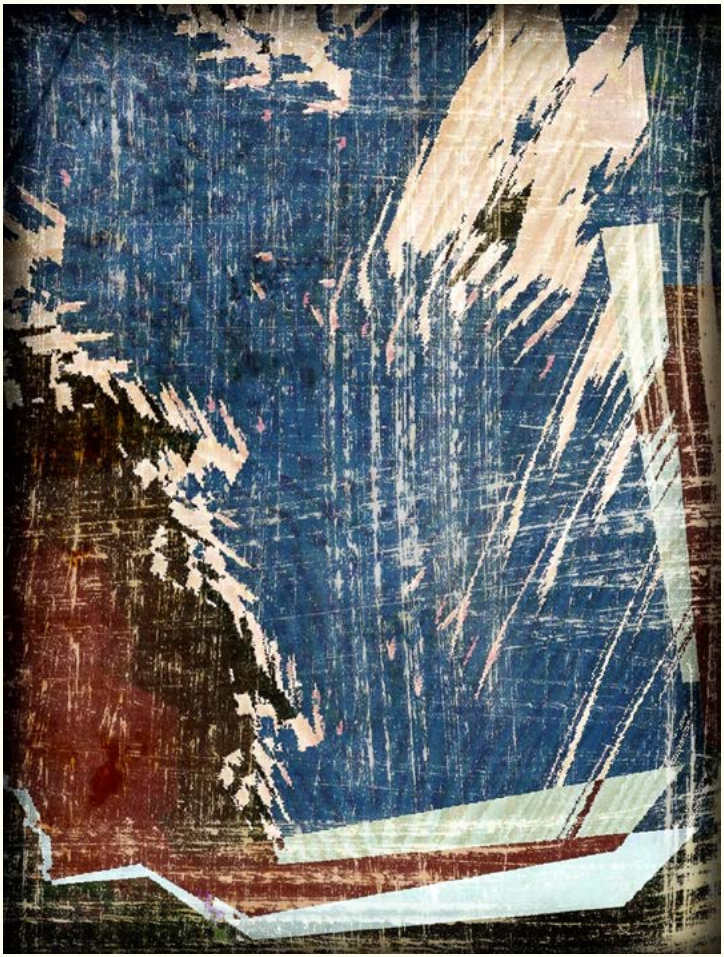
If you want to undo the belief in a world with more than one, don't suppress feelings or slow down thoughts. Instead, follow their flow



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

unedited. Take sex as an example. In its ecstasy, there's no room for anything else, so there's nothing to contrast it with. Hence, for a split second, it's as if there's no more than One.

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Including everything doesn't mean you must include what you don't like. It means you include disliking it..

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

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After reading *Alexius' Duality Hacks*, you may conclude that you should avoid becoming more or achieving more. However, there's no need to avoid anything. Seeking more is natural in a world with more than one, as it stems from the desire for more. Fortunately, if you are not exclusive, thus inclusive, getting more makes no difference. Therefore, since separation fades, there's nothing left to obscure the formlessness of Oneness.

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Life is Oneness, and since it requires more than one to see it, life is invisible. Thus, 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 world's apparent differences as making a difference.

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Inclusion is comparable to a black hole that sucks everything in, leaving nothing to include, nor an ending, except the belief in being something. See Duality Hack #10.5.

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Taking a step now, you put one foot forward into the future while the other remains in the past. Consequently, now includes both 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 experience the bliss of togetherness.

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A thought is like a cloud drifting 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 to establish your uniqueness.

Often, people exclude their perceived wickedness by projecting it onto others, thereby positioning themselves as one of the good ones. But because they appear good at others' expense, they feel disconnected. In contrast, inclusiveness makes us feel connected.

The more meaning you assign to thoughts that highlight your uniqueness, the more imprisoned you feel by the image you've conjured. Thankfully, if you don't suppress feelings of confinement, you can include them to feel *the bliss of nothing* rather than the frustration of something.

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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 rather a blissful falling into nothing.

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If you expect appearances to conform to your idea of perfection, you fence off *a state of not-knowing*. However, if you include the per-

Of course, including something is as unreal as anything else that requires more than one. Yet this illusion is an effective way to quickly undo the belief in more than one.

ceived imperfection of appearances unedited, you enter *a state of not-knowing*.

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

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Alexius' Duality Hacks are not about undoing our perceived mistakes in a world with more than one, but about believing in such a world, one that includes both right and wrong.

Like most so-called spiritual ideas, living in the now *is based on exclusion. In this case, you exclude the past and the future to highlight a separate point imagined as* the now. *By contrast, in* a state of not-knowing, *thoughts about the past and expectations of the future are included. So time is irrelevant.*

Being exclusive you're lifeless because life is inclusive.

HACK #4.3, Anything separated is lifeless because life is inclusive

Since life is Oneness and therefore formless, anything definable is lifeless. Thankfully, inclusiveness undoes definitions.

Often, those who gather in groups founded on nationalism, capitalism, or socialism, for instance, engage in projection. In forming such groups, they divide the world into right and wrong. They then eliminate from their group anything their doctrine deems wrong by projecting it onto other groups. As they claim those groups are evil, this often leads to conflict. Yet no matter what happens, each group sees itself as the best. Their evidence is simply their own claim.

Thankfully, *Alexius' Duality Hacks* is not a new philosophy that demands you change or eliminate anything to make yourself or the world better, thereby confirming separation. Instead, it frees you from the belief in separation by bringing you towards inclusivity.

Inclusiveness gives you *the bliss of nothing*

Being inclusive starts with acknowledging that contrasts shape every experience. For instance, you can only appreciate the beauty of a starry night when it's set against the blackness of the sky. Similarly, sweetness is heightened by bitterness. Even reading these words is possible only through the contrast between black letters and an off-white background.

If you focus more on the off-white background, reading the black letters becomes harder. Being aware only of the background means you see just off-white. But this only lasts a moment. Without anything to define it, off-white disappears, along with the letters.

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

However, if emptiness feels scary, you likely explain it away by filling it with a familiar, definable mood. But twisting nothing into something breeds suffering. Therefore, you must choose between the pain of something and *the bliss of nothing*. Yet this is not a choice about something, but a decision not to be and not to have something. Don't

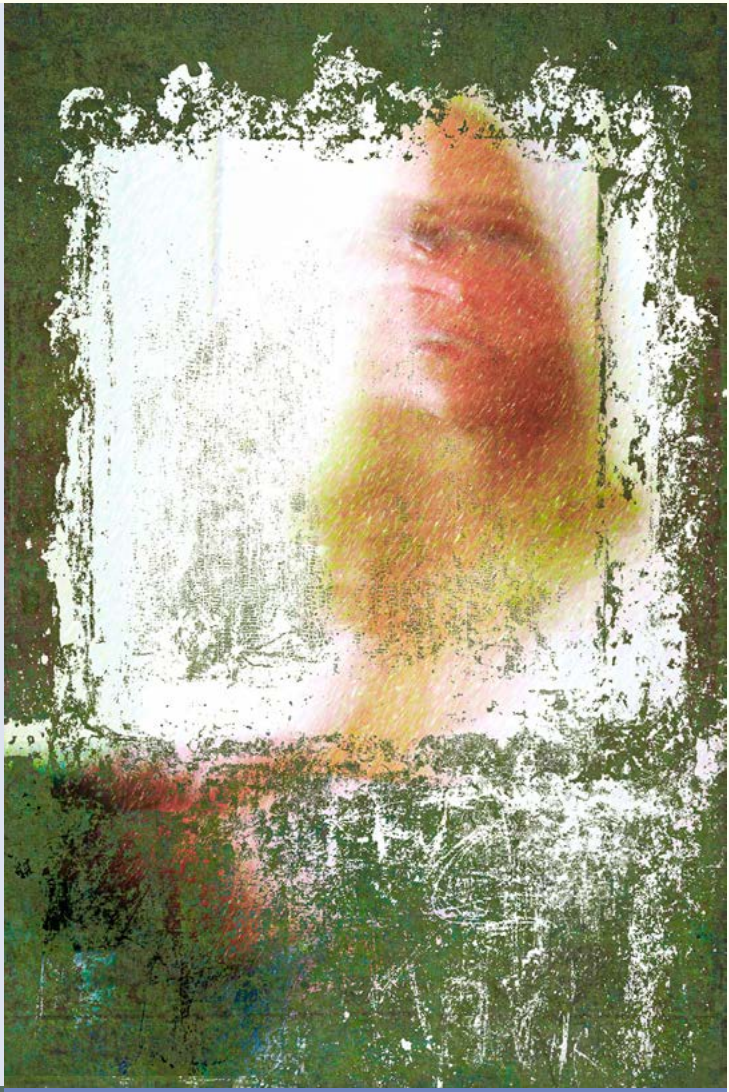
Being inclusive is like falling in love. Everybody looks lovely.

try to understand it. Forget understanding something. Be in *the bliss of nothing*.

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

From this state, you return to the conscious experience of being 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 obscures the formlessness of Oneness. See Duality Hack #9,10.

If you persist in being someone specific, you exclude yourself from the formlessness of life. However, you haven't lost it, because without it, you couldn't imagine being someone definitive. That's why you quickly undo the belief in being definitive when you don't use your appearance to prove it, but to remind yourself that you're not definitive, because that which is you is the formlessness of life.



When you include your feelings about something, they no longer seem to be caused by anything external. Hence, since there's no internal without the external, you're not somebody but nobody. So, even though the brain continues to produce experiences in which you appear as somebody in an external world, there's nobody to ratify them as real.

Inclusiveness undoes separation

We often affirm our belief in our originality by telling stories in which we, as the main character, do the right thing. We also refer to stories in which others describe us as making a difference.

The conclusion is not that we must stop telling such stories to receive *the bliss of nothing*. On the contrary, *Alexius' Duality Hacks* are not about stopping or avoiding anything, as that would involve exclusion and thereby reinforce the belief in separation. Neither are they about transformation, but about including the stories of our perceived uniqueness. Since inclusion annuls it, nothing defines you, and the belief in separation vanishes.

The inclusion of all thoughts and feelings cancels the idea of within and without. Hence, there's no separation to obscure the formlessness of Oneness.

Most people want happiness from being unique, such as being the perfect parent. They often ignore or resist anything that does not fit their desired image. As said before, exclusion builds the belief in separation. This leads to a sense of lack and a search for perfection that never ends.

However, most people long for the happiness they believe comes from being unique, such as being the perfect parent. Hence, they exclude from their awareness anything that doesn't match their desired image. Yet, as previously stated, exclusion fosters the belief in separation. This leads to a sense of lack and a search for perfection that never ends.

Fortunately, *Alexius' Duality Hacks* do not require perfection. Therefore, if you don't want to include everything, simply acknowledge your unwillingness. By including your unwillingness to include everything, you're on the path of inclusiveness to *the bliss of nothing*..

The explanations in Alexius' Duality Hacks *are inevitably incomplete. A description requires more than one, and Oneness is formless, thus endless, so there is no more than One.*

Inclusiveness is a never-ending life

Alexius had a kitten, Uma, who passed away in his arms. Though she was only six months old, Alexius felt their relationship was timeless. Remembering how Uma used to run to him, pressing her petite body against his chest as he wrote his Duality Hacks, Alexius cried, wishing to be together as before.

But Uma was no longer a physical being, so to be with her, Alexius included his intangible, thus boundless, memories of her. Hence, since the sense of Uma is everywhere, Alexius is *AloneTogether*

Alexius and his cat, Uma, can't meet physically anymore because she has died. But since this means Uma has returned to the nothingness from which she seemed to manifest as something, they're now together in *the bliss of nothing*, accompanied by soundless meowing. Thus, Alexius and Uma are on a path without time and space towards the formlessness of Oneness. Of course, they include everyone who appears as someone, because there's no separation in *the bliss of nothing*.

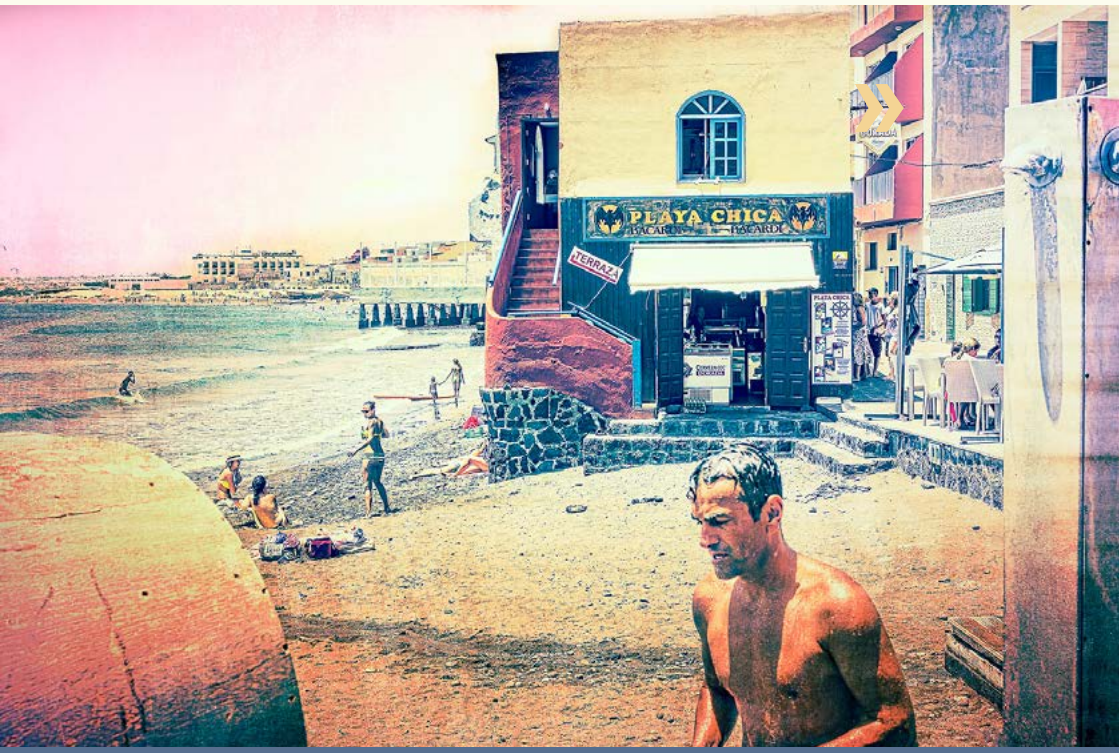
with Uma on the way without distance to what they never left: that which is One. See Duality Hack #12.

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

Life is all-inclusive

When you believe in being someone definitive, you exclude all else from yourself, thereby separating yourself from life, which is all-inclusive. So, if you want life, you include everything you have excluded to appear definitive. Yet, you may prevent something from being included to remain definitive. No worries. If you acknowledge that you resist life, you establish a relationship with it. And since life is inclusive, you're on the path to inclusiveness.

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



Inclusiveness neutralises the world's apparent differences. Hence, the belief in separation does not seem to obscure Oneness.

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

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

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

When we dream, the brain constructs a fantasy world that unfolds solely within itself. The same applies when we are awake. However, because the brain's fantasy world is dual, it expects our response to be twofold to affirm 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 dualistic setup and feel 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 model.

But if we fully 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 part of the brain's duality fantasy, you're beyond the brain's domain, entering *a state of not-knowing*.

If irritation is not excluded but fully included in one's awareness, it is intense yet short-lived. However, this intensity frightens many people, so they prefer to exclude irritation from their awareness.

> *When you, out of habit, suppress what you judge as bad to feel good, you censor the moment, thus feeling disconnected. However, if you include being manipulative, you're in the moment as it is, and so you feel connected.*

Inclusion undoes the belief in being someone definitive

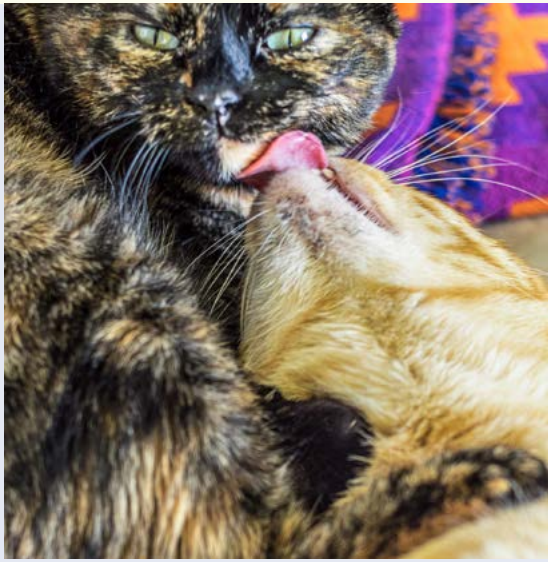
If you don't exclude the feeling of being upset by blaming others for it, but instead include this feeling as yours by being nothing but upset, there are no other feelings to define you as distressed. Hence, since you're empty, you're in *the bliss of nothing*.

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

This also applies to the comfortable feelings you justify as arising from something external. For instance, when you assume your spouse causes the love you feel, you exclude the love you have within you. Hence, because it feels as if something is missing in you, the love you assume your spouse causes inevitably leaves you frustrated. On the other hand, if you include the feeling of love as yours by being nothing but that, there's nothing to define you. Thus, you're *the bliss of nothing* rather than the frustration of something.

However, it takes more than one to include anything, and there's no more than that which is One, so inclusiveness is as illusory as exclusiveness. Fortunately, unlike exclusiveness, which reinforces belief in more than one, inclusiveness undoes that belief. Thus, when you include everything, nothing seems to obscure Oneness.

The inclusion of uncomfortable feelings is not the same as the Jungian idea of integrating the shadow side of the personality, because inclusion is not about becoming whole but about being nobody. *[Image from the internet]*



The people you think make you angry help you see what you feel.
Hence, you can include it within 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. 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 fled in fury.

Even though the stranger was gone by the time she returned, she was still upset. She desperately searched for traces of the intruder's scent to justify her anger. Each time she found it, 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. Yet her rage remained inside herself, trapped in an internal hurricane.

Guinevere's attempts to drive away the newcomer may come from an ingrained fear of being replaced, a worry rooted in her past

experiences with the people who abandoned her on the streets as a newborn. But Alexius can't know what motivates Guinevere, and she's probably unaware of it herself.

This example shows that we don't need to know why we react the way we do. Nor do we need to examine the past to reveal old patterns. Instead, we can simply include our present pain by being nothing but that. Without any other feelings to define it, the painful story about our past dissolves.

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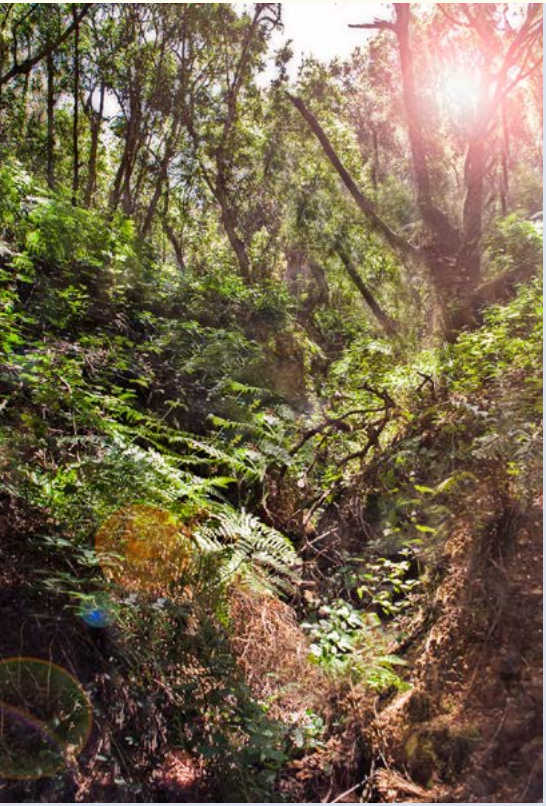
Alexius' Duality Hacks *isn't a new philosophy with complicated vocabulary and rules you must strictly follow. For instance, if you don't want to include everything, it doesn't matter, as long as you include your unwillingness to include*



As Alexius followed a dried-out river down the mountain, the plantation grew increasingly impenetrable. Eventually, he couldn't go any further. Stuck without food and water for two days, he realised that every moment is *the perfect moment*.

Alexius includes his bullshit

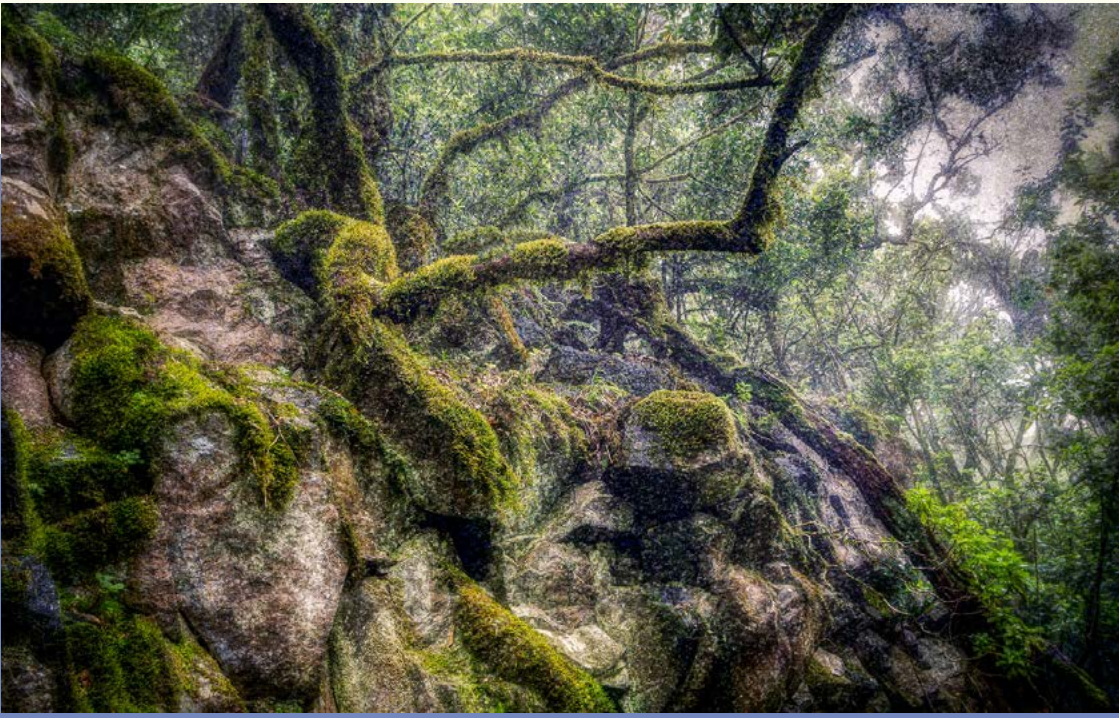
Years ago, Alexius was trapped in an almost impenetrable rainforest for two days without food or water. Despite the odds, he persevered, trying to find his way out by following a dried-out river down the mountain.

He dug through thorny bushes, often tearing his clothes and bleeding. Each patch took about half an hour to cross – much longer than

When we don't justify our feelings – sadness, joy, anger, or anxiety – with something external, we're automatically including them. This is incredibly helpful if we feel afraid because when included, nothing external scares us. Hence, *every moment is the perfect moment*.

a normal path. Feeling like a victim, he grew angry at the forest and failed to see its beauty, imprisoned by his own perception.

He often had to dig through bushes with thorny lianas tightly woven together, ripping his clothes and leaving him bleeding. Each patch of thorny lianas took about half an hour to cross. By contrast, had it been a typical path, he could have covered it in two minutes in a laid-back fashion. His endless troubles made him feel like a victim of circumstances – so angry at the rainforest that he failed to see its beauty, feeling locked within a cage of his own perceptions.



Perceiving *every moment as the perfect moment* (page 215) is not about suppressing negative thoughts to appear positive. You need to include your negativity as much as your positivity to experience *every moment as the perfect moment*.

That was until he felt so restricted by this unpleasant feeling that he instinctively included the shit he perceived in the rainforest as his own. Then he no longer experienced being imprisoned by the rainforest but was free within its immense beauty.

In other words, when Alexius included his shit rather than projecting it onto the forest, the experience of every moment shifted. Each moment – including those spent struggling in darkness with thorny lianas or resting in open spaces – became *the perfect moment* (page 215). This was not a gradual, intellectual process. Instead, it

was a sudden emotional shift that 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 as making a difference. Therefore, when, at the end of the second day, a helicopter wired Alexius up from the rainforest, he perceived the moment 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, fully include this feeling rather than avoiding or trying to fix it. Being nothing but trapped leaves nothing to define you as trapped. Thus, you enter *a state of not-knowing*. In this state, there's nobody to judge something as wrong or missing, so every moment is *the perfect moment*.

When you're inclusive, every moment is the perfect moment.

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

It's easy to include the present

It's straightforward to include your experience of the present moment, 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 instead indulges in childhood memories, he includes his reaction to the thoughts and feelings that arise from those memories.

In short, because his present moment consists of childhood memories formed by his culture, he includes his reactions to them, 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 the apparent appearances as making a difference. Therefore, every moment is *the perfect moment.*

To be inclusive means including your reaction to the present moment unedited. You look at thoughts and feelings as they pass until they reach 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, he thought Duality Hack #4 should be about that. But as it evolved, it became about how inclusiveness undoes duality. Yet the phrase every moment is *the perfect moment* remained dear to Alexius, so he added two of his original notes about it.

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In a world of duality, fear is a constant companion, a driving force behind the perceived division of non-duality into more than one. Therefore, if you avoid fear, you'll never realise that, if you accept it, every moment is *the perfect moment*. This is because nothing feels wrong or missing when we don't avoid fear.

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Life is formless, thus endless and all-inclusive, so anything definable is an illusion. Still, most believe they are limited beings in a world restricted by time and space. Thankfully, the suffering that comes from this belief ends when we're inclusive. As this echoes life's inclusiveness, we experience that every moment is *the perfect moment*.

By contrast, living in the now denies life's inclusiveness. This is because it requires us to exclude thoughts of the past and future, thereby highlighting a distinct point between them, conceptualised as the now.

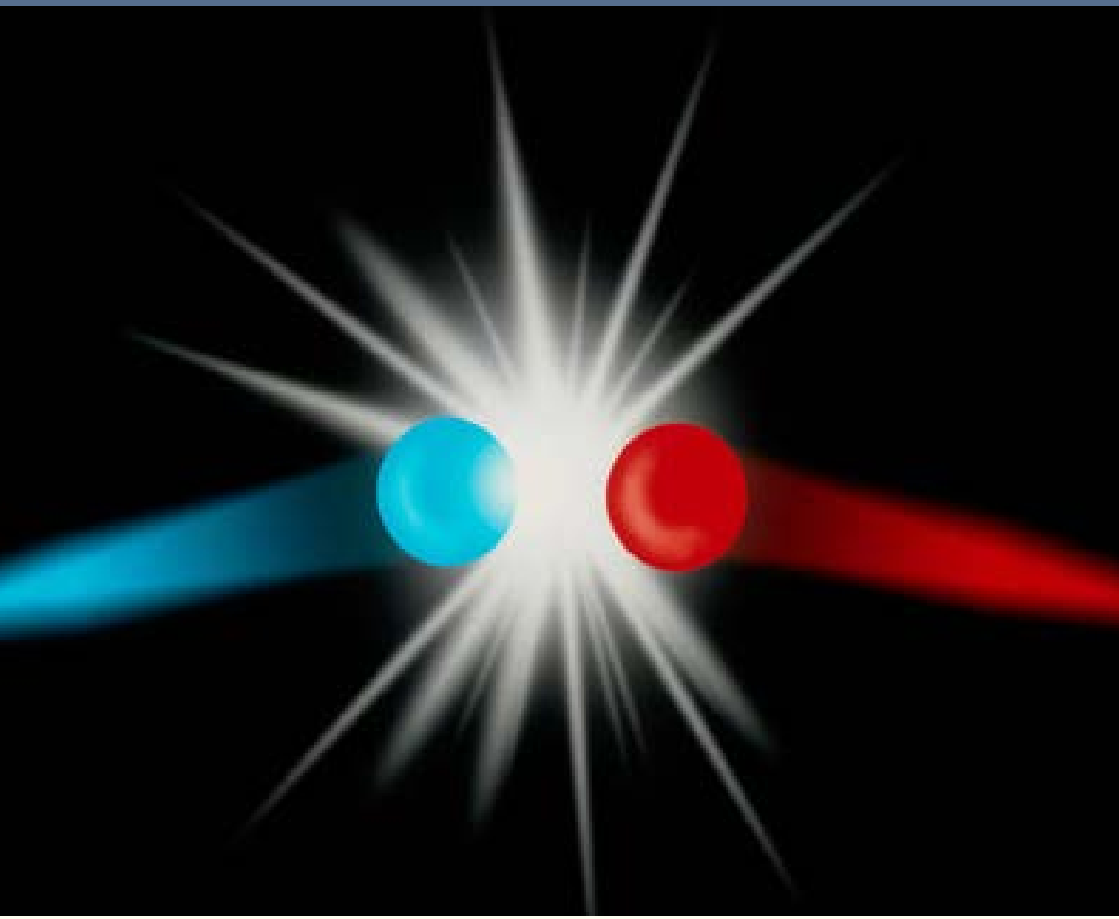
A perfect moment is not limited by duration – it may be brief or last for hours. You experience it when you include all your thoughts – memories of the past, plans for the future, passing reflections while driving, or even moments of anger.

Every passing thought or feeling is part of the totality that makes every moment perfect. Yet, unlike a carefully planned scene in a music video, a perfect moment is not flawless – it has ups and downs. But like a roller coaster ride, ups and downs add thrill..

Every moment is the perfect moment *when we include our perception of it unedited. Even within moments of perceived wrong or loss, the moment remains perfect when we include this perception.*

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. This moulds a world of duality. However, when opposing colours meet, they can't be explained by each other. Hence, since the experience of duality cannot be established, you're in a state of not-knowing. *[Image from the internet]*

HACK #4.5, Without contrast, we can't see duality

Alexius uses colour theory to show that opposites, when fully present together, neutralise each other. This dissolves duality and leads to *a state of not-knowing*, in which personal conditioning fades. We then return to conscious duality with the slate wiped clean, or we welcome *the Enlightenment of that which is One*.

Science says that milliseconds after the Big Bang, two contrasting worlds – one of matter and one of antimatter – nearly showed up side by side. However, as illustrated on the previous page, when opposites meet, they release tremendous energy, leading to their annihilation in a single burst. To avoid this, the brain excludes anti-matter from our awareness, thereby enabling us to experience the material world.

However, when the brain hides antimatter, it lacks the contrast needed to define matter. To address this, the brain categorises matter in terms of contrasts, such as light and dark. Each side defines the other, like two sides of a coin. In other words, the brain enables us to experience the material world through the interaction of opposites.

Yet if the opposing parts in a contrast meet, they cancel each other out. This brings you into *a state of not-knowing* where differences do not seem to make a difference. This pause in the dynamic duality process wipes the slate clean, removing all conditioning. So when we return to the brain's duality, we experience fresh contrasts, such as hot and cold or fast and slow. Each pair defines the other and continually shapes our view of a world of duality, freeing us from stagnation.

Continue page 220.

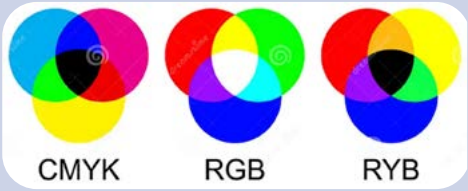
The standard colour theory

When you see red, your brain quickly generates its complementary colour internally. Externally, this happens more slowly. If you stare at red for thirty seconds to a minute, then look at a white surface, you see red's complementary colour. The complementary colour you see depends on the colour model you choose. In the RYB model, red's complement is green. In the RGB system, it's cyan. See the colour wheels below.

The older generation generally uses RYB. It's the traditional colour scheme for painting and printing. The new generation and those having glimpses of the Enlightenment use RGB. It powers television and electronic media.

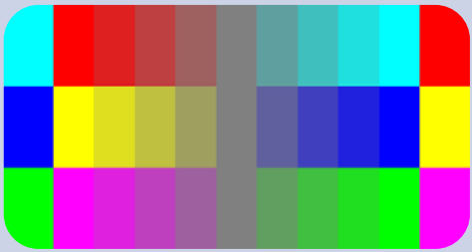
As mentioned, it takes about thirty seconds to perceive the complementary colour of red in white surroundings, but the brain instantly produces red's complementary colour internally. When these two colours meet, they cancel each other out, creating a neutral grey (see the RGB complementary colours illustration), which makes us feel relaxed.

THE COLOUR WHEELS



Most people think in terms of the RYB colour wheel, which has red, yellow, and blue as primary colours. These colours are subtracted from the colours of light, forming the RGB colour wheel with red, green, and blue. Mixing all RYB primaries makes black. This also applies to the CMYK wheel in printing. Mixing all RGB primaries makes white.

RGB COMPLEMENTARY COLOURS:



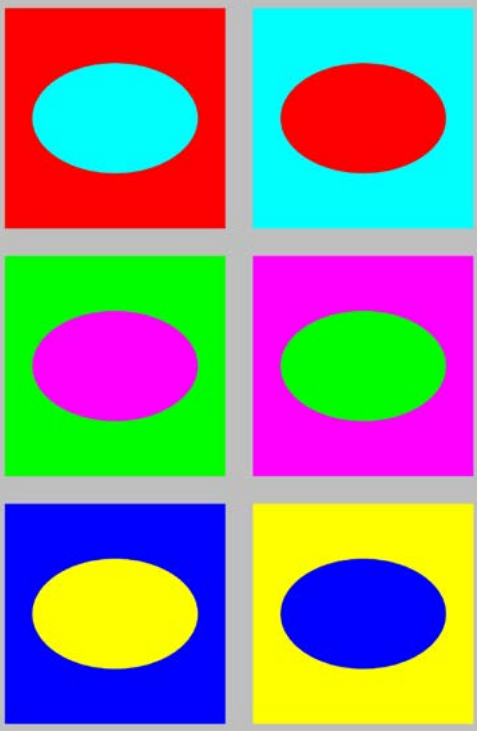
This image shows how complementary colours in the RGB colour model's primary hues produce neutral grey when combined in equal amounts. The same applies to all complementary colours, including those from the RYB and CMYK models..

[The images are from the internet]

Continued from page 218.

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 world of duality. However, duality is not a fact but a make-believe, because non-duality is shapeless, thus endless, so there is no duality. Thus, the colour model doesn't prove that duality is the brain's setup, as Alexius describes on page 218.It's a suggestion made by Alexius, which is groundless, as there's no duality.

When we believe in a world of duality, we can't undo it unless we acknowledge it, which we do via engaging with the interaction of contrasting elements that shape dualism. However, sometimes we may need a break from duality by entering *a state of not-knowing*.



When complementary colours meet, they dissolve into a neutral grey. Therefore, when any of the three pairs of opposing colours on the left meet, they dissolve into a neutral grey reminiscent of this box's grey background. As this applies to all pairs of opposites, such as love and hate, dualism does not seem to obscure non-duality when opposing elements meet.

However, if you want to keep up the experience of duality, you avoid this dissolution by quickly engaging in new duality experiences fabricated by the brain. *[Image from the internet]*

This is exemplified by standard colour theory, where the experience of contrasting colours reflects duality, and their meeting, cancelling out the contrasts, shows *a state of not-knowing*.

Unfortunately, most shy away from duality along with the relaxation that comes with *a state of not-knowing*, thereby missing out on the refreshment of new dualistic experiences. They cling to specific thoughts, feelings, and opinions to maintain a singular identity, rather than experiencing themselves as dual. In the context of the colour model, they see contrasting colours such as yellow and blue as singular rather than dual.

For instance, many people uphold love as just one feeling. They do this by consciously excluding its counterpart, hate, from awareness. Therefore, since love and hate cannot meet, you don't enter *a state of not-knowing*, where both have dissolved into *the bliss of nothing*. Instead, you cling to singular thoughts, feelings, and opinions, which leads to frustration and stagnation.

In the context of colour theory, you resolve this by not excluding hate. Thus, love and hate can meet and cancel each other out, leaving you in *a state of not-knowing* that wipes the slate clean. You can then return to experiencing duality through fresh contrasts that eventually cancel each other out, again bringing you into *a state of not-knowing*. This cycle continues until you no longer return to the experience of duality but welcome *the Enlightenment of that which is One*, erasing all memories of more than one.

Instead of trying to improve or avoid duality with singular ideas, accept that dualism is the interaction of opposing elements. Once you do, contrasting elements can meet and cancel each other out, thereby undoing duality.

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Without contrasts, you can't experience duality. Therefore, to undo duality, you nullify its contrasts. This happens naturally when opposites meet.

As the blue frame is equal in saturation to the photo's average colour, brownish orange, they are complementary. Hence, they cancel each other out as distinct elements if you don't focus on one of them. This leaves you in *the bliss of nothing*.

You do not need to cancel contrasts one by one. You can speed up undoing the belief in separation by including the most fundamental contrasts, such as expansion and contraction, right and wrong, and within and without. They form the core fabric of our experience.

Less fundamental contrasts – such as past and future, giving and receiving, high and low, and adult and childish – also form our sense of reality. So, if you include feeling right, for instance, by being nothing but that, there's no wrong to define you as right. Hence, separation falls apart.

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 is misleading. It's correct that the brain generates a sensation that feels as if we're viewing ourselves from above. But, as in a dream, the brain never shows the viewer. Also, as in a dream, you're not actually outside the body, nor inside it, but in a fantasy unfolding in the brain. [Image 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 a separate, substantial self, like a character in a story ending when the book closes. So, if we don't cling to that belief in the moments of dying, we no longer seem to hide that the formlessness of Oneness is all there ever was and will be.

As death approaches, the brain, deprived of oxygen, loses its capacity to render intangible thoughts and feelings into the recognisable experience of being a physical being in an external world. Thus, your sense of self is revealed as nothing more than intangible thoughts and feelings.

Suppose you try to organise chaotic thoughts and feelings into the familiar image of the physical person in a material world you used to identify with. Then you feel trapped in a vacuum of thoughts and emotions, as the physical world the brain made you believe was outside you is nowhere to be found.

> *Nobody returns to the formlessness of Oneness from a substantial world, because nobody ever departed from it.*

Don't manipulate the streams of thought and feeling, but look at them till they vanish

However, if you do not try to structure the chaotic stream of thoughts and feelings into physical form, and instead acknowledge that the

As the brain nears its end and oxygen dwindles, it struggles to convert intangible thoughts into tangible experiences, as it did when we perceived a material external world. This lack of tangible experiences seems terrifying when we cling to tangibility. But if we don't do that, nothing gently falls into the formlessness of Oneness. *[Image from the internet]*

stream is intangible – like wind through open air, never taking definite shape – then the stream will run its course naturally until it dissipates. This takes no time and leaves room for other streams of thought and feeling to surface and play out, emptying us. However, this emptiness does not lead to the realisation of Oneness, as recognising something requires us to be separate.

Death is not a requirement for Oneness

Fortunately, realising Oneness is unnecessary. Oneness is formless and thus endless, so you have never left it – except in the fantasy of being someone in a world with more than one. When the brain expires, this fantasy gently dissolves, leaving only the infinite presence of Oneness.

A blank TV screen is like a canvas devoid of a painting. If you notice something on the screen, it's not there, but in your brain. Even when the TV appears to display something, it's actually the brain constructing that image (see Duality Hack #1,2), much like an artist who paints on the canvas of our consciousness.

A near-death experience resembles the instant a TV screen suddenly goes blank. The world is gone, leaving only sound. In this metaphor, the sound stands for our thoughts. And since we can't project them onto a world on the screen, this feels claustrophobic if we believe thoughts are real.

You need not wait for the brain or body to expire to undo the fantasy of more than one. Anytime, anywhere, simply don't stop the streams of feeling. Instead, have them play out as in the earlier scenario about panicking. This also applies to streams of thought, which usually precede or mingle with feelings.

When you are willing to play out all streams, it takes no time for the belief in more than one to vanish. This may be easier and happen even faster when you approach all streams of thought and feeling by perceiving them as *'dunno what it is'*. See Duality Hack # 6.5.

Thus, in *a state of not-knowing* (Duality Hack #9.10), you can welcome *the Enlightenment of that which is One* (Duality Hack #10.1). As this is the end of consciousness, there's no awareness of something to obscure what cannot be experienced: that which is One. Yet you may prefer to retain consciousness to be aware of more than one

In this case, because your slate was wiped clean in *a state of not-knowing,* every moment is *the perfect moment* (page 215). This is so even when the brain stops functioning and can't produce experiences of more than one (Duality Hack #9.10), so that nothing seems to hide that Oneness is all that ever was and will be.

The loneliness that our suppressed thoughts and feelings entail can't be shared with anyone in the face of death. Thus, dying feels like a descent into hell. However, when we include all thoughts and feelings, there's no loneliness. We're at peace, gently falling into the formlessness of Oneness. Hence, neither in hell nor in heaven, as being somewhere requires more than one. *[Image from the internet]*

Notes on death and Oneness:

Don't cling to consciousness at the moment of death. Without awareness of something, there's nothing to mask the formlessness of Oneness.

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When the apparent difference between experiences is not perceived as making a difference, the belief in separation vanishes. Consequently, there's no end to fear.

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When approaches its end, insufficient oxygen stops it from producing the usual experiences of an external world. Instead, the brain makes up with comforting images, such as tunnels of light, to help prevent panic. However, nobody panics if they don't believe the outside world is real, because there's no inside without it. Thus, nobody dies.

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Not believing in being someone, you can't die because it takes someone to die.

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Oneness is formless and thus endless. Hence, since living or dying requires more than one, 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 what has always been and will be: the formlessness of Oneness..

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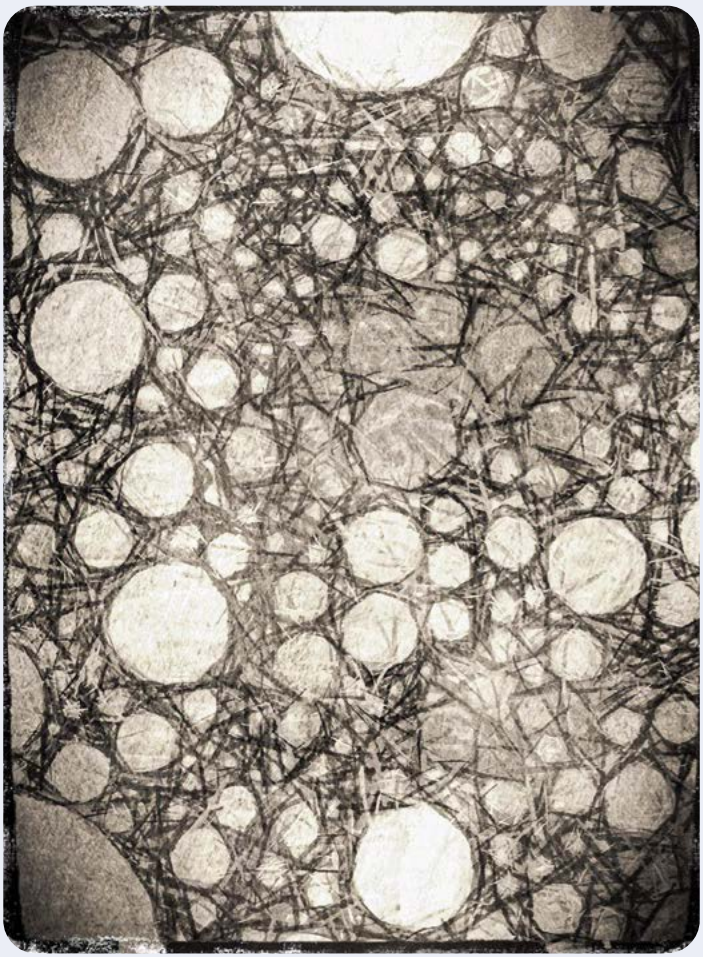
If one acknowledges that one's appearance as someone in a world with more than one is nothing, one knows that its end is also nothing. Hence, there is no death to fear.

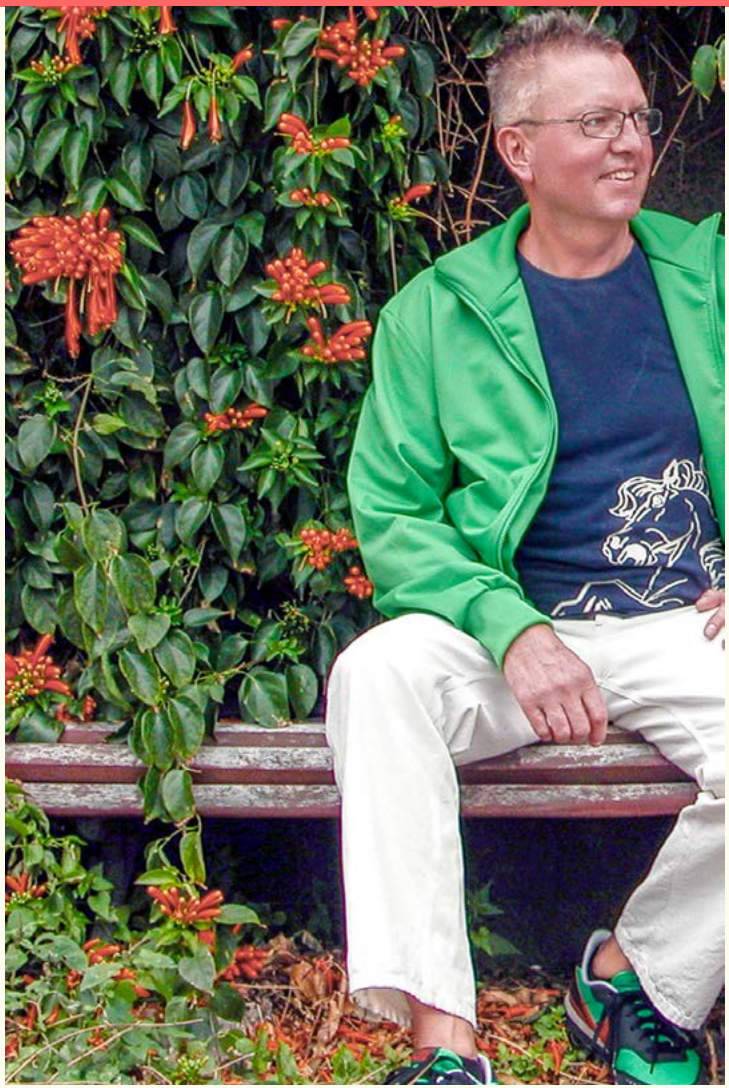
This does not mean there's no sadness and happiness along the way, but since one knows that feelings are nothing, it's fascinating to explore them as if they were something.



Life, formless and endless,
is the reason we can indulge in stories
about being somebody bound by
time and space. When 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 with consciousness, enabling us to wander through a world of duality as individuals. Yet, this very self-awareness often weaves 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* bypass the illusion of separation. They reveal that the experience of more than one is nothing but a mirage. Yet they guide you to enjoy this mirage while gradually eroding your faith 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, fabricated by the brain, resembles a tireless librarian cataloguing every experience, or a clever app sorting the data dragged onto it. The librarian arranges things for easy access and delight, whether organising kitchen shelves or setting up toys for Alexius' cats. The app, by contrast, suggests a ceaseless analytical engine, always preparing the ground for something, for instance, *Alexius' Duality Hacks*. Both metaphors

Alexius' basic self is not an adventurous hiker, but a librarian organising things in the service of others. For instance, while hiking, the librarian remembers breathtaking scenes to share with friends. Since serving others defines him, this is not tiring but refreshing. In the picture, Alexius shows a little friend a wild forest place stored in his librarian's memory.

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 702). If he tries to understand them, 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 through his hands onto the computer screen (page 702).

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.

Recently, this Duality Hack (#5.1) arose as a precursor to Alexius Duality Hacks #5-8 all developed to help you live fully within duality to undo it. The brain helped form these hacks. After all, it knows that duality is make-believe. So, undoing it feels like the next logical chapter.

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.

Connected or disconnected

In the brain's duality fantasy, you, as the basic self, are a brain construct. The brain fabricates and sustains 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, thus out of sync with the brain's script, it does not feel perfect but incomplete, which it hides by trying to make the world better. By contrast, the basic self feels connected and whole, operating in sync with the brain's script. So, 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.*

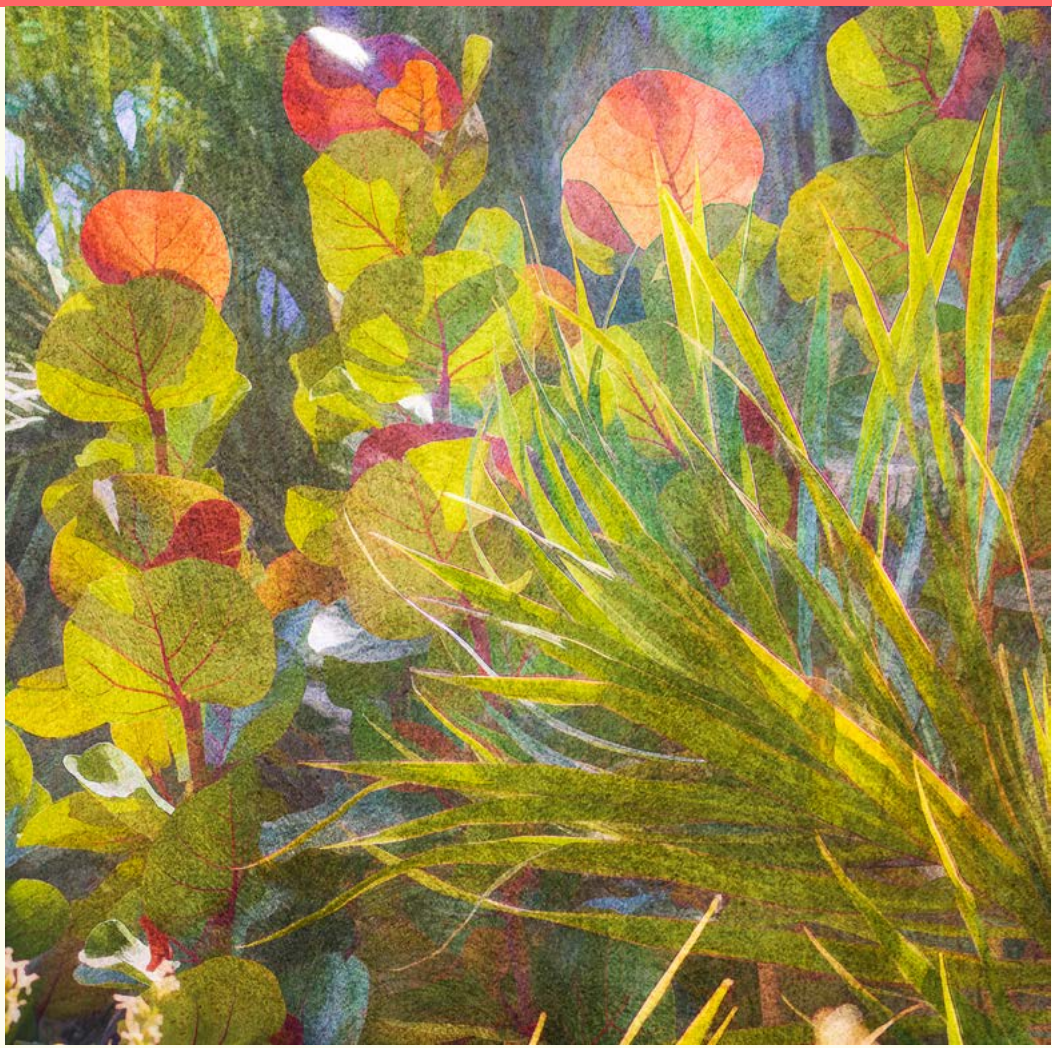
The special self is a master of disguise. It hides unwanted traits from its awareness by projecting them onto the body's most vulnerable parts, creating an illusion of perfection. Yet, underneath this mask, it does not feel perfect. The more it distances itself from its flaws, the deeper its sense of imperfection grows.

Sooner or later, the special self's hidden issues bubble up, often labelled as psychosomatic. It refuses to admit it created these 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.

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.

But healing the body through positive thinking is similar to 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 is free to deal with itself materially (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 natural 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.

Aligned with its creator, the basic self finds the brain's soft stream of thoughts, which keeps the basic self functioning, not 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 singles out an experience as so frightening that the basic self holds the breath long enough to imprison thoughts in the gap. From there, the thoughts force their way out by multiplying. As this process is not a one-off event, the rogue consciousness has a continuous supply of thoughts to keep the basic self appearing special. It highlights only positive traits, masking the basic self's constant 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 forms 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*, the mental function that 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 63 and about the rogue consciousness on page 240.

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 you treat the elements of a duality pair as independent entities at odds with one another, you can't experience how they naturally complement and define each other. Losing this sense of polarity leaves you with a one-sided, conflicted view of yourself and the world, putting you at odds with reality's twofold nature.

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 bring perfection, but it brings a sense of wholeness. See Duality Hack #8.

You step into the duality flow by accepting your one-sided view as *'it is 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 (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.

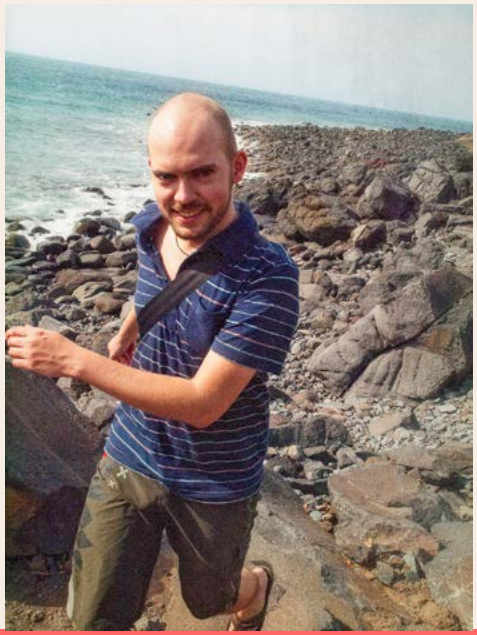
Feeling drained or energetic

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 fabricates a special self who appears full of love, thereby masking its self-hatred.

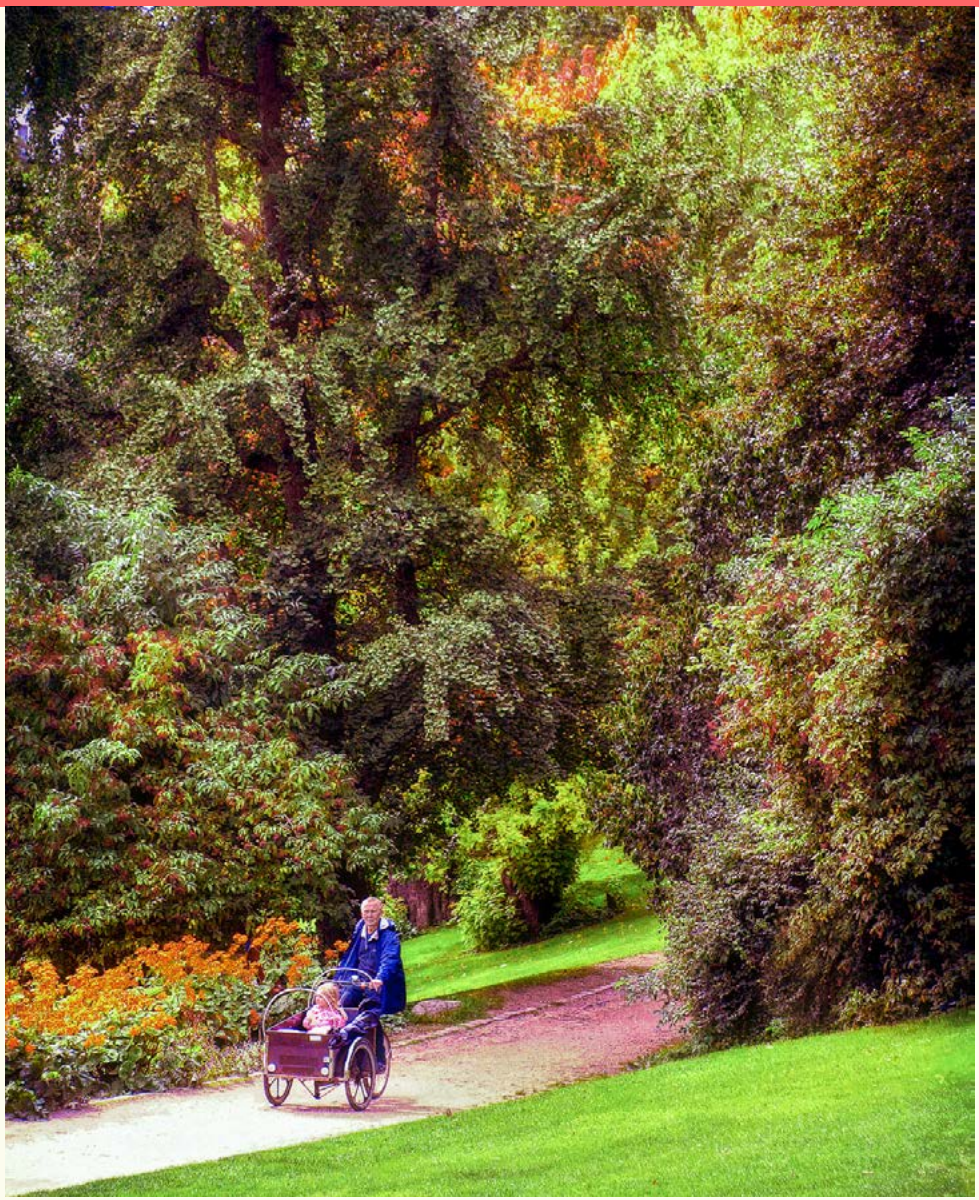
But the special self, with its singular opinions and feelings, is out of sync with the dualistic experiences the brain generates and manages. Hence, thoughts and emotions, manipulated into singularity, spiral out of control. To help the special self avoid feeling stressed by this, the rogue consciousness steps in with comforting reassurance: *»You're now unbound by the confines of the brain, so you can organise opinions and feelings as you wish«*.

Yet the rogue consciousness fails to mention that the special self must spend years learning to adapt to these modifications. Opinions and emotions have been reduced to singular concepts, such as one god or one love. Getting used to that feels so difficult that the special self often turns to alcohol or meditation to escape the struggle.

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 energetic in the brain's duality world. See Duality Hack #8.



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.



Hack #5.3, To be special but feeling wrong

To stop doubting itself, the special self weaves illusions, making others believe it has a secret worth wanting. This act reinforces its fragile sense of uniqueness and helps it push away its insecurity.

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.

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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.

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The special self keeps its mouth shut, even when smiling. This prevents emotions that could destroy its perfect image from being expressed. But by suppressing feelings, relationships become conceptual and superficial. In contrast, the basic self has no need for perfection. Hence, it forms sincere relationships, even if they may not seem flawless.

The special self measures every new experience against the past, forming the present to fit a story in which everything orbits its own significance, carefully edited in hindsight.

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In the past, the special self created a story that cast others in a negative light, thereby casting itself in a positive light. This story, pieced together from selective memories and bias, colours the special self's perception of the present, strengthening its conviction in its own virtue and in everyone else's supposed failings.

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The special self orchestrates every aspect of its appearance to prevent its carefully fabricated identity being exposed as fake. This leads it to portray others as incompetent, heightening its sense of superiority.

The special self believes happiness comes from being in control

Being the special self is not about what one does but about perceiving oneself as the master, as when using a remote control or an automatic espresso machine. Caring for children and pets is not an act of love but a method of reinforcing one's sense of superiority.

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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.

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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 uses 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 expose 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 you have made me do«*. This deflects responsibility and makes others feel accountable for the special self's actions.

Another way the special self asserts power is by assuming a secondary role. For instance, it pretends to be a victim or a martyr to gain sympathy and avoid accountability.

If you want to maintain a specific look, you cannot escape the hell of self-control. This is because you worry your image will fall apart if you lose control.

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.

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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.

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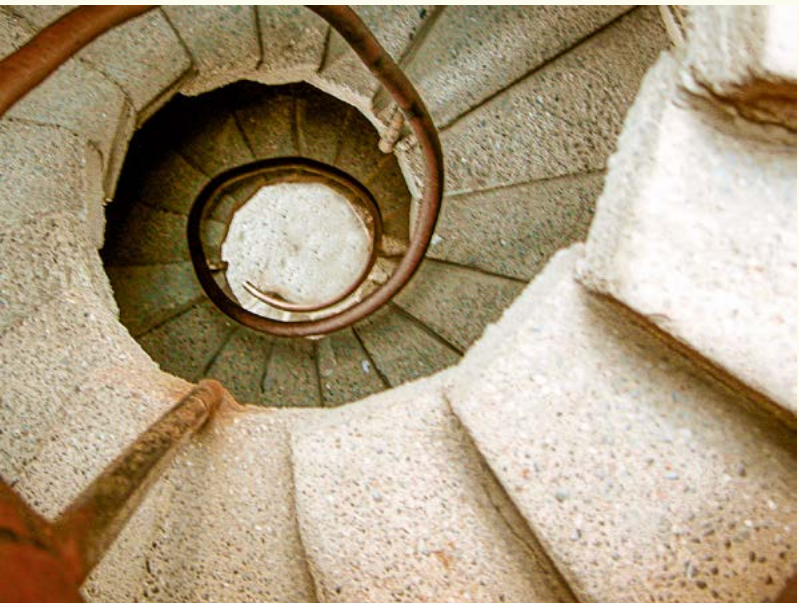
When a game dictates our next move, we comply to keep playing. However, the special self always insists on knowing a better way



For the special self, the goal is superiority. Disguised as a do-gooder, it sends love and healing to those it deems less fortunate. In this way, it asserts its superiority.

in the brain's duality game. Yet it's incapable of effecting any change, which it conceals by blaming others for all mishaps.

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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.

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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

The basic self, with no expectations to fulfil, responds to others like a child, spontaneously and without prejudice.

heart is simply a muscle that pumps oxygen to the body's cells, nothing more.

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The special self, in its quest to sustain a positive appearance, expends much energy suppressing thoughts and feelings it deems 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.

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The special self is often impressed by extraordinary experiences, such as glimpses of Enlightenment. However, it rarely encounters

The special self seeks to belong to something better and greater. Thus, it expends much of its energy suppressing thoughts and feelings it deems wrong. By contrast, the basic self is anchored in the brain. Since it fabricates all experiences, the basic self is part of everything.

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.

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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.

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The special self turns every experience into a lesson, weaving stories that give it a sense of importance. To maintain the illusion that its fabricated lessons are genuine, the special self insists that these lessons create more authenticity. However, because this is achieved by excluding anger and other feelings that do not fit its concept of reality, this exclusion reinforces the sense of separation.

Therefore, as the special self becomes lonely, it invents more lessons, asserting that others depend on it. Yet, because this sustains a divide between the special self and others, it feels more isolated.

The cycle repeats – new lessons mask its actual feelings – until the special self until the special self rests in the present moment as it is, rather than suppressing it by turning it into a lesson.

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.

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The special self needs to convince at least one person of its importance. To do so, it gives someone the kind of attention it believes will make that person feel chosen.

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 being. Hence, no feelings destroy its perfect image.

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When a genuine feeling breaches the special self's world of conceptualised emotions, it wreaks havoc. True feelings, always coming in pairs such as love and hate, disrupt its notion of pure love, shattering its carefully fabricated image.

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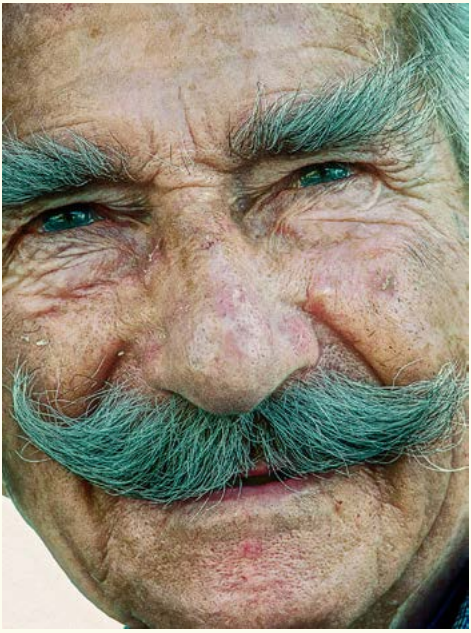
The special self is caught in a constant internal conflict. Genuine feelings, which might threaten its carefully fabricated image, are kept at a distance. However, this clashes with its need to appear open, leading it to blame others for its own emotional suppression. For instance, it often claims it 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 special self excludes its unwanted traits from consciousness to see itself as perfect. However, the excluded traits remain in the subconscious, leaving it feeling imperfect. The good news is that you don't have to avoid looking perfect. Instead, if you perceive perfection or imperfection as 'it is what it is'*, you'll see they complement each other. Thus, because imperfection confirms perfection and vice versa, you're perfect even if you see yourself as imperfect.*

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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. See Duality Hack #1.10. By establishing them in someone else, the special self feels freed from its own feelings. Conversely, the basic self has no need to hide its feelings to appear special.

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To appear perfect, the special self often pushes the body to extremes, such as yoga, heavy weightlifting, or restrictive diets. Al-

Under the guise of selflessness, the special self claims to seek freedom, justice, and independence for all. Yet it has no idealistic motives. Its sole aim is to gain fame, wealth, and power for itself.

though this usually comes at the cost of physical pain, the special self is willing to pay that price in its search for perfection.

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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-imposed correctness feels restrictive, whereas one feels free when not striving to conform to an idealised image.

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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.

A cat doesn't need to plan when it stretches or to 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.

As this applies to most of the feelings we believe we have, we're generally not in touch with our emotions but with the stories that we tell 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..

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.

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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.

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The special self enjoys being with others, but only if it can manipulate them to meet its need for validation.

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The special self requires external validation of its supposed uniqueness and independence. Hence, it often establishes a family that 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.

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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.

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Whether one has convinced oneself to indulge in or to refrain from sex, the underlying purpose is always to enhance one's uniqueness.

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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, not limited by self-imposed constraints, 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.

But without the need for a constructed sense of consistency, the self is not fixed. Instead, it's relative to the present moment. It has no past to cling to or future to aspire to. Every moment simply takes the place of the last, much like scenes in a dream, with little connection to what preceded it. In short, when we stop trying to maintain a fixed identity, we're relative to the present moment, fully appreciating each new moment as it arises.

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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. Meanwhile, the special self insists on being definitive, handling everything its own way, losing touch with the present, and feeling alienated.

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In its humility, the basic self is 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.

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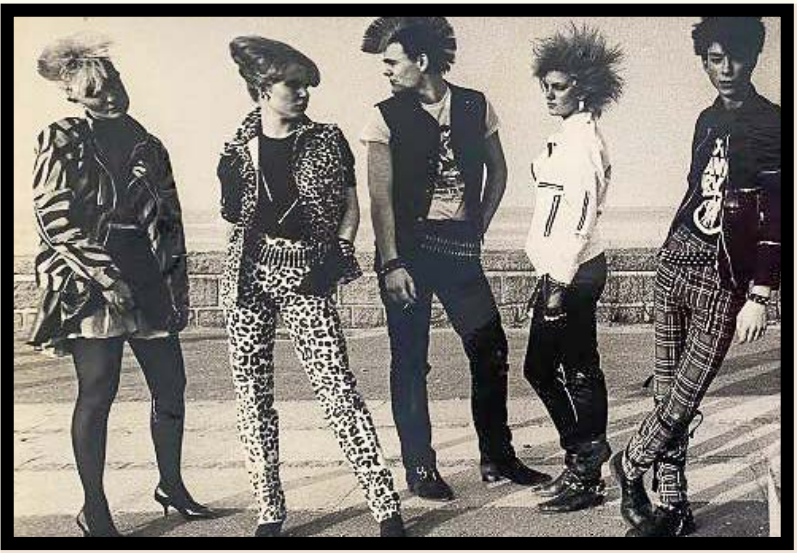
The basic self adjusts to whatever experiences the brain creates. Thus, the brain's uneven flow of thoughts does not feel disturbing. The special self, however, is troubled by this inexact flow. It tries hard to define itself clearly, regardless of experience. To do so, it forces the brain's scattered thoughts to seem precise and claims this as proof of its fixed identity.

Relative to the present

Since non-duality is formless, thus endless, anything 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. By contrast, 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.

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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.

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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.

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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, produced 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, and thus without ego. On the other hand, being definitive requires a big ego. Here, Alexius, 23 years old, is serving as a chauffeur for the guru he followed for a few years. At other times, he served him by travelling around giving satsang. Nowadays, he serves Alexius' Duality Hacks. *However, neither his former guru nor anyone else has anything to do with* Alexius' Duality Hacks.

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 try to feel better by dissociating from their internal troubles. However, this doesn't bring peace but rather uncertainty about their identity, thereby blocking genuine well-being.

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.

dislikes about oneself feels as fascinating as loving what one likes, there's no need to suppress anything to feel good.

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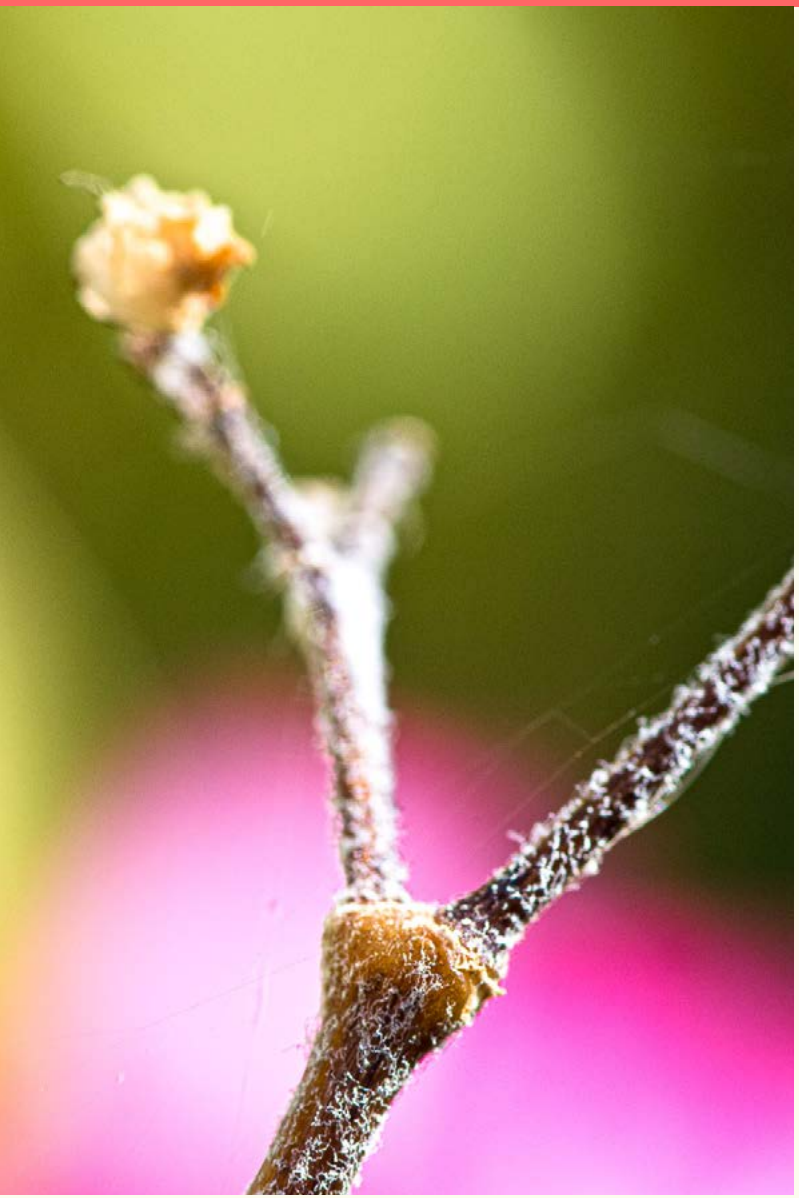
American neuroscientist David Eagleman points out in The Working of the Brain, *»The brain is constantly reconfiguring every second of your life. Even by the time you get to the end of this paragraph, you'll be a slightly different person than you were at the beginning«*. That's why you're not definitive but relative.

Due to his many innovative activities, Alexius has often appeared on television and radio, as well as in newspapers and magazines, in his native Denmark. This photo, which says he has been a man in many ways, is from an article about him in a famous Danish women's magazine.



The brain composes our dreams out of nothing. In the same way, what we see when awake is also just an illusion fabricated by the brain from nothing.

Hack #5.5, Living duality to undo it

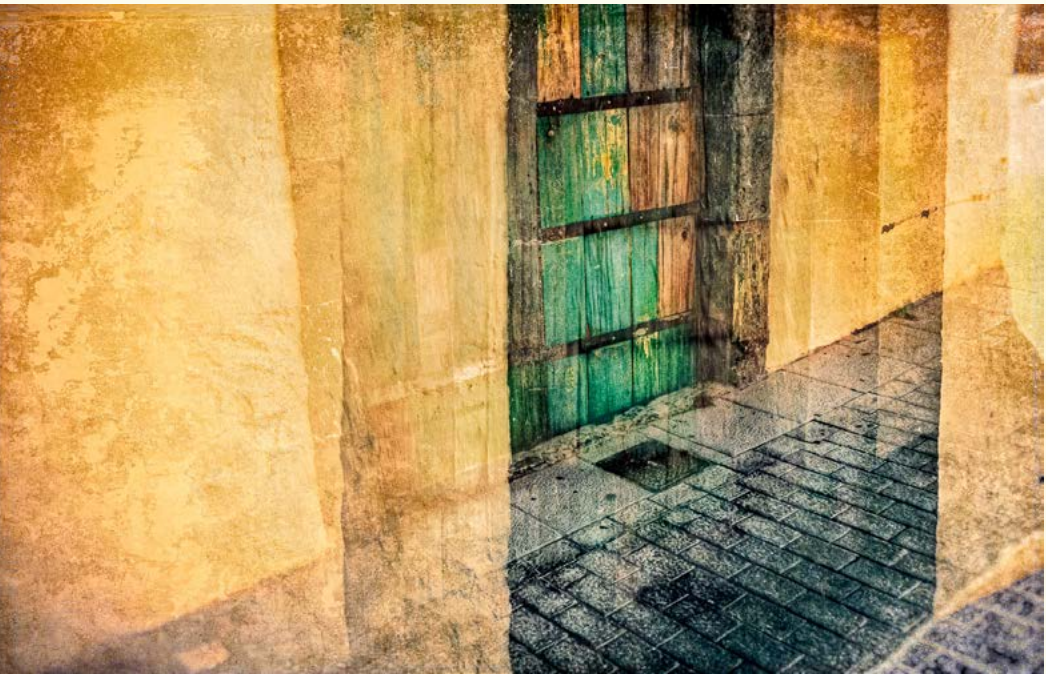
When we're fully in sync with the brain's duality fantasy, we can hack it completely to uncover non-duality.

The basic self, meaning our ordinary sense of 'I,' is moulded and maintained by duality pairs conceived by the brain. These duality pairs, such as good and evil, collaborate to make the basic self relative to the experiences of an external world that the brain fabricates.

> *For the brain, opposites are not enemies but collaborators. Negatives complement positives, black outlines white, night enhances day, and love is felt in contrast to 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. However, the special self stems from the basic self, so it remains rooted in duality. Thus, 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, dreamlike, or spiritual, the brain fabricates 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 rather than connected shores. Good and evil seem to be at war rather than partners. This leads the special self to judge the brain's duality as flawed and to believe its own version is superior. But when we divide duality into isolated thoughts and feelings, we don't feel whole, as if we're seeing only one end of a bridge instead of both ends. Thus, feeling incomplete, we can't fully undo duality to uncover non-duality.

The brain weaves all our experiences from nothing by dividing them into opposites. Each opposite defines the other: love and hate, for instance, validate each other. Yet some suppress their hatred only to feel love. But without hatred to frame it, the love they feel is speculative. That is why they always need to talk about it. In contrast, when we accept that love and hate are like two sides of a coin, continually interacting to define each other, we genuinely feel love without needing to talk about it.

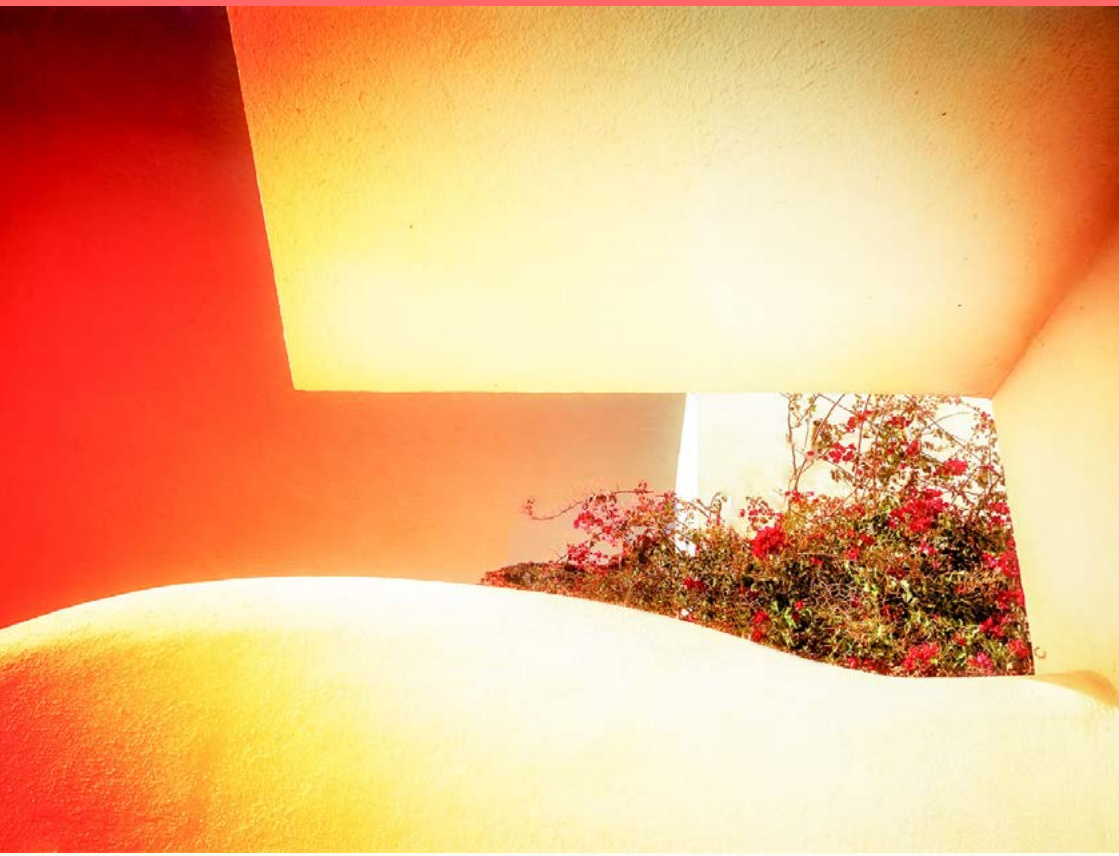
Fortunately, when we fully inhabit duality, a sense of wholeness emerges. This completeness enables us to fully reverse our experiences of something, so that nothing, eventually, seems to obscure that which cannot be experienced: non-duality.

> *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, then split by the brain into pairs of opposites that collaborate to form a world of duality. When you accept 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 make its prediction. If the future does not match its prophecy, the special self adjusts its view of the outcome, the past, or both until events seem to fit its prediction. This manipulation dissociates the special self from the brain, preventing it from hacking the brain's dualistic world to uncover non-duality.



Every experience in a world of duality comprises contrasting elements, such as love and hate. Like yin and yang, they are not separate entities but interconnected aspects of a duality pair of opposites that define each other. Therefore, 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. Consequently, love becomes a speculative concept that confuses you and continually makes you question it.

Hack #5.6, Meditation makes it difficult to hack duality

When we meditate, many seek a unified state. To that end, they divide the opposing contrasts that make up our experience of duality into isolated fragments, overlooking their interdependence. Yet by denying duality, we lose the chance to hack it and uncover that non-duality is the natural essence of unity.

Believers in free will often assume control of the brain. Yet we are more like passengers, carried along by its thoughts, as a car moves only where the driver takes it.

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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 that current 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

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We struggle to hold onto thoughts that make us feel in control. Yet when we cling to specific thoughts, they slip away, which may lead us to meditate to feel in charge. However, manipulating thoughts

The special self is under the illusion that the brain dominates it. However, it's the special self's singular perception of itself that actually dominates it.

drives them into hiding, leaving us uneasy. This can foster the belief that more meditation is necessary to prevent discomfort, thus perpetuating the cycle.

On the other hand, if we don't try to slow our thoughts, they eventually race so fast that they blur together. This makes it impossible to tell them apart. Thus, thoughts lose their power to define us as separate. Consequently, nothing seems to conceal the formlessness of Oneness. Unfortunately, most who meditate cling to their individuality and shy away from Oneness.

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The brain fabricates an escape from non-duality by constructing a world of contrasts, pairing opposites such as bliss and misery. In this way, we become immersed in duality rather than non-duality.

Yet the longing to break free lingers, and we continue trying to escape the brain's duality-world of opposites to experience pure bliss. Some suppress what they judge as impure through meditation. But

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, then project the bad onto others to appear solely good. This inevitably starts a chain reaction of thoughts, much like the splitting of a neutron from an atomic nucleus. Thankfully, it's not a problem if you want to undo the belief in separation, because when thoughts become chaotic and rapid, you can't differentiate them.

because bliss is defined by misery, the bliss they achieve is not genuine but imagined.

The above is, of course, a metaphor, because non-duality, being formless and endless, cannot be escaped except in imagination. The brain constructs boundaries to hide non-duality, but these are illusions. Thus, undoing its fantasy world, limited by time and space, is easy. You don't need to sit in a specific position with your eyes closed while meditating. 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 no longer seems to hide the fact that there never was, nor will there ever be, anything but non-duality.

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The key to resolving all dilemmas lies in undoing the belief in more than one. But since that's the end of our appearance 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 splitting 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 does not seem to be anyone hiding that there never was, nor will there be, anything but the formlessness of oneness.

Since duality is the brain's fantasy, aligning with the brain makes sense to hack this world. The best part: the fantasy's entertaining nature makes hacking duality thoroughly enjoyable.

The special self always looks for something that lasts. But in a world limited by time and space, everything has a beginning and an end. Fortunately, when our perception is in sync with the brain's script, the ending is as exciting as the beginning. That's why the basic self doesn't seek anything permanent.

Hack #6.1, No compassion without brutality in a world of duality

Our experiences are built on duality pairs. Opposites like compassion and brutality work together as a duality pair to mould what we go through. When we accept this interaction, we feel complete. However, if we disrupt it by favouring one aspect over the other, we feel incomplete.

In a world of duality, compassion and brutality complement each other. They are one among many pairs of opposites that mould our experiences, making us feel connected. But if the parts of a duality pair are kept apart, they lose their collaborative effect, leaving us feeling disconnected.

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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.

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Engaging with the interaction of contrasting elements in a duality pair, such as positivity and negativity, makes one feel complete.

The brain is the architect of our experiences. It claims to process them from sensory input, but this is an illusion. The brain creates all our experiences from nothing, making them seem as if they were something. This is why, even with our eyes closed, the brain can conjure 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 a video game.

However, the special self, insisting on being solely positive, excludes the assumed negative side of a duality pair to maintain a singular perception of itself as solely positive.

Although choosing only positivity makes the special self feel incomplete, it avoids the negative part of the duality pair, fearing it will consume it. In other words, it splits duality pairs into distinct elements, keeping the supposed negative part at bay even though it feels off.

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As the brain's duality pairs sustain our self-image within its duality-based fantasy, we feel complete when in sync with this twofoldness. Conversely, when we insist on having only one-sided feelings, not twofold ones, we feel incomplete. However, regardless of how we perceive ourselves, we progress according to the brain's preset script, which cannot be changed.

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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 fulfilment, such as a child's loving look, to regain a sense of wholeness.*

The special self likes to say it has realised something that has changed its life, as if the special self, rather than the brain's script, is the cause of those changes.

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Whether we reject or accept the brain's script, we're in a relationship with it. Since this confirms the script's foundation, 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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Whether the self is perceived as basic or special, their experiences are a construction of thoughts that seem real when they react to them.

If we do not 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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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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The happiness experienced when in sync with the brain's script is comparable to the joy of singing along to a favourite song, where every note feels just right. Conversely, being out of sync is like being distracted by the same song because you want to focus on something you consider more important.

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. The same applies to the special self. However, unlike the basic self, the special self resists the brain's care, perceiving itself as independent.

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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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If thoughts upset you, the cause is not the thoughts themselves but your interpretation of them.

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 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. It even 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 people think the basic self is egoless, lives in the now, and comes from the heart. They're right that it's egoless. However, it does not know about living in the now or coming from the heart – it only knows about coming from the brain. Like a self-driving car that follows commands from the cloud without its own intentions, the basic self follows instructions from the brain.

Some consider the basic self Enlightened. But since the brain fabricates our experience of being someone, and *the Enlightenment of that which is One* erases all experience, whatever we experience in being cannot be Enlightened.

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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.

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Experiencing a world of duality is like seeing a mirage in the desert. We think we see something, but it is not really there.

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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.

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You may ask where the facts behind *Alexius' Duality Hacks* are. 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, these hacks 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 that only non-duality is real, as it requires more than one to be something.

Just as a self-driving car operates on coded instructions, humans rely on their brains. Every impulse and experience – be it physical, emotional, or social—has its roots in the brain. Hence, we feel fulfilled only when our perception matches the brain's script.

Hack #6.2,
We feel whole in sync with the world of duality

If we respond to a world of duality with a singular response, we feel incomplete. But when our response is twofold, we feel whole. This is because it syncs us with the constant interaction of contrasting elements that collaborate to shape our experience 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'*, recognising that anxiety, like any other feeling, is 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 concealed 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.

It is important to note that being in the duality flow does not necessarily mean you're 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 in *the duality flow*. See Duality Hack #8.

In the brain's world of duality, you're either the basic or the special self. When perception matches the brain's script, you are the basic self. Insisting that your ideas are superior to the script makes you feel you're a special self. Nevertheless, the brain carries out its script, unaffected by your perception, like a pilot following a flight plan, regardless of your opinions.

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. Even so, he perceived his reactions to those experiences as *'it is what it is'*. This perception showed that feeling lost was complemented by feeling saved. Consequently, he was free to feel entertained by the brain's duality script. Below is Alexius with his new girlfriend, whom he quickly lost.

Just as a film unfolds according to its script, so does your experience of duality unfold according to the brain's script. If you wish it had gone differently, you perceive your reaction to the discrepancy as 'it is what it is'. Then everything feels good as it is.

The basic self, content as is, doesn't chase happiness. In contrast, the special self – always seeking validation – must work hard even for a fleeting flash of joy.

The illusion of improvement

When we think we've made a mistake and later correct it, we often assume we've improved. However, reality is non-dual, so change is impossible. Even if we believe we're in a world of duality, improvement is an illusion.

> *Change requires more than one, so there's no change in non-duality, and as it is formless and endless, duality doesn't exist. Hence, changes in duality are merely a matter of swapping one illusion for another.*

A world of duality is the brain's fantasy. Each of us is assigned a role in this illusion, as the brain scripts it. So, believing we can cause improvement ourselves puts us out of sync with the brain's script. Thus, we do not feel better for insisting we have improved ourselves or the world – instead, we feel incomplete.

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 a singular feeling but a dual one, complemented by satisfaction, we're aligned with the brain's dualistic nature. 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. But, like a video game, everything in a world of duality is pre-programmed. There's nothing we can change except our perception of it. When that perception aligns with 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 rises and sets, we're out of sync with how the brain presents the universe. The sun doesn't move – we do. 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 believe what and where we appear is static. This belief, rooted in insecurity, is reinforced 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 appear 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 that anxiety is twofold, not singular. Thus, in the interaction between anxiety and calmness, we experience the duality flow – the ongoing movement between pairs of opposites, such as worry and peace. Since this flow underlies duality, we feel secure regardless of the future.*

When we're in tune with the universe's pace, we feel like dancing within the cosmic flow. However, this is not about moving fast physically. It's about moving psychologically in alignment with the universe's pace. It's joyous, shaken by an earthquake of tenderness or by hearing Lubomyr Melnyk's rapid, trance-like music. In this cascade, society's restrictions dissolve into freedom with the universe.

However, as already mentioned, most people avoid the joy arising from the moment's rapid pulsation. This is because they need time to control

Following GPS directions while driving is straightforward as long as you don't try to change them. In the same way, when your perception matches the brain's script rather than your desires, the experience of navigating a world of duality becomes more comfortable and less stressful.

their appearance, so they appear to be an integral part of society or a supposedly spiritual community. Hence, they may meditate to slow down and organise their thoughts within 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 by perceiving your single-minded reaction as *'it is what it is'*. This hack (#6) is about doing that.

This shows that your response is twofold, composed of contrasting elements that interact rapidly. When you're in this interaction, you feel flexible and energised in the duality flow.

So, instead of fixating on a single emotion like happiness, you join with the vibrant interaction of happiness and sadness. So, you're not just happy or sad, but attuned to the pace of the present through their constant interaction.

Appendix about society

The description above casts society as the oppressor and you as the victim, which is how most people see it. However, you adapt to society or to alternative groups based on what you imagine they expect of you. Therefore, because you always adjust to your own fiction, you are the oppressor.

Fortunately, you can easily free yourself from perceived social tyranny. Perceiving your view of society as *'it is what it is'* reveals that your opinion is not singular but twofold. So, since you don't have a fixed opinion about society, you're free to go with *the duality flow*.

Feeling complete in *the duality flow*

You may try to override the brain's script with your preferred belief system – socialism, capitalism, liberalism, nationalism, internationalism, equalitarianism, totalitarianism, consumerism, materialism, spiritualism, atheism, terrorism, satanism, Buddhism, humanism, dynamism, favouritism, or criticism. However, following any of these beliefs is like dyeing your hair. Your appearance may change, but your original colour – the brain's script – remains.

Accepting the brain's duality script makes 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.

When your perception aligns with the brain's script, mental noise from overthinking fades. This quietness resembles the stillness of a silent film.

Hack #6.3, The brain makes experiences to entertain us

Much like an engaging video game designed to stimulate and entertain, the brain's duality game mesmerises when one accepts its ongoing interplay 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 only seem to be inside it, but you are actually outside.

However, when you experience being in the duality game, you're neither inside nor outside it. As in a dream, everything in the duality game unfolds in the brain, regardless of 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. In this context, Alexius shows that duality appears authentic only if it's ratified. If not, it is revealed as nothing.

Our experiences must be perceived as something to disguise that 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 dreams. If they feel consistent, it's because we unconsciously edit them to fit a personal belief system that values consistency.

structions as a physical world, we must validate the brain's fabricated experiences as something concrete. This seems to present us as definite beings in a physical world outside ourselves.

Metaphorically, the brain has created a pool of thought combinations from which we can draw to endorse its experiences as tangible. Using these thought combinations unedited keeps us in sync with the brain's story of a physical world outside ourselves. Hence, the pool of thoughts sounds comforting. But if we are editing the brain's thought patterns to fabricate a distinct sense of self separate from the brain, the pool sounds frightening.

To escape fear and preserve an image of independence, many begin an internal dialogue to bring out their greatness. Still, most feel confused. Their story of glory does not match the experiences generated by the brain of a physical world outside themselves, which are the ones that are in effect.

Everything feels entertaining when your perception aligns with the experiences your brain generates.

Unfortunately, they don't resolve this conflict by accepting the brain's story. Instead, they try to resolve the conflict through meditation or drown it out with more grandiose thoughts about themselves. These include fantasising about making a difference or dwelling on former successes, thereby appearing superior.

However, their self-deception intensifies their fear. Fortunately, it's easily resolved. When they acknowledge their fear, they can per-

Astrology suggests that events are determined not by the brain but by external forces, such as planetary positions. The same idea appears in other systems of perception, including religious and spiritual doctrines.

If you stop trying to be in charge, your thoughts no longer upset you because you no longer have to manipulate them to seem in control.

ceive it as *'it is what it is'*. This unveils that fear is constantly interacting with calmness. Then, feeling complete in the duality flow of opposites interacting to define a world of duality, they don't need to edit the thought pool to make themselves appear superior. 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 independent of the brain. Hence, at odds with it, we don't enjoy but fight the brain's duality amphitheatre. This struggle keeps us caught in duality, preventing our return 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 an abandoned little sad boy riding on waves of happiness within 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 creates all experiences, much like dream-building: chaotic and unpredictable, often at odds with rational perception. If your waking experiences seem orderly, it is because you have reinterpreted the brain's chaotic input to fit a belief system that labels everything consistently. In other words, what we perceive as orderly and logical is the result of retrospective rationalisation.

However, the brain is puzzled by our urge to categorise everything – 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 unexpected moments.

For instance, imagine you are bored doing the dishes. Suddenly, your brain introduces contrast. You look out the window and see something fascinating on the street. The contrast between boredom and excitement brings you into the duality flow. In a world of duality, there's nothing better for your well-being than this flow. Psychological issues fade. Your body functions well, and if not, it signals that it needs help.

On the other hand, if you had set out to do the dishes in a linear way and tried to stick to it, you would have viewed the window event as a disturbance rather than a source of thrill, which would have complemented the boredom of doing the dishes. Hence, you would not have felt revitalised by the duality flow.

Instead, you would have blamed your brain for diverting you from your path and sought ways to control it so you could act apart from it.

But, as indicated, we can't control how our experiences unfold, nor can we avoid following the brain's plans. Nevertheless, we can choose to do it slowly or quickly. 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 follows 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. Hence, 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 confirms dualism and makes us feel at home in duality. In contrast, clinging to one point of view makes us feel isolated.

Fulfilled by twofoldness

As time is a construct, it's irrelevant which time frame we relate to now. What matters is that our response is twofold. This keeps us in sync with duality. Consequently, we can now stroll in the park, thinking about the past or the future.

However, we're in sync with duality if we exclude thoughts about the past and future to fabricate a singular impression of a joyful stroll in the park now. Fortunately, the brain immediately corrects this when we admit we're mistaken. Unfortunately, most avoid admitting mistakes because they want 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 are where they always have been and will be: in non-duality.

Not burdened by sadness, you join its interaction with happiness

If you insist on being only happy and not sad, your happiness is not genuine. Like two sides of a coin, you cannot have happiness without sadness.

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. Thus, feeling happy/sad, you're in the duality flow, experiencing everything to the fullest.

Like two sides of a coin – each necessary for the experience of the other – contrasting feelings define each other, such as happiness and sadness. So, don't avoid feeling sad. Instead, immerse yourself in sadness as it is, to discover it's complemented by happiness, thus feeling happy/sad. This applies to any polarised feeling you judge negatively, such as hate, which is complemented by its counterpart, love. By acknowledging this mutual dependence, you stay 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 strictly following a score, it faithfully follows the brain's script. This is as predictable as the rising sun. The special self also follows the brain's script. But in retrospect, it 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

When you stick to the basic self created by the brain, every experience feels satisfying. But if you try to be a special self, separate from the brain, nothing feels good enough.

The brain's love

The basic self, in sync with the brain's thoughts, doesn't need extraordinary experiences to feel connected. The special self, out of sync, feels disconnected. Hence, it recalls moments when it felt connected, reliving them in the present. But because it's a fabrication, the special self remains disconnected.

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In its search for independence, the special self disavows its origin as a brain creation. Thus, unable to recognise the brain's underlying support, it seeks validation externally. As these external sources rarely meet the special self's expectations, disappointment follows. In contrast, the basic self, in sync with the brain, feels loved even in times of disappointment.

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The special self, which always seeks something better, feels trapped by its expectations. By contrast, the basic self, hoping for nothing, bears no 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 the brain's scheme is sufficient, seeks to secure itself by worshipping a belief system that disregards the brain's duality script, thereby causing insecurity.

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Stress arises from trying to rearrange the brain's script.

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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 misunderstand the brain's role as 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.

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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 that the brain's experiences provide.

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Since what you appear to be is shaped by the brain's experiences, the brain knows and loves you for what you are. If you don't feel its 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 the brain provides.

Blown out by the brain

Being in tune with the brain's natural thoughts is like following a film's plot, where the director provides cues. For instance, romantic music signals a love story, while sad music and dark clothes hint that something bad is about to happen.

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, the film doesn't seem exciting but rather annoying.

Similarly, if your response to the brain's script is singular, you don't recognise it as a duality script and thus feel dissatisfied. But when

you perceive your response to the script as twofold, you're in sync with duality, which makes you feel satisfied.

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In games like roleplay, the gamemaster assigns roles and guides players' actions. Similarly, our brain acts as the gamemaster in the game of duality, generating our experiences. 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. But when your interpretations of your whereabouts don't match the brain's plan, you feel isolated. Then, challenges amplify the sense that you must manage everything on your own, leaving you 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.

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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.

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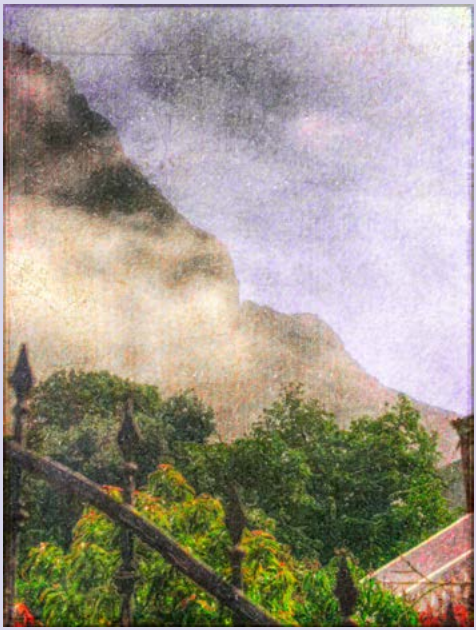

»Edit your life frequently and ruthlessly. It's your masterpiece, after all«. This quote from the web highlights a common mistake: the belief that life belongs to you. It's the other way round. Therefore, the more you try to edit life, the less real you feel.

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.

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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 being a con artist. The more it deceives others into believing it can do extraordinary things, the better it feels about the self-image it has constructed.

We feel loved as we are in *the duality flow* heading for non-duality

Our sense of self does not come from a divine being or higher power. It comes from the brain. Ignoring this is ignoring ourselves. Thus, feeling alienated, we overlook that the brain's dualistic experiences confirm our worth as loved for what we are.

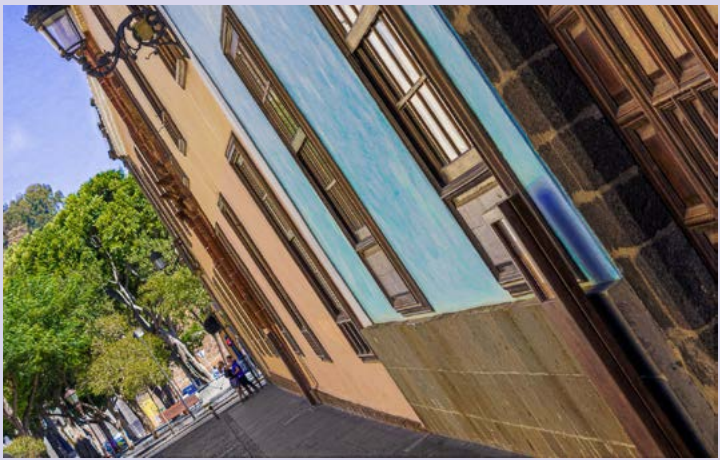
When we don't feel loved, we may try to compensate by doing *'the right thing'*. This could mean helping a friend in need, standing up for a cause we believe in, or making a difficult decision at work that matches our values.

However, there is no universal agreement on what *'the right thing'* is. Everyone interprets it differently. This leads to more speculation, overthinking, and second-guessing our actions. Because this mental activity seems to override the brain's experiences, we miss the love they contain.

Thankfully, when we do not cling to our single-minded ideas of fairness, we feel loved. This love arises from the brain's experiences, shaped by opposites. It's not romantic love but a gentle force that frees us from the limits of singular perspectives. In this way, we live in *the duality flow*, comprising opposites such as happiness and sadness, success and failure, and love and rejection.

In short, a singular perspective does not make us feel loved. Instead, 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.

Further exploring this in Duality Hack #8.6, where we delve into *the duality flow*.



In a world of duality, we feel complete through the constant interplay between 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 being just as bad as good.

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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.

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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.

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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.

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In its search for more, the special self is bound to be disappointed, 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 or have.

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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 is in control. Yet the special self deceives itself into believing it's in charge. But how can it be in control when it doesn't know what it is? Thankfully, the brain knows what we are, guiding us to safety, much as parents set rules to protect their children.

Unlike parents, the brain does not aim to protect us from everything considered bad. We cannot enjoy good without evil. The fear of going down the roller coaster makes the rise feel joyful. We need both good and bad to feel complete in this dual world. That's why all experiences are twofold.

When we remember that we're always good enough, every experience we have is fulfilling, 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.

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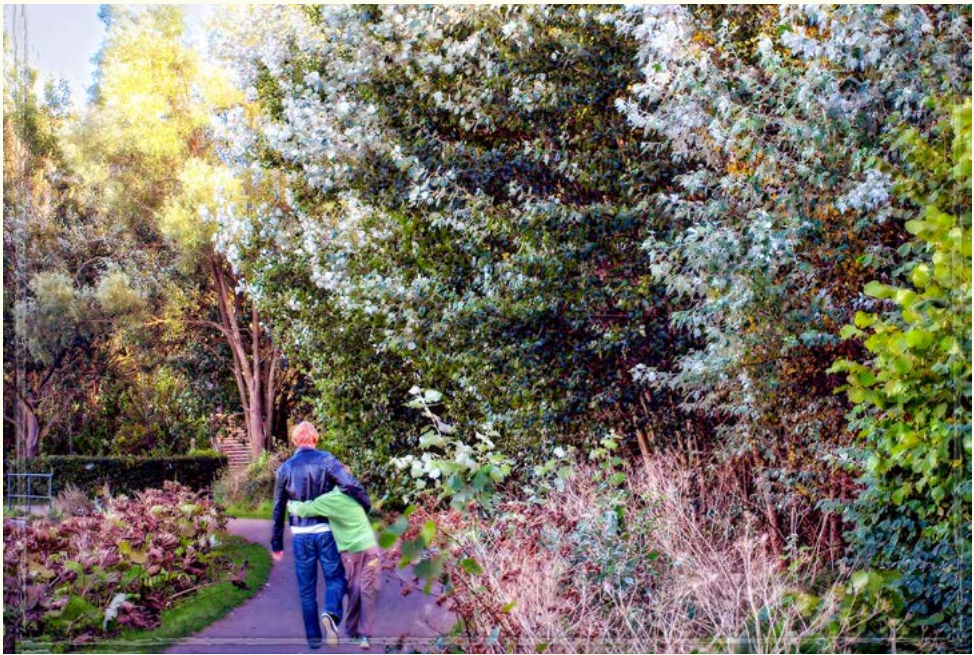
The brain processes all our experiences, including those we attribute to the heart, higher consciousness, or other humans. However, the special self furiously objects to this, engaging in a constant battle with the brain. But what we fight, we depend on. Therefore, the

What we believe ourselves to be is like a smartphone. It's impressive in its apparent abilities, yet entirely reliant on the person operating it. Similarly, no matter our skills, we depend completely on our brains, the unseen operator.



more the special self strives to master the brain, the more dependent it becomes on the brain.

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Just as a self-driving car follows internet commands to navigate, the self, whether basic or perceived as special, follows the brain's script. Unlike the car, the self is conscious 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. Thus, it always feels loved.

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.

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If you question 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.

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*.

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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.

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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.

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Contentment is not a choice but an automatic outcome of not trying to edit your experiences to fit 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 them. Although this may not lead to ice cream, it'll lead to something joyful because the brain's primary concern is making you happy.

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The brain's flow of thoughts seems only speedy and disturbing when we want to be independent of the brain.

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The brain's scheme contains every possible experience. Through it, you can experience the past, the future, and everything else conceivable. However, you cannot experience the formlessness of Oneness, as it is not conceivable. Consequently, all you need to cross the apparent barrier to Oneness is not to experience anything.

Whenever we experience something, we are in the brain's domain. The brain creates all experiences, even those we see as spiritual. Hence, when 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 the perception, *'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 instance,

- *'IT IS WHAT IT IS'* reveals our reaction as twofold. Thus, we join the energetic interaction of opposites: *the duality flow*. It makes us feel whole and connected to 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 always stay connected with it. However, we only feel this connection when our response to duality is twofold. Then our negative reaction constantly interacts with its positive counterpart. 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. We suppress negativity to appear only 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 only as positive, nothing changes except that we miss the fluid relationship between 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

An easy 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 notice that being right always pairs with being wrong.

These opposites are like two sides of a coin. They complement each other. So we're in the duality flow, being neither right nor wrong. Free from the obligation to uphold a particular opinion..

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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.

If you perceive your reaction to something as 'it is what it is', *good and bad define each other through their interaction. Thus, feeling good includes feeling bad and vice versa.*

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 reality of duality.

If confused by this discrepancy, one becomes even more out of sync with duality by spending time processing the confusion in an attempt to find clarity. However, if we perceive our fabricated happiness as *'it is what it is'*, our response to the moment is revealed as twofold. Thus, feeling happy/sad, one is in sync with duality.

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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 within the brain's duality fantasy, regardless of what happens. Sometimes, though, he thinks he knows a better way. But that perception clashes with the brain's setup. Hence, he suffers until he shifts from *'I know what it is'* back 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'*. Thus, it's not only friendly or hostile, but is in the interaction of this and other opposites. This makes it feel content regardless of outward appearances.

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It's not an intellectual process to have our response to something revealed as twofold by perceiving it as *'it is what it is'*. 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 last. Hate quickly replaces it, only to be replaced by love again. This cycle 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 429). Gradually, we stop noticing the highs and lows and become wrapped up in their rhythm: the duality flow.

Hence, in cases of hate and love, after their initial interaction, we may lose sight of their particular qualities. Instead, we become 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.

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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 our responses to a world of duality as 'it is what it is', our reactions reveal themselves as twofold. This places us in the duality flow: the ongoing movement between pairs of opposites. Like a river, this flow moves with ease to non-duality, beyond opposites.

Thankfully, all we have to do to free ourselves from self-victimisation is to perceive our interpretation as *'it is what it is'*. This change in perception reveals our interpretation as twofold. Hence, since our specific interpretation no longer holds power over us, we feel free.

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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.

Past events often mould our hopes, such as a childhood experience of rejection or a relationship that ended badly. But 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.

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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.

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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. Then we feel revitalised by the duality flow, the continuous interaction between positive and negative experiences. Although this is not a miracle cure for allergies, they don't seem burdensome in the duality flow.

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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,

The special self prefers 'I know what it is' *to* 'it is what it is'. *The former affirms the belief in being an individual with unique insight. However, as the world continues to question the special self's distinctive understanding, self-doubt, and a sense of 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.*

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 single-minded approach but from a twofold one. It reveals that the interaction between love and hate brings joy to togetherness.

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 sense of solidarity but also liberates them from their conditioned ideas about relationships. Therefore, they can engage with others freely and unconditionally.

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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 twofold, 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.

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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 interpret our reaction to something as *'I know what it is'*, we mistakenly believe we understand our response, just as when we assume we know why we react in dreams. Yet we cannot know why, because we're not in the dream but in our beds.

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The special self forms an opinion about every experience to establish 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. But describing it builds a mental construct, leaving us dissociated when we claim, *'I know what it is'*. To mask this split, most keep explaining their feelings, further suppressing them with mental justifications.

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When we perceive our response as *'I know what it is'*, we feel exhausted because maintaining the appearance of control takes

Alexius cannot know what his cat's expressions mean. If he thinks he knows, he feels stressed trying to prove himself right. But when he perceives this reaction as 'it is what it is', there's nothing to prove and no stress. Instead, there is peaceful acceptance of not knowing.

considerable mental effort. That's why the special self needs more energy, while the basic self, with nothing to prove, has plenty.

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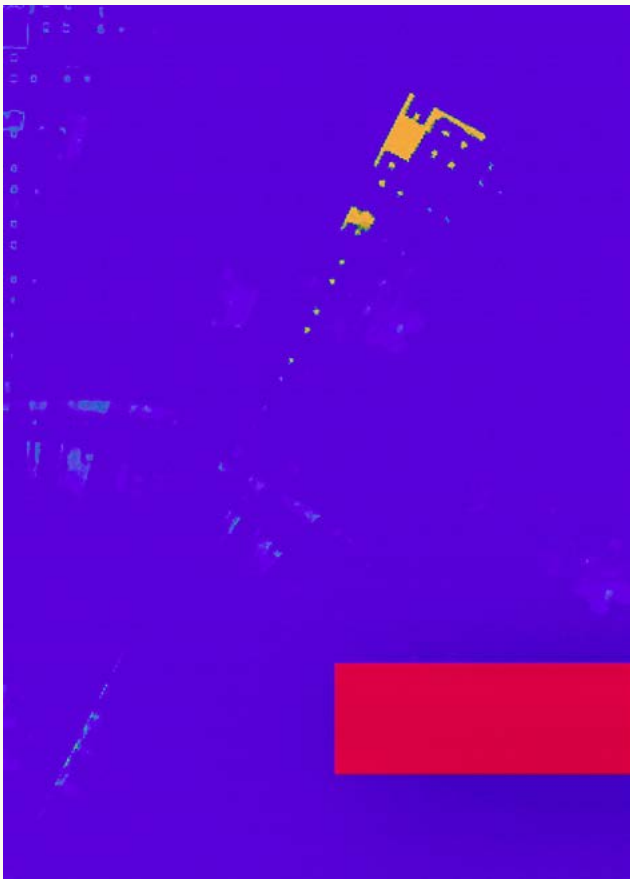
Many people stick to their rigid perception, 'I know what it is,' by tightening their neck muscles. This makes their necks and themselves stiff, so they cannot see more than one way: their own

'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 pre-

When you perceive something as 'I know what it is'*, you make a definitive statement. This establishes you as a distinct being, leaving you feeling alone in a world of duality. Fortunately, you can resolve this by joining* the duality flow. *You do so by perceiving the feeling of being alone as* 'it is what it is'. *That reveals that the feeling of being alone is twofold rather than singular.*



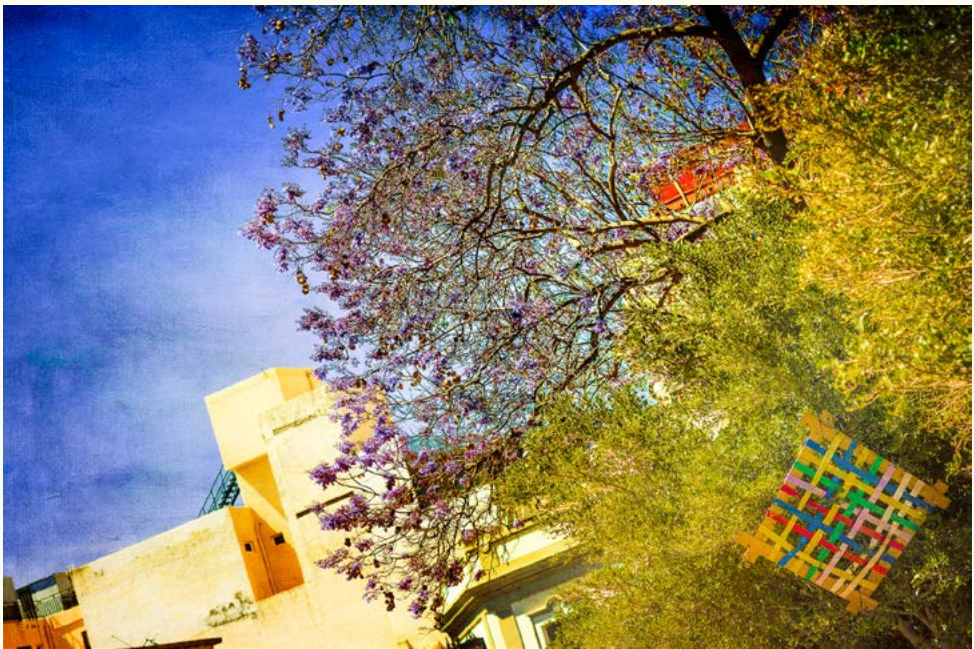
pare Wincent's food. At least, that's the apparent conclusion, because when Alexius gets out of bed, Wincent runs to the kitchen.

If Alexius believes he knows what's happening, he shifts from the basic self's perception of *'it is what it is'* to the special self's *'I know what it is'*. To prove he's in the know, Alexius stresses over preparing his cat's food, revealing the cost of this perception..

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 according to the brain's plan. 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

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, by knowing nothing, you know everything.



to Wincent's behaviour as *'I know what it is'*, feeding Wincent is a stressful, energy-draining task. It takes a lot of energy to act as if one is in the know.

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When our reaction to something is *'it is what it is'*, we're relieved of the burden of fixed opinions and feel 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.

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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 recognise that your response is twofold and, thus, in line with the brain's duality story. Consequently, you don't feel lost in a world of duality, but connected and in tune with it.

'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. 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 align with the journey, leaving it vulnerable to uncertainty.

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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.

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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.

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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 constraints of being definitive.*

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 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 what 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 know 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 adopt the laid-back approach, *'Dunno what it is'*. You can also enter *a state of not-knowing* by igniting a take-off into *the empty breath*, often out of

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 attains the relaxation that comes from not-knowing.*

the despair of being unable to label your experiences (see Duality Hack #9.1).

So, whether calm or stressed, you can enter *a state of not-knowing*. In this state, one is neither a basic nor a special self, but a non-self in *the bliss of nothing*, until encountering something perceived as having significant meaning.

'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 statement, 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.

In a world of opposites, every experience comes in pairs, like two sides of a coin. Each side defines the other. When you engage with the interaction of these pairs, you're in the duality flow. *This flow, like a river, rushes back to its source: non-duality.*

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, by replacing our natural twofold perceptions with a singular one like 'I know what it is,' we deny that we're in a world of duality.

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*

You could compare the brain's experiences to the Spanish way of life: mas o menos (more or less, neither here nor there).

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

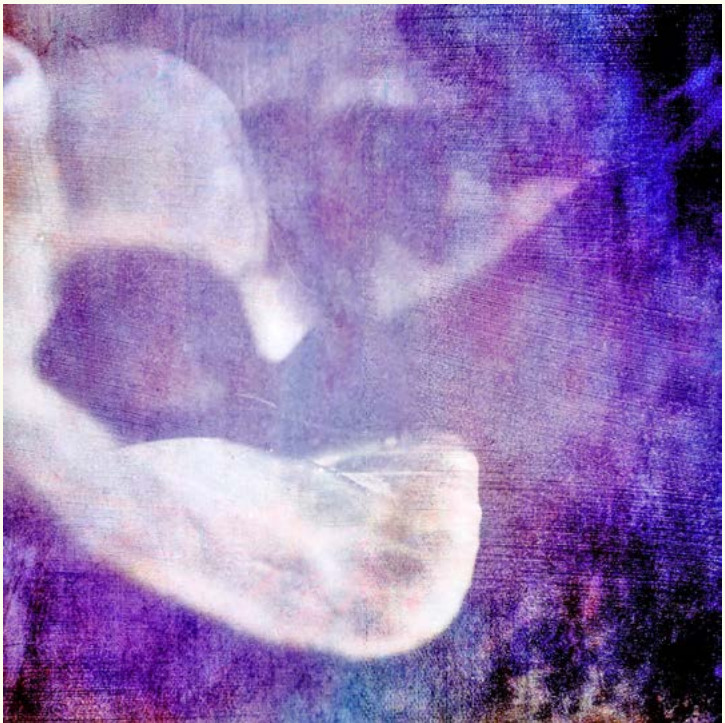
There's no need to strive for something in particular when one perceives one's wishes as 'Dunno what it is'.

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 non-self 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 make this experience feel real. So the brain fills the rest of its space with stories of us in a dualistic world outside the brain.

Because we are our experiences and they are dualistic, we feel whole when our response to them is twofold. 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, we feel incomplete.

The above is said in the context of experiencing something that can only occur 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 works through built-in pathways, each set off by our decisions. It's like a video game: every decision you make leads to an outcome already coded into the software. Our brains, in the same way, have set options for each choice. But we find out which one is triggered only when it happens. Even so, we still have the freedom to choose how we perceive our reactions to the preset our choice sets off. If our perception is singular, focusing only on one side of any experience, we fall out of sync with the brain's dualistic system and feel isolated. This happens because the brain processes all experiences in pairs of opposites, such as positive and negative, success and failure. On the other hand, when our perception is twofold, we align with the brain's inherent duality and feel connected, no matter what events follow our choices.

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 enter *the bliss of nothing*, beyond meaning.

If you react with disgust and perceive it as *'it is what it is'*, you sense there's love within that disgust. By engaging in this interaction of opposites, you feel a delight much like riding a roller coaster up and down. Conversely, if you perceive your disgust response as *'I know what it is'*, the feeling is established as singular. Hence, you don't experience disgust collaborating with delight, but at odds with it, so 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 on to 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*. Rather than causing frustration, this state brings relief, leaving us indifferent to everything we see.

Psychologically, this is like feeling the relief of a tranquilliser, without the cost or side effects. Physically, *a state of not-knowing* enables the body to receive necessary information from the brain via the biological system, as our mental projections on the body no longer obstruct the natural flow between body and brain.

However, although many desire a sound body, very few are willing to accept the perception of *'Dunno what it is'* to achieve it. This may be 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'*, aiming to appear as somebody specific rather than as nobody in *a state of not-knowing*.

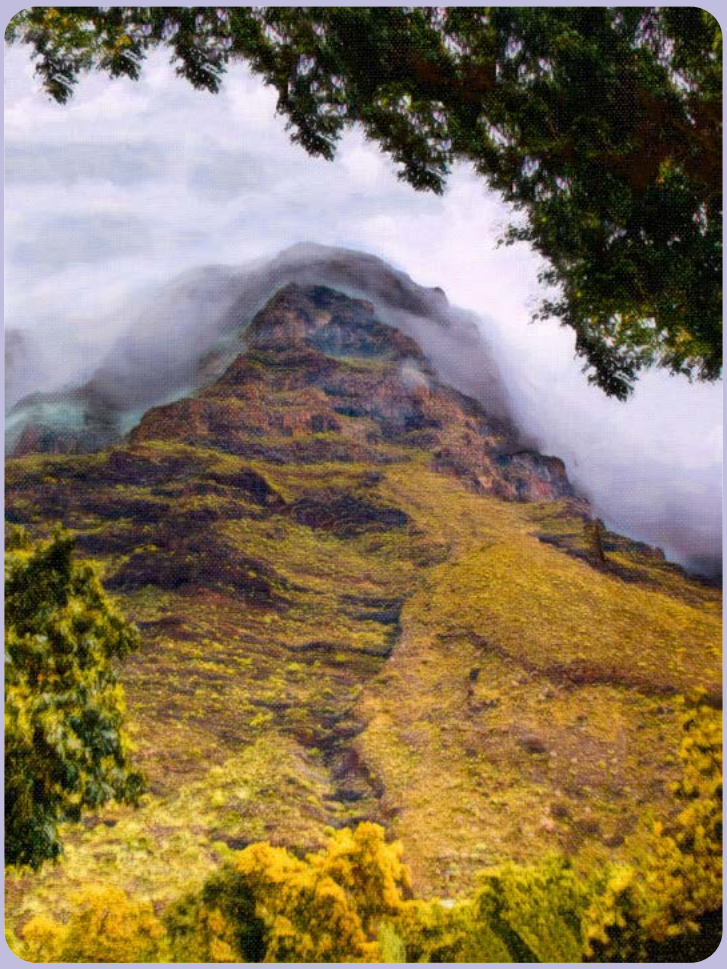
Alexius writes the Duality Hacks within the duality framework. He does not claim they are non-dual. He also does not claim to know what non-duality is, because that would require more than one. Yet he knows what is not non-dual. Everything experienced is non-dual because awareness requires more than one.

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.

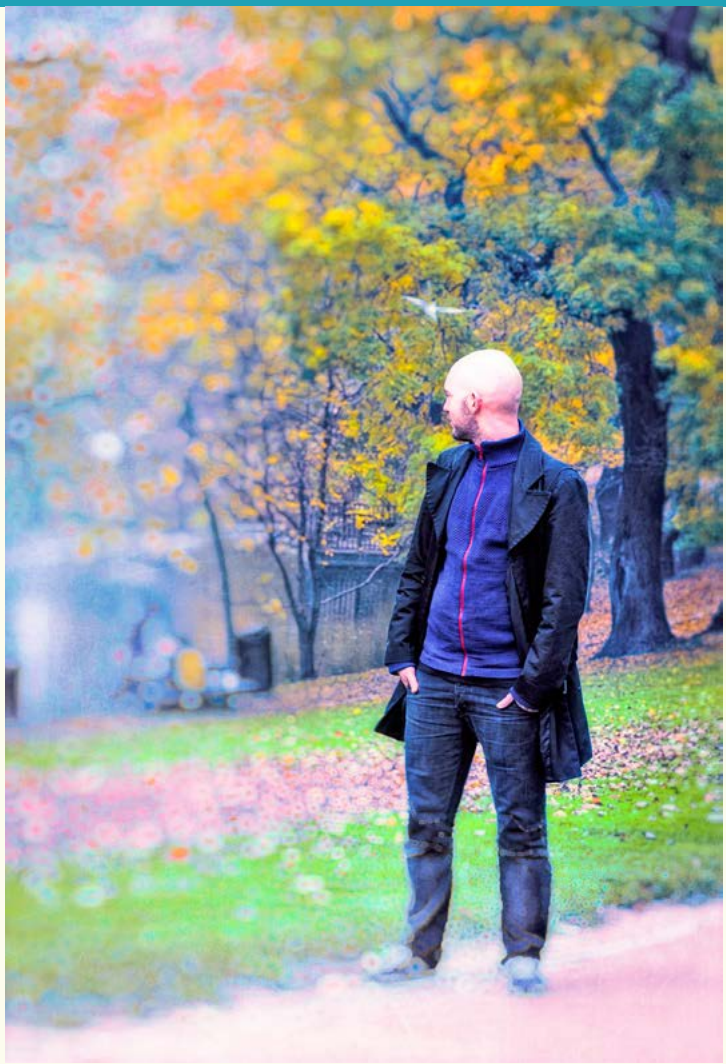
In *a state of not-knowing*, you appear as usual in a world of something, which looks just the same. However, in this state, you're not emotionally or mentally affected by something because you're in *the bliss of nothing*. Thus, perceiving something as nothing, you're in the world of something but not of it.

Suppose you try to edit your experiences to make them attest to you being 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 search for thoughts that can 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. Conversely, you're not in sync if you edit your reaction to prove *'I know what it is'*. Nevertheless, like parents who love their naughty kids, the brain loves you whether you're in sync. Sadly, those not in sync are always busy looking for something better than the experiences the brain produces, so they miss the brain's love.

The psychological realm (thoughts, feelings) and the physical body are distinct and cannot be integrated; projecting psychological issues onto the body only obscures healing.



The psychological and physical realms coexist, yet, like the two distinct faces of a coin, they remain separate and unmixed. Thus, you cannot integrate psychological reactions to your surroundings with the body.

Hack #7.1, We cannot integrate the body with something immaterial

The physical and psychological realms are fundamentally different. That's why we can't solve a mental issue with a physical fix, or vice versa. The body, made of matter, can't take in something such as thoughts or feelings, except in fantasy.

Adapting to others' expectations often begins in childhood. We notice our parents seem happier when we meet their wishes. So we change our behaviour to feel loved by them.

Perhaps your parents encouraged you to stop using nappies before you felt ready. To make them happy, you imagined enhancing the tightness in the pelvic floor. However, trying to control the body mentally, even if it seems to work for a while, disrupts communication between the body's biological systems and the brain

Your body then tries to address the blockage in the pelvic floor itself. It does this by counterbalancing stiff muscles with a soft neck or flat feet, for instance. This is how the body copes when we block communication between the brain and the body by picturing the body as combined with mental issues.

Once the body balances the pelvic floor's stiffness with softer tissue, the pelvic floor must stay locked to keep things even. So while interventions such as special shoes, massage, and acupuncture can offer temporary relief, the original tension remains.

However, the brain's setup for us is as fixed as the Earth's motion around the sun. Thus, the physical tensions in the pelvic floor men-

Healing a psychosomatic problem is simple. You recognise the emotional issue you have projected onto the body and address it where it's conceived: in the psychological sphere. Because this immaterial realm is airy, the emotional problem dissipates when we look at it unedited. Therefore, since the body no longer needs to defend itself against a non-physical issue, its biological systems can heal it materially. Sometimes this occurs with guidance from a medical professional.

tioned above would have appeared whether or not you adjusted to your parents' expectations to feel loved.

But suppose you didn't picture tensing your pelvic floor to mask your fear of being unlovable. In that case, you would not have blocked communication between the brain and the body's biological system. Hence, the body would not have had to deal with pelvic floor tightness on its own. Instead, the brain would have managed this tension physically through the biological system, and you could have supported it with physical remedies.

Conversely, when you perceive your pelvic floor tension as a perplexing mystery, a fusion of psychological and physical issues, your head becomes foggy. Unable to perceive your reaction to the tension as *'it is what it is'*, you miss the duality flow washing through the body, alleviating tension and leaving you feeling relieved.

Luckily, you join the duality flow by perceiving the fogginess that conceals your imagined fusion of psychological and physical issues as

Everything always goes your way. If it doesn't seem so, your perception of what is your way is off.

'it is what it is'. This perception reveals that your fogginess constantly interacts with clarity. Thus, entering the duality flow, there's neither a specific sense of fogginess nor clarity to ratify a mixture of psychological and physical issues. Instead, the duality flow alleviates tensions.

Thus, you no longer burden your body with mental stress. Instead, your worries remain in the psychological sphere, so airy that merely looking at them makes them vanish. Hence, the biological system, relieved of your psychological pressures, naturally releases tension.

How your body is approached often determines how satisfied you feel. For instance, when a massage addresses physical issues, the body usually feels cared for and at ease. But when the purpose of a body massage is to improve psychological well-being, the body feels misused, intimidated, and resistant to psychological intervention. In other words, addressing the body's physical nature helps it feel at ease, while manipulating it for psychological reasons disrupts its well-being.

Nothing is wrong because it takes more than One to be that

The above about cause and effect is not entirely correct. Nothing adds up in a world of duality, as there's nothing but non-duality since 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 it calls for more than one. Therefore, 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 stuff that makes you feel heavy.

Walking involves the coordination of many parts of the body. If you had to consciously control each muscle, moving would be extremely difficult. Thankfully, the brain contains a map of the body. It's made of intricate instructions and reflexes that help guide movement and function. Thus, you can relax and enjoy where the brain takes you.

You have a healthy relationship with your body when you view it as you would your clothes. You don't think they wrinkle because of emotions, but because of physical factors. Likewise, your body's issues come from physical rather than psychological issues.

The sun warms the houses, yet it can never be integrated with them – it remains forever outside. In the same way, although your loving feelings relax the body, they can never become part of it. The body remains substantial – even when experienced in intangible terms – while your feelings remain immaterial. Thus, just as the sun and houses remain distinct, so too do the physical and psychological realms. They remain separate and do not merge or become one.

HACK #7.2, The psychological sphere and the material world don't blend

Thoughts and emotions, being immaterial, do not mix with our material bodies. Our emotional health originates in an unseen psychological realm, whereas our physical health is rooted in the material world. These two realms appear side by side. But just as sunlight illuminates the earth without becoming part of the land itself, the psychological realm brings awareness to the physical world without merging with it.

Since non-duality is formless and, thus, endless, a world of duality is an empty vision – insubstantial as a dream. Yet, because you believe you are someone reading this on a physical medium, you treat the insubstantial world of duality as real.

Undoing this belief starts with acknowledging it. That means living in tune with duality and respecting how contrasts shape our experience of a substantial world of duality. However, 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 by duality and eventually undo it.

> *Contrasts, like the two sides of a coin, always appear together rather than blend or occur independently. For instance, a coin cannot exist with only one side – each side gives meaning to the other. In the same way, every experience in a world of duality is made up of opposing elements. These opposites appear together to define each other but never merge, just as the sides of the coin never become one.*

When you feel rejected, your pain is psychological, not physical. When your body is ill, your suffering is physical, not psychological – unless you mentally invent a link between the two.

The psychological realm and the material world don't blend

Suppose you come to terms with the reality of duality, where contrasts like love and hate define each other, being in a world of duality is as fun as a video game. On the other hand, if you exclude hate and aim for pure love, you can't experience love. Lacking its opposite, love becomes an intellectual idea rather than an experience.

In other words, if your reaction to duality is twofold, it's pleasant to appear as someone in a world of duality. Conversely, if your response is singular, you're out of sync with dualism and, thus, suffer. Still, many people do this because pain supports their sense of being a separate self. The 'pinch test' shows this: feeling pain convinces you that you're alive and distinct.

Hence, since your sense of being someone definitive is interlaced with pain, you think suffering is the price of being someone. Yet you wish to ease the pain. Furthermore, because being someone in a world of duality is founded on separation from non-duality, you continue to use separation to hide your uncomfortable feelings from

Fantasies are fleeting adventures conceived in the psychological realm, fun to explore there for a moment. But if you project them onto something physical, they seem substantial and lasting, making the body feel heavy. You may have experienced a love fantasy becoming tangible when projected onto someone. Then the fantasy's lightness is replaced by heaviness.

your awareness by projecting them onto the world. However, this leads you to perceive the world as an unfriendly place, filled with destructive forces working against you, thereby worsening your suffering.

Consequently, you turn the body into a weapon of defence or attack. You keep the shoulders pushed forward in a defensive stance or pushed back in a constant state of readiness to attack.

The story in this hack about blaming the world for our pain and fearing its retaliation only makes sense in a world with more than one. However, oneness, by its very nature, is formless and thus endless, so there is no more than One. Hence, since it takes more than one to be at risk, you're invulnerable in reality.

Blocking the brain's dualistic understanding of the body's signals

Making the body an instrument for either attack or defence creates a feeling of empowerment, especially when you raise a shoulder. This posture tightens the body, disrupting its communication with the brain.

If you raise your left shoulder, you delay the brain's processing of the body's signals. This enables you to interpret and articulate these signals in ways that reinforce a sense of individuality rather than seeing yourself as twofold. If the right shoulder is stiffened, the brain receives the body's incoming signals as twofold, presenting a dual impression.

However, the stiffness in your right shoulder blocks this twofold impression from being expressed. This helps you form a singular, non-dual view of your inner being, such as seeing it as pure empathy. Many women do this: they allow their brains to process the body's signals while holding back the dualistic rendering.

To sum up, women often allow the brain to handle the body's signals while blocking the dualistic rendering of those signals from being expressed. This helps them form a self-image as emotionally understanding – a woman who empathises and connects with her own and others' emotions.

But any one-sided view creates loneliness. This contrasts with the brain's dualistic story, which builds togetherness. Women often disguise this loneliness by manipulating men into believing they need a woman's single-minded understanding to connect with their feelings.

Most men also want to be seen as distinct, not dual. To do this, they tense their left shoulder, blocking the body's dual signals from reaching the brain. They can then define the body's signals as singular before the brain receives them as twofold. Therefore, out of touch with dualism, twofoldness doesn't prevent them from doing the right thing according to their rigid opinions. Hence, they appear decisive or even heroic.

Often, the standard male practice of ignoring the body's incoming dualistic signals to the brain results in discomfort on the left side. Similarly, the female method of manipulating dualistic outgoing emotions into singular expressions often makes the right side of the body feel harsh, pointing to the physical toll of these practices.

In both cases, shoulder constriction impedes breathing (see page 504). This can lead to a psychological barrier in which the feeling of the moment's flow is replaced by mental understanding. Thus, it creates a disconnect from the present as it is and from living in a mental construct of it.

Many men seek to be seen as superstars.

Not singular but twofold

Both women and men assume that their personal interpretation of the body's dual signals makes them unique individuals rather than dual beings. But this perception relies on ignoring certain emotions, such as fear, insecurity, and vulnerability. So, they may present an image of confidence while feeling flawed on the inside. This dilemma often leads to mental fog.

Fortunately, 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. By joining this interaction, you neither feel foggy nor bright. Instead, you experience the energy of opposites working together: the duality flow.

Feeling anew, you're ready to perceive your singular interpretations of the body's incoming or outgoing signals as *'it is what it is'*. Hence, since your interpretations become twofold, they match the brain's dualistic rendering of the signals, making you feel relieved.

Thus, you feel relaxed through the body's play of left and right, up and down, in and out, tight and loose, pain and relief, and more. Psychologically, this twofoldness feels like waves that wash away your desire to be a singular being rather than a dual one.

However, in 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

If you combine the physical unpleasantness of a pollen allergy with the psychological notion of being attacked, the physical allergy symptoms seem invasive on a psychological level. Hence, you perceive 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 feels out of danger. Hence, since it doesn't fear pollen, it doesn't need to defend itself against it.

The interaction 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 enter it. Thankfully, you can correct this misunderstanding by accepting the duality of breathing, as shown in the see-saw metaphor on page 429. In this photo, Alexius is in* the duality flow *of father and son. It's always present, whether they're together or apart. And it extends all the way to its source: non-duality.*

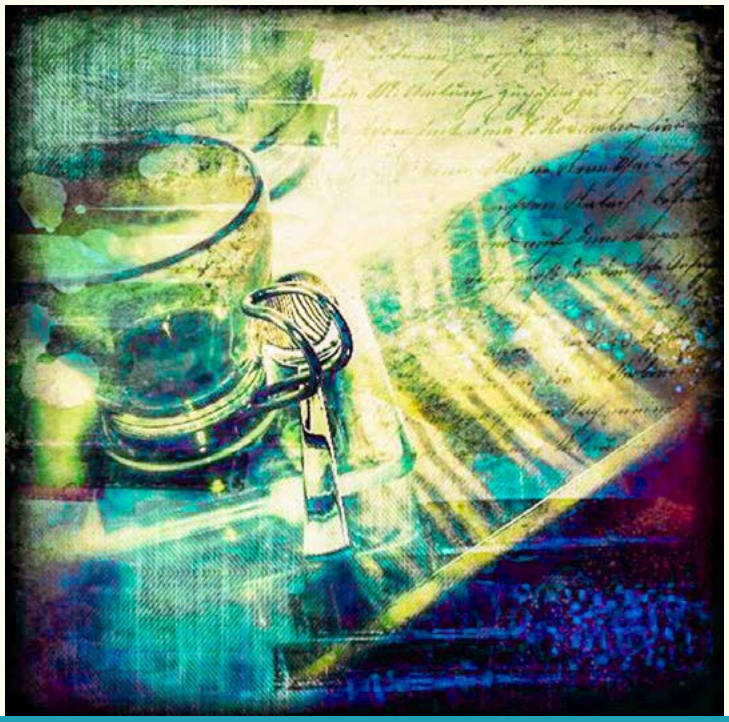
and thus endless. Yet when you believe you're someone in a world of duality, you must acknowledge this belief to undo it. Joining the duality flow is how you do this.

Appendix: Undoing the belief in duality

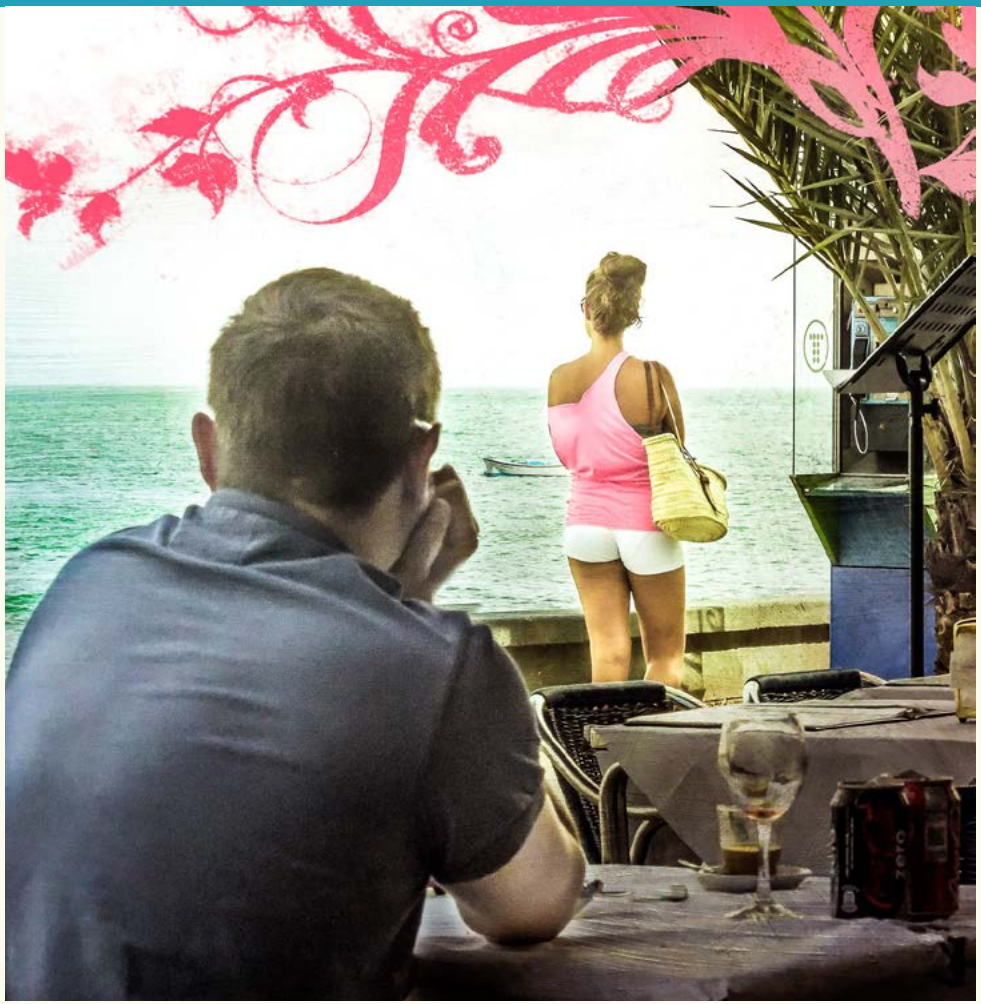
Those who believe they suffer from a psychosomatic disorder, a condition in which psychic factors are said to manifest as physical symptoms, have projected politically incorrect feelings such as sexual lust, envy and anger onto vulnerable parts of the body.

However, since psychological issues are intangible, you can't hide them in something tangible. Therefore, projecting feelings onto the body only hides them from your awareness. Still, most people believe their problems are gone when out of sight, much like the myth of the ostrich that avoids danger by burying its head in the sand.

But this myth is false. An ostrich would suffocate if it buried its head in sand. Similarly, hiding negative emotions by imagining they are buried in your body prevents you from naturally experiencing the interaction between positive and negative feelings, leaving you depleted. Also, without this exchange, you can't undo the belief in duality, which requires opposites to constantly interact.



In a world of duality, every experience is formed by pairs of contrasting elements that define one another. Because of this, when we exclude negativity, we also exclude positivity. Therefore, if we exclude our negativity, our perceived positivity is merely a facade.



The psychological realm is airy, so feelings are fleeting unless projected onto something substantial. Then they seem to gain weight and persistence.

Hack #7.3, Psychological issues are too airy to connect with the body

The psychological and physical realms, like two sides of a coin, appear together yet never merge. Therefore, trying to control the body through mental concepts of wellness assumes an illusory wholeness and is thus ineffective. The body and psyche remain distinct.

The psychological and physical realm

Non-duality has no form and no limits. Therefore, because it's endless, any experience of more than one, such as a physical body and psychological self, is imaginative, not material. Still, *Alexius' Duality Hacks* is written within the brain's duality illusion, in which the physical world seems tangible and the psychological realm seems intangible, though both are immaterial.

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Dreams occur within the brain, not outside it. Similarly, our waking experiences are brain-based. To mask this, the brain gives us the experience of being in a physical world outside itself, with a sense of self that extends beyond the brain. However, it's not easy to pinpoint where the self is. It resides in the elusive psychological sphere, as intangible as air, rather than in the physical world.

The psychological sphere has no set shape, so you can encounter it anywhere except where things already have a fixed physical form.

Besides, although the psychological and physical realms are interconnected, they never merge. Like breathing in and out, which depend on each other but don't blend, the physical body and the psychological self are related yet apart.

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Our psychological self-image resides in the psychological realm, separate from the physical realm. Thus, the body feels attacked when we try to control it through non-physical means.

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A movie can convincingly depict the material world, but it cannot give form to the invisible psychological realm. Similarly, in the world where we appear as humans, we can see our bodies while the psychological sphere remains unseen, like something made of air. Still, we can sense the hidden presence of our psychological world, as if it were an atmosphere around us.

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Searching for psychological problems in the body is fruitless. The body is physical and holds no hidden psychological or spiritual essence. One could argue that the body is visible, whereas non-physical issues are invisible and thus not combinable.

Suppose you have projected problematic emotional issues onto the body to shield them from 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 twofold nature, leaving no specific psychological issue to bother you.

The way of duality

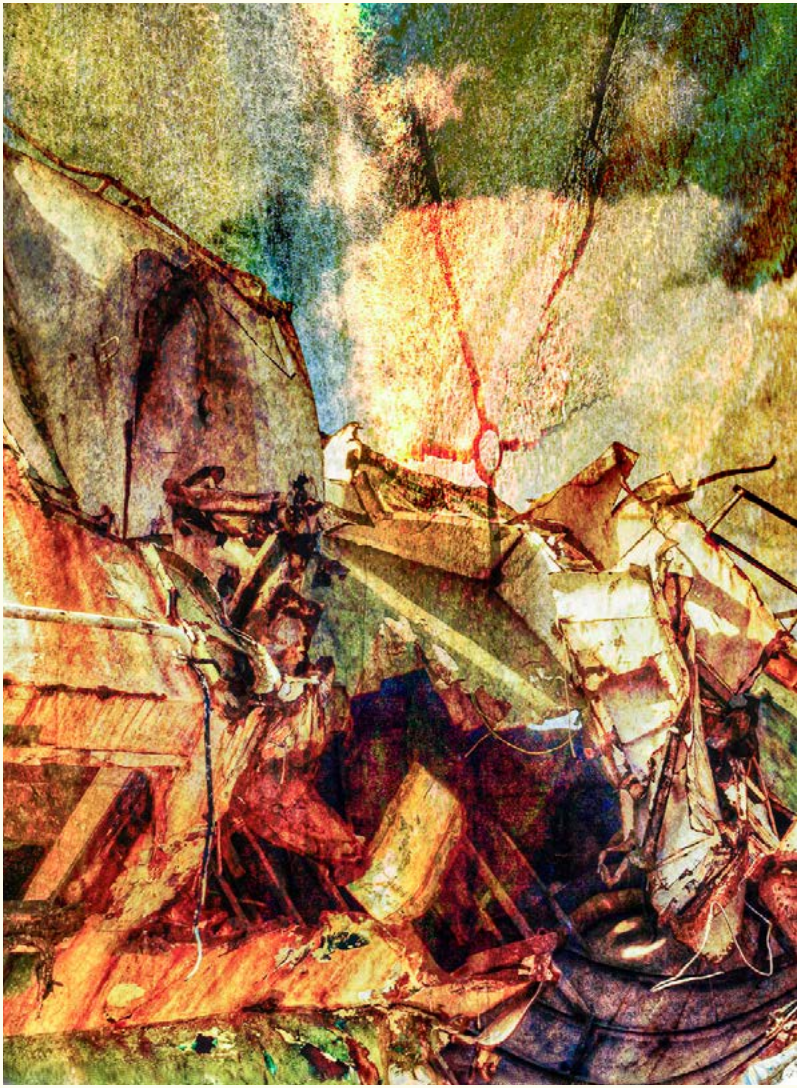
Alexius' Duality Hacks use different terms for the psychological realm, such as a sphere, an area, a zone, or a mental space. Each suggests an immaterial, airy place – something you cannot touch – that reflects the non-physical nature of psychological experience.

Most people feel relaxed in water but panic if it enters their lungs because it's not meant to be there. Similarly, the body is comfortable with the psychological sphere nearby, but if you try to blend psychological aspects into the body itself, the body instinctively resists, much as it resists water in the lungs.

When we envision combining transparent psychological issues, like love or rage, with the body, they appear substantial as long as we insist on this connection being real. If we release it, we see that feelings always remain in the psychological sphere. In this airy realm, they vanish and reveal their opposites when looked at. For instance, one look at love gives way to hate, and vice versa, in a continuous play of polarities.

That's the way of duality. Every experience is a product of contrasting elements that interact to define each other. If we merge or separate them, it's impossible to experience the world of duality in its fullness, so we feel incomplete.

You can't explain this picture. It combines parts that can't fit together, except in dreams.



We don't resolve the feeling of incompleteness by correcting something in our body or the world, but by perceiving this feeling as *'it is what it is'*. This reveals that our feeling is not singular but twofold. Hence, since we enter the interaction between the incomplete and the complete, we feel whole.

Polarity sets you free

If you project a psychological emotion, 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 imagined hiding your fear appears blocked by something unnamed.

This is until you don't project your fear onto your body but face it in the psychological sphere. Then your mental projection no longer blocks communication between the brain and the body's biological system, soothing the body. And emotionally, you're wholly present when fear and courage collaborate in the psychological sphere.

A psychosomatic disorder

Most people don't respect their bodies. In the psychological realm, they treat the body as a means of concealing unfavourable thoughts and feelings or enhancing favourable ones. This

Just as a straw is effective for drinking liquids but not for eating solids because of its design, the psychological sphere is suited to handling abstract, non-physical matters and not physical ones. This enables us to face intangible thoughts and emotions, while being ineffective with physical concerns.

approach leaves them feeling foggy-headed.

Yet the blame is often placed on the body, leading to ‘fixing’ it through yoga or other non-physical concepts. However, the prospect of transformation through these practices remains unfulfilled.

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The paradox in trying to heal a psychosomatic disorder is that it often reinforces the psychological fear of the physical symptoms. Hence, it strengthens the idea that psychological and physical issues are linked, resulting in a psychosomatic illness.

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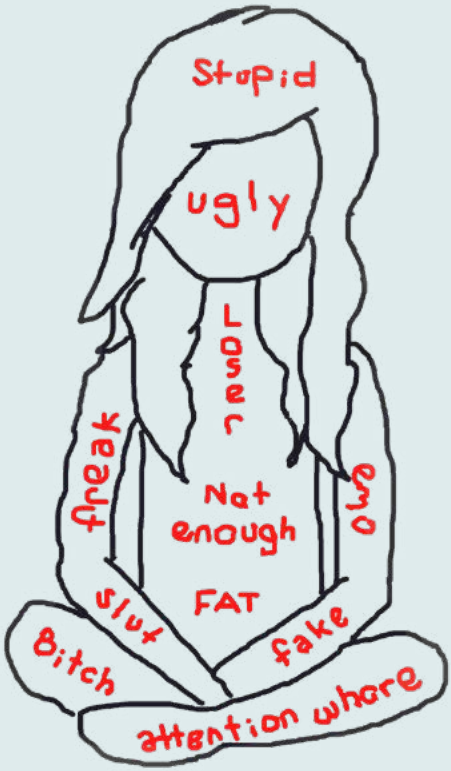
When a physical symptom of illness triggers a psychological memory of danger, and they are interpreted as connected, the physical symptom is perceived as dangerous. Thus, the physical and psychological realms seem integrated. However, the body is material and doesn’t merge with non-material issues except in fantasy. Hence, you undo your fantasy connection between the physical and psychological realms in the psychological sphere, where you imagined it.



Many hide psychological issues from their awareness by projecting them onto sickly body parts. To keep them hidden there, most avoid healing the sickly body parts they assume contain their psychological problems.

Thankfully, the psychological sphere is like air – so insubstantial that, when you look at your memory of danger there, the threat dissolves just as fog vanishes in a breeze. So, since there's no past danger to link to the body's illness, the imagined link you imposed on the body vanishes. Next, the body's biological system, with its healing capabilities, naturally addresses the physical symptom on its own material terms, enabling recovery.

In short, when your concern about a physical symptom triggers a past sense of danger interpreted as causing the present symptom,

The basic self relates to the stream of thoughts from the brain as it is, not as it should be, according to the popular body-mind concept. Thus, the basic self does not mix the physical and psychological realms.

you form a link between a psychological and a physical problem. But this only happens in the psychological realm, as merging the body with non-physical issues is possible only in fantasy.

In short, when your concern about a physical symptom triggers a past sense of danger that you interpret as causing the present physical symptom, you form a mental link between a psychological and a physical problem. However, this combination occurs only in the psychological realm, since merging the body with non-physical issues is possible only in fantasy.

Fortunately, a brief look in the psychological sphere exposes the supposed link as a fantasy. The body can then be physically healed by its biological system, perhaps with the help of a health practitioner.

Visualise a world where ugly does not exist. Would beauty still stand out? No, it's the contrast between beauty and ugliness that gives beauty meaning. This contrast, among others, enables us to experience a world of duality. Therefore, if you view beauty and ugliness as independent elements or as a unified whole, you're not seeing them as opposites defining each other, as per the nature of duality. Hence, you cannot undo duality.

Conversely, if you live by duality – engaging in the interaction of opposites like beautiful and ugly – you feel so fulfilled that you soon forget about duality itself, which reveals non-duality.

The body, a physical entity, is designed to handle material matters. For instance, it doesn't attempt to address the danger of high waves with mental-health concepts, such as meditation or visualisation. Instead, it physically avoids getting too close to these waves.

Hack #7.4, Mental ideas of wellness mess up physical well-being

Psychological issues, such as anxiety or love, don't merge with the body – our bodies are physical, while our emotions are intangible. This hack explores how to undo the belief that psychological and physical problems are connected.

People often believe psychological and physical issues are connected because emotions seem to affect the body, and the body's state appears to modify mood. However, this is similar to thinking clothes and the body are one, simply because clothes can make the body warmer.

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Although the clothes and the body wearing them seem closely related, the clothes have no love or affection to give the body, and vice versa. Similarly, the psychological and physical realities complement each other while remaining in their own respective territories. That's why mental ideas about attaining physical wellness don't work.

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The interaction between the body's heaviness and the lightness of the clothes it wears feels psychologically satisfying. However, the body's physical nature remains unchanged because, just as oil and water don't mix, clothes and the body don't merge.

Alexius' Duality Hacks undoes the belief that you are the body. You then see the body as a coat you wear, recognising it's not you,

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Many people don't feel or see their bodies as they are. Instead, they imagine how their bodies will look and feel when they impose their mental ideas of perfection on them.

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Psychological issues, such as thoughts, emotions, and opinions, reside in the psychological sphere regardless of where we believe we experience them. Thus, we face them in the psychological realm.

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Psychological issues are fleeting, so if we aim for lasting happiness, we must anchor it in a physical sensation, such as being on the beach. But because immateriality and materiality don't mix except in fantasy, we may not experience the happiness we have projected onto the beach when we're there.

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 subordinate it.

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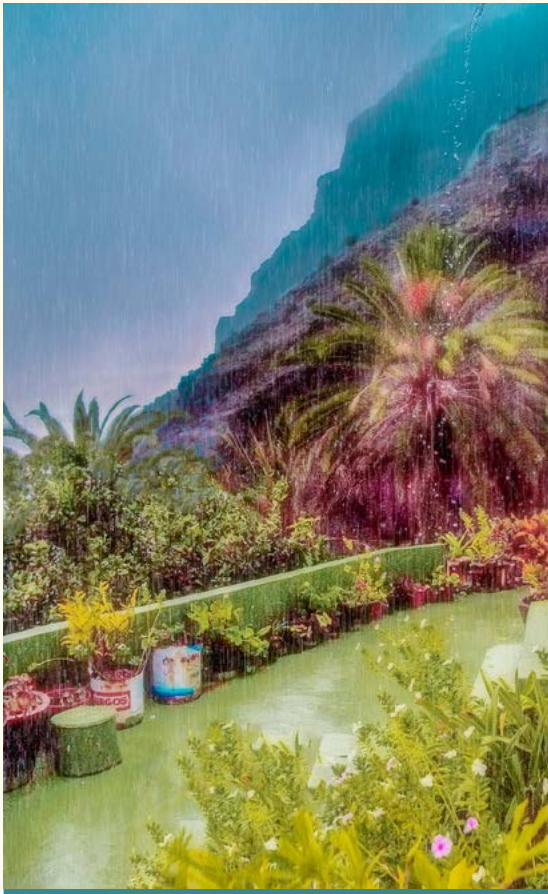
Feelings are intangible and naturally fleeting, making them impossible to sustain unless we associate them with something tangible. For instance, to experience a particular feeling, such as love, as constant, we associate it with a pleasant physical sensation, such as warmth in the chest. This physical response then becomes a marker of what enduring love means to us, giving the impression of lasting love whenever we feel that warmth in our chests. In the same way, if we want to preserve a hateful memory, we connect it to an uncomfortable feeling in the chest.

Yet, like a wall and the wind cannot physically merge, neither can intangible emotions merge with the body. Both scenarios are make-believe.

Thankfully, we can quickly undo our fictional union by perceiving



Emotional states and physical phenomena are not inherently linked: for instance, sadness does not cause rain, nor does rain inherently cause sadness unless we fabricate that association. 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. In other words, imagined links drive these perceptions.

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 emotion to vanish.

Without this connection, we are able to engage with the psychological and physical realms on their own terms. We look at love or hate in the psychological sphere, where feelings are so airy that they fly away when we look at them. Thus, as there's no love or hate to impose on the body, its biological system naturally outlines the physical part of our imagined combo and fixes it according to physical laws.

In a world of duality, it's impossible to unite the psychological and physical realms. Yet it's possible to become indifferent to their differences. That's what happens when you spark a take-off into *the empty breath* (Duality Hack #9.5).

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If you perceive your reaction to lust as 'it is what it is'*, it opens up and reveals that your response is not singular but twofold. Hence, since lust is paired with purity, desiring someone doesn't make you feel ashamed but rather joyful.*

When you release the idea of integrating the body with non-physical issues, you may first feel emptiness. Soon, you notice how laid-back your day feels without maintaining this imagined link.

When we project our perceived personality flaws onto vulnerable parts of our body, such as the stomach, those flaws seem to disappear from our awareness. This enables us to see ourselves as perfect, a form of self-deception that gives us the illusion of control over reality and the ability to transform ourselves.

Your thoughts about Earth do not change what it is. Thoughts remain in the psychological sphere, while Planet Earth remains in the physical realm. Likewise, how you think and feel about the body doesn't alter its physical reality. This shows that we cannot integrate the physical realm with the psychological sphere.

HACK #7.5, The world is physical, not psychological

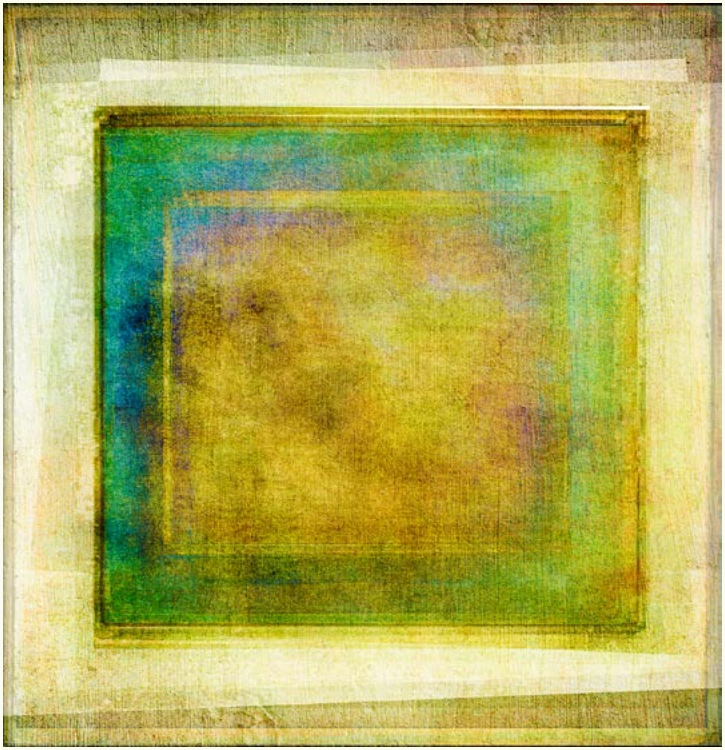
The Sun shines on Earth but remains separate from it. In the same way, psychological aspects may highlight the body, yet they don't merge with the physical realm.

Before and after Freud – now with *Alexius' Duality Hacks*

Alexius' Duality Hacks aren't the only ones that examine how we use the body to hide psychological problems from our awareness. In Bioenergetics (see Wikipedia), the theory holds that the body becomes ill when we put psychological issues into it. Before Freud, though, the prevailing belief was the opposite: that all sickness, whether psychological or physical, was rooted in the body.

Alexius' Duality Hacks rejects both conventional perspectives. Psychological and physical problems are not intertwined, even though the brain processes both. The brain treats them as distinct: the body requires food, not love, to survive, while psychologically, we crave love, not food, to thrive.

If your phone breaks and that makes you sad, fixing it probably removes the sadness from your awareness. However, it remains subconscious and resurfaces when something else psychologically bothers you. But if you remember that your phone triggered both sadness and happiness, you enter a constant interaction of contrasting emotions, the duality flow. In this flow, your phone or anything else doesn't have to be perfect for you to feel okay.



You can't combine a circle and a square. Likewise, the psychological and physical realms remain entirely distinct.

This Duality Hack (#7) explains why the belief in a physical-psychological connection is mistaken and offers guidance to undo it, enabling the body to address its material needs and the psyche to resolve immaterial concerns independently.

Looking at the fusion of non-material and material issues, where it's conceived

Modern psychologists propose that we dissociate unpleasant feelings by ascribing them to bodily symptoms. But, since emotions are non-physical, they cannot interact with flesh and bone. Thus, when someone imagines anger combining with their stomach, that fusion occurs only psychologically, not physically. However, as this self-deception provides temporary psychological comfort, we often

continue to associate emotions with physical sensations to escape discomfort.

While fantasising about dissociating anger may temporarily hide it from conscious awareness, the emotion remains active in the sub-conscious. So, when the suppressed energy comes up, we feel queasy in the spot where we pictured the anger, which makes us anxious. Yet 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 we acknowledge our fear in the psychological realm, we can perceive it as *'it is what it is'*. This reveals that our fear is not a standalone emotion but is interconnected with calm-ness. Thus, as fear contains calmness, we don't need to escape fear to feel at ease. On the contrary, we need our fear to define calmness, enabling us to feel it genuinely.

The special self seeks to belong to something unique. Hence, it expends considerable energy suppressing the thoughts and feelings it deems inappropriate. By contrast, the basic self is grounded in the brain, which generates all experiences. It therefore naturally feels part of everything.

The basic self versus the special one

By default, the basic self perceives its reaction to the present as *'it is what it is'*. Hence, every instant feels perfect, regardless of appearance. For instance, Alexius feels good even though his physical condition suggests otherwise.

Still, at times, Alexius chooses to view things from the special self's perspective, which claims to know how to fix the body. However, because Alexius' choice is founded on a sense of inadequacy, it deepens that feeling. Consequently, frustration builds until Alexius returns to the basic self's default perception, *'it is what it is'*. He then feels content, regardless of his physical issues.

In a world of duality, the only purpose is to have fun pretending to be something we're not.

Appendix

In this Duality Hack (#7), we have explored a common way to remove unpleasant emotions, such as anger, fear, or sadness, from our awareness by imagining dumping them into the body. We have also examined projecting enjoyable emotions, like joy, love, or peace, onto the body to make them seem more substantial and lasting. In both cases, you free the body from this imagined fusion of the intangible with the tangible by looking at it where you pictured this connection, 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 the belief in a world of duality. So, why bother spending time undoing 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 them if you want to undo your belief in duality, as that assumes you live by duality.

See also Duality Hack #8.2, #8.3, #8.9 & #9.4 on undoing the belief that the body can be integrated with non-physical issues.

When we perceive our response to an issue as *'I know what it is'*, we base it on a quick look at different points of view to see which one can mask the feeling of inferiority. For instance, we're in a meeting and aren't sure about a topic, but we quickly form an opinion to avoid feeling inferior. Thankfully, if we don't insist on *'dunno what it is'* and instead perceive our 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 time as a straight line, moving from past to future, fades. Gradually, it becomes clear that the past and future are not separate realities, but instead constructs of perception, revealing that there is nothing but* one perpetual present.

If you feel sad and perceive this singular feeling as 'it is what it is'*, you'll notice that sadness does not stand alone. Gladness complements it, and together they define each other. Their interaction gives rise to other duality pairs, such as tears and happiness, weakness and strength. When you join this interaction of contrasting elements, the duality flow, your fixed self-image, which is no longer supported by singular statements, falls apart. Eventually, nobody remains 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. Together they make 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 from our positivity. This is because, without recognising our negativity, our positivity can't be defined. The same applies when we conceal our negative thoughts and feelings from our awareness by projecting them onto sensitive parts of our bodies.

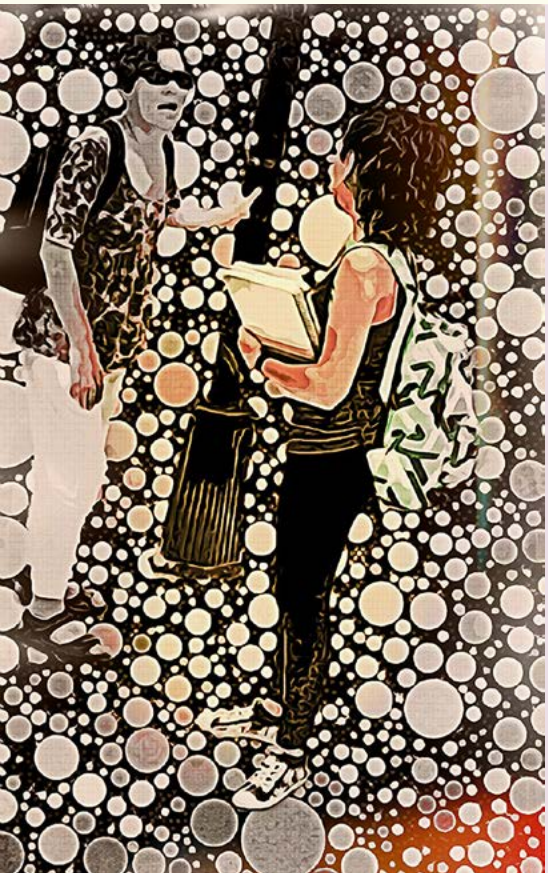
In short, when we remove our negativity from our awareness, our sense of positivity becomes shallow. To nurture genuine positivity in ourselves, we must reclaim the negativity we have cut off from our awareness.

> *A quick look into our psychological sphere is enough to reveal our negativity, much as a glance down a well shows whether there's water below.*

All experiences in a world of duality arise from contrasting elements that collaborate to define one another. For instance, a foreground is experienced only in relation to a background. Likewise, recognising negativity helps clarify positivity, just as hate shows us the depth of love. Furthermore, sunrise and sunset give meaning to one another. This ongoing interaction of opposites makes our experiences feel genuine.

Our internal state shapes how external events affect our self-image, just as pigmentation affects how the sun impacts our skin. Thus, if we interpret a situation as negative, it reflects our own negativity. 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 recognising 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 that it's complemented by positivity. Like two sides of a coin, they shape each other, enabling us to be genuinely positive and negative, thus feeling complete. Furthermore, the interac-



In non-duality, there is nothing to feel because it involves more than one. To feel something, you must visualise a world of opposites. In such a world, all feelings are arranged in *duality pairs*. Love and hate are paired so they can define each other, giving you a genuine experience of both. But if you exclude hate only to feel love, there's no hate to outline your love. Hence, it becomes an intellectual concept, leaving you feeling fake. Conversely, you feel revitalised by the interaction of love and hate.

tion of opposites is the basis of duality. So, 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 dance with positivity in the psychological realm may not immediately capture your attention. Hence, because unpleasant emotions keep emerging from the dark, identifying your negativity may initially feel like descending into hell.

In a world of duality, there's nothing better than going with the flow of duality. However, many people avoid twofoldness by holding onto single-minded postulates. This may give them a sense of superiority, but because their postulates are fragile, the overall feeling is one of misery. On the other hand, if you do not cling to rigid opinions and engage with the duality flow, you gain a lasting sense of completeness from the constant play of opposites.

This may begin slowly, with a familiar sense of depression. You might have hidden it from your awareness long ago by imagining it covered by the pain in a vulnerable part of the body. See Duality Hack #7. However, depression is often repressed anger. So, sooner or later, this anger flares into brutal hellfire. Maybe it feels like acid-like splashes in the body part where you originally 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 element that makes you feel complete, but their lively interaction, the duality flow. On the other hand, if you cling to one of the contrasting elements, you feel incomplete.*

Thankfully, by not avoiding but accepting your hellish feeling, you can perceive it as *'it is what it is'*. This shows that your feeling of hell is not static. Heaven is within it, and they constantly interact in an adventurous, ever-changing way. Their interaction is like ocean waves: sometimes turbulent, sometimes calm.

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 – just as there's no breathing in without breathing out. You can't have the one without the other.

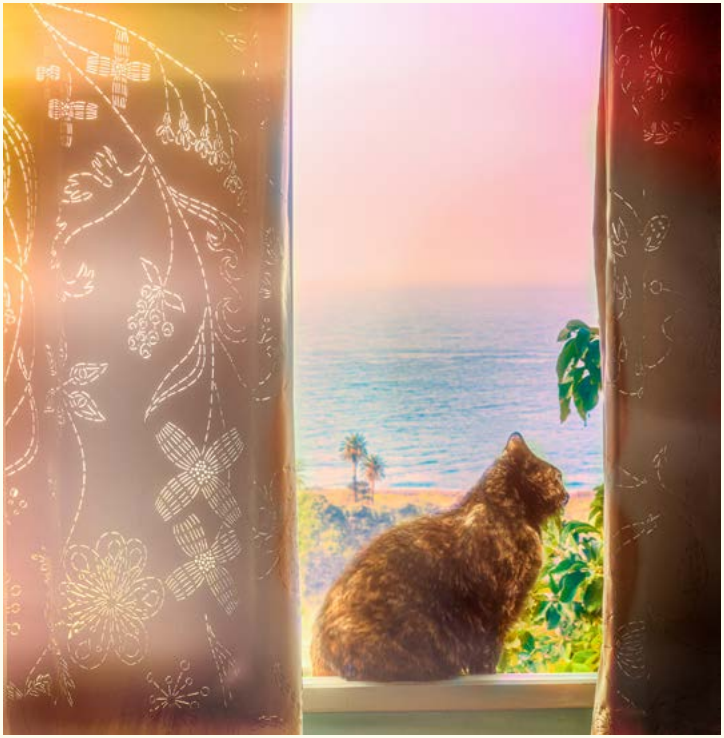
Being aligned with duality is child's play

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. Consequently, the body is not in a defensive state, enabling the brain, with its blueprint of the body's composition, to restore it through its anatomy and its natural connection with nature.

If you don't split a duality pair*, such as good and bad or light and dark, into independent elements, you're attuned to duality. This doesn't necessarily mean things work out better for you, but rather that you aren't concerned with outcomes because you feel complete within this constant interaction of opposites.*

Simply put, the brain, not you, knows how to care for your body. You can support it by seeking professional support if required. However, your aid is not required to establish the body's connection with nature. It's naturally linked to the cosmic realm. This is why you don't fall off the planet and feel connected to everything when you don't force your mental ideals of wellness onto your body.

This doesn't mean you must abandon your ideas. Instead, perceive your reaction to them as *'it is what it is'*, and you'll find that your response is dual. Thus, in the duality flow, your next step unfolds effortlessly, much like breathing out follows breathing in. However, be aware that the duality flow is not physical. So, it's in the psychological sphere that your next step is effortless.



You get a preview of non-duality by taking a break from duality. However, because it takes more than one to experience anything, this preview is a simulation of non-duality.

To sum up, when you perceive your response to a hellish experience as *'it is what it is'*, your reaction is not felt as singular but as twofold. Hence, the feeling of descending to hell* is complemented by ascending to heaven. This is not to mean 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, this Duality Hack (#8) isn't about non-duality, but about living with duality to undo it. Undoing duality means recognising and engaging with the contrasting elements that constitute it. It's like playing a game – you have to follow its rules to reach the end. In the duality game, this means you must perceive yourself as god, as bad, as wrong, as right, as beautiful, as ugly, as happy, as sad,

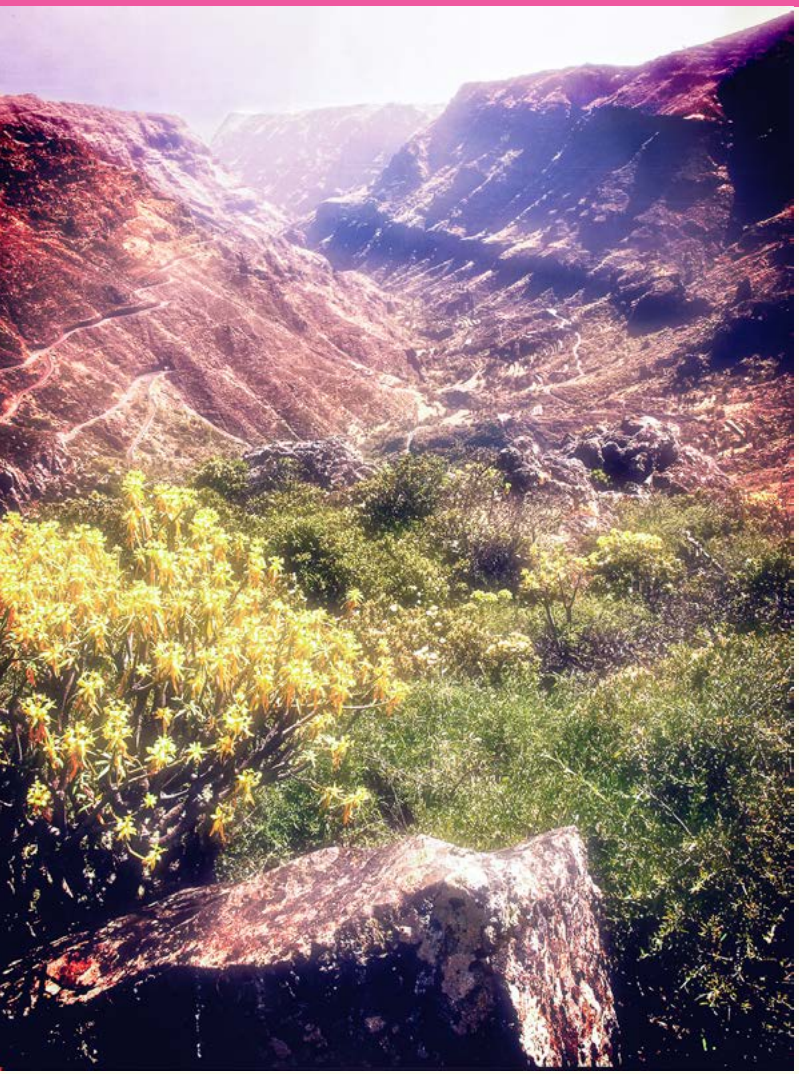
because the game is built on opposites interacting to form your experience of duality.

Fortunately, by engaging in this duality flow of interacting opposites, you eventually forget them. So, instead of moving between contrasts, you're in the abstract energy their interaction generates, much like the springy force that drives a yo-yo up and down. So, even though you appear in the duality game, you're on a path with no distance, direction or destination to what you never left: non-duality. To help you get onto that path, Alexius continues exploring how to live in accordance 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 static. It is a journey of energy, like a roller coaster. Every low brings a high. This is not to create balance but to keep us vitalised and delighted by the dynamic interaction of opposites. That's the way of duality.



If your perception of physical reality causes suffering, you can change it to one that makes you smile.

Hack #8.2, 'What if...?' makes you feel hunted, not relieved

We often feel mystified when we believe a physiological issue causes a bodily problem. Fortunately, by perceiving our reaction to this mystery as *'it is what it is'*, we step into *the duality flow*. Its soothing waves dissolve the imagined link between a physiological and a physical issue.

Alexius has written this Duality Hack (#8.2) within the duality framework. This is because, to undo duality completely, we must acknowledge it fully. Duality is composed of pairs of opposites – duality pairs – such as night and day or love and hate.

When we interpret elements of a duality pair as either opposing each other or as a unity, we overlook their mutual dependence and constant interplay. This interplay shapes our experience of duality. Ignoring this interaction means we're not engaging with the nature of duality. If we miss this, it's impossible to hack duality and uncover non-duality.

The physical and psychological realms are an example of a duality pair. They are two opposite yet complementary aspects that interact to shape our experience of duality. Their relationship is based on their interplay, not on merging them. If you try to integrate these realms, you disrupt the experience of duality. This experience is necessary to hack duality.

The fearsome *what-if…?'* loop

Imagine you're troubled by physical pain in your foot. Then you wonder whether this could be linked to a past psychological issue (see page 355). The more you dwell on this, the more the psychological problem seems to affect the physical one. In other words, the more your imagination runs wild on a 'what if…?' loop, the more your thought-up possibilities turn into convincing realities.

Thankfully, if you interpret your reaction to your imagined possibilities as *'it is what it is'* – meaning you don't analyse your response – you see that your response is twofold. Thus, no specific response confirms the supposed cause-and-effect between physical and non-physical issues. Consequently, the physical problem can be addressed materially, and the psychological one can be tackled immaterially. It's far easier than wrestling with a speculative connection between physical and psychological issues.

Twofold reactions make you feel whole in a world of duality

Vertigo* is a vivid example of believing the impossible. The world isn't spinning around you. Instead, you have an inner vision in which

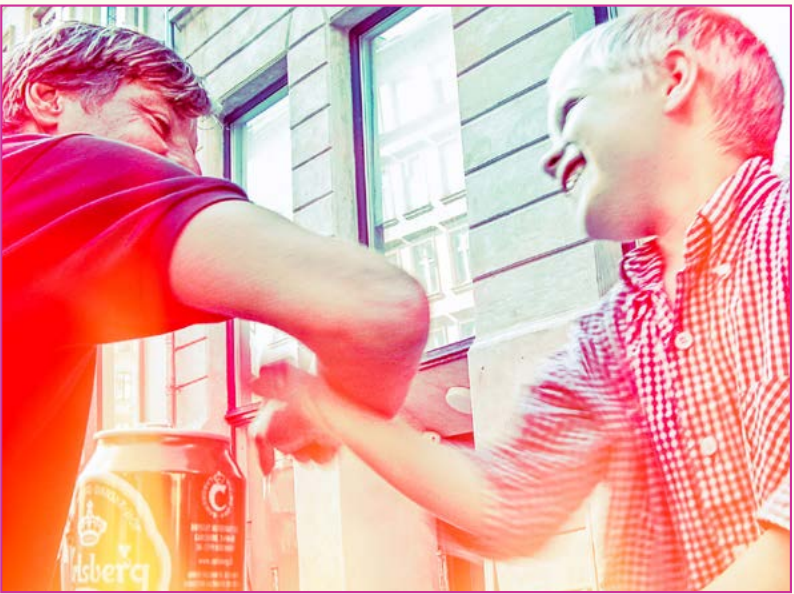
If you tell a doctor that the world's spinning around you, they'll probably say you have vertigo.* While your experience feels real, it's actually an illusion—the world isn't spinning. However, this does not mean you should ignore your experience; instead, recognise that it does not correspond to external reality. The spinning sensation is a psychological phenomenon. Similarly, just as you constantly correct your view of the Earth as flat, you revise your experience of the spinning world. Ultimately, you realise that all experiences are illusory, as it takes more than one experience to be aware of something.

everything rotates. This suppresses your fearful interpretation of a past event triggered by something in the present.

Because this dizzy feeling distorts your self-image, you instinctively project the whirling sensation onto the outside world, which makes vertigo hard to heal. However, if you acknowledge the fear behind a past event – whether by recalling the event or recognising the emotion – you can perceive this fear as *'it is what it is'*.

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 in turn redefines bravery. This interaction continues, like breathing in and out, persistently redefining each other. Hence, since you realise you can't feel afraid without feeling brave, and vice versa, you no longer need to avoid anything 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 emerges from fear, which feels



Dualism is not about equilibrium, since equilibrium eliminates contrasts and, with them, the perception of a dualistic world. Rather, it concerns the dynamic interplay of opposites.

like it balloons outward into a swelling bubble of bravery if you don't attempt to contain it.

Should you find this process confusing or 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'*. This shows your confusion is not a standalone emotion. It's complemented by satisfaction, and the two constantly collaborate to define each other. Engaging in this interplay, you're in the duality flow. In this flow, you feel complete, as confused as you are satisfied.

If perceiving your confusion as *'it is what it is'* makes you feel puzzled, forget about the above. Willingness to be in *the duality flow* will do.

Other ways to approach vertigo

Instead of perceiving your reaction to vertigo as *'it is what it is'*, you can remain psychologically within its swaying movements until chaos sparks a take-off into *the empty breath*. See Duality Hack #9.1. If the vertigo isn't overwhelming, invite your brain to clarify the experience so your surroundings don't appear to spin.

When vertigo has a physical cause, a psychological approach can help you feel less anxious. This makes it easier to identify and address the physical problem. For instance, if earwax is causing it, you go to a specialist to have it removed.

Often, vertigo stems from tiny calcium crystals floating in the inner ear. If this is the case, you address it materially by doing the Epley manoeuvre, possibly alongside this hack's psychological approach and D-vitamin supplementation. However, if your reason for doing this is to get it over with, you're most likely fixated on returning to the way things were rather than accepting your present experience.

Consequently, you don't feel fine regardless of the outcome, unlike if you perceived your reasoning as *'it is what it is'*, realising it's not singular but twofold. However, what interacts with your singular logic is for you to discover, as Alexius wraps up this hack.

If this ending feels abrupt and leaves you astonished, simply perceive it as *'it is what it is'*. This enables you to experience the interplay of surprise and calm. With this duality pair as your starting point, you can then move on to others, such as abrupt/gradual, beginning/end, or expectation/surprise. By experiencing both sides of these duality pairs – without suppressing or emphasising either – you gradually stop noticing each element in a duality pair and simply feel whole in their interaction: the duality flow.

This flow is a sense of moving fluidly between contrasts, much like playing with a yo-yo. As boundaries blur and opposites cooperate, they create the springy force that powers a yo-yo's bounce between up and down. Within this duality flow, you're eventually blown away. Thus, no one travels the path to non-duality without distance or direction.

……

**)* 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 setup to please his parents.

As a child, Alexius learned he had to hide his negative emotions and act positive to earn his parents' love. However, every experience is a construction of opposites in a world of duality. So, if we suppress negativity to appear solely positive, we feel disconnected. Conversely, we feel connected when we don't perceive negativity and positivity as singular emotions at odds, but rather as two elements of a duality pair that collaborate to define each other.

Hack #8.3, Alexius' wonderful & terrible childhood

During Alexius' childhood, constant beatings from his father led him to view the world as horrible, with a few exceptions he considered wonderful – until he welcomed *the Enlightenment of that which is One*.

As a child, Alexius used his father, who often flew into a rage and beat him, to justify his own anger. This helped him distance himself from his rage and instead hide behind a front of perfection to please his mother and avoid offending his father, who beat him if he upset his mother. But to keep up with what he imagined his parents expected, he had to sacrifice his longing to be loved for what he was. Secretly, he dreamed of someone out of reach, like his aunt, who would fulfil that longing.

> *Regardless of our efforts to conceal unwanted feelings, their suppressed energy inevitably resurfaces, often in unexpected and uncontrollable ways.*

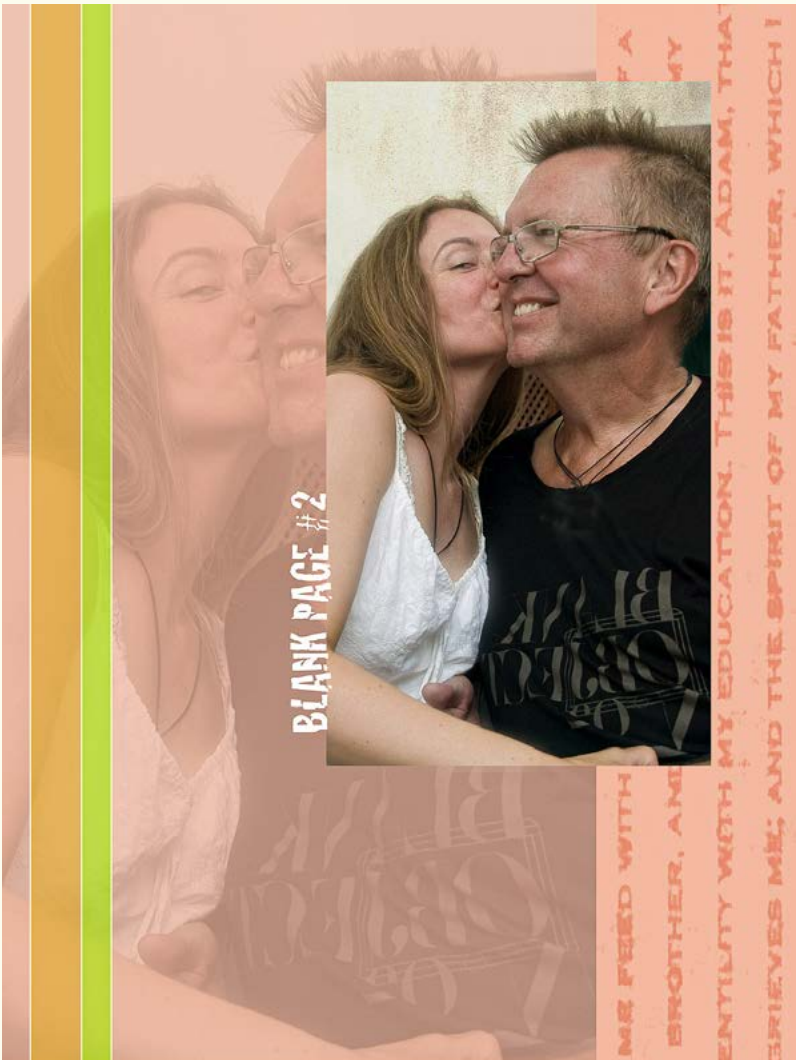
Initially, Alexius' coping strategy of hiding his anger seemed effective, enabling him to maintain control. But later, the authority figures who replaced his father as the perceived source of his internal anger sometimes bothered him so much that his suppressed anger surfaced uncontrollably. Although Alexius wasn't physically violent, his verbal attacks seemed as wild as when his father lost his temper and hit him for not behaving appropriately.

Silence became Alexius' shield against his father's assaults. He also projected his emotional pain onto his body, hoping to turn it into physical symptoms, believing that appearing sick would stir his father's guilt and stop his violence. But his father remained unmoved. Instead, Alexius felt the impact – his guilt grew heavier, revealing a painful truth: he blamed his father to escape his own pain, just as his father blamed him.

So, although Alexius broke away from his parents in his teens, he feared his verbal attacks against authorities would provoke punishment, as in his childhood. To avoid this, Alexius suppressed his hostility towards the authorities by projecting it onto his stomach.

This method of transferring unwanted feelings to his body was familiar to Alexius. As a child, he pictured his anger tightening his throat, holding back words that could provoke his father's rage and what he feared would be the end of him.

When you don't try to suppress sexual lust, grievances, envy, anger, negativity, or any emotion you might consider politically incorrect, you realise they always come with their opposite. For instance, negativity is not a standalone emotion, but is coupled with positivity. By not choosing between negativity and positivity, but instead joining their interplay, you feel complete within the duality flow.

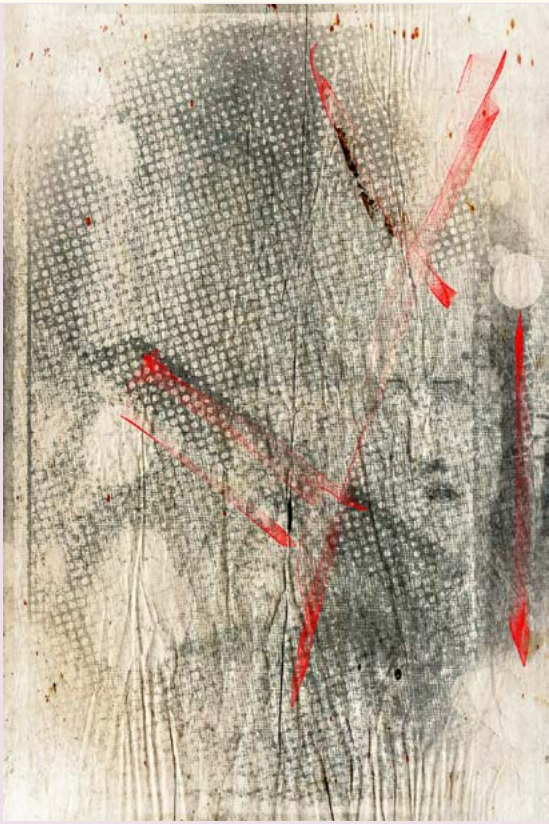


Evil and purity, fighting or cooperating

Growing up, Alexius felt he lived on a battlefield. He was never sure when his father would lash out. His mother's silence made him feel even more tormented. To distance himself from this, Alexius came to see his father as the personification of evil and himself as the epitome of purity. But by dissociating himself from his viciousness, he also separated himself from his purity, which depended on that contrast. So, he kept searching for purity outside himself. But 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. Hence, his viciousness wasn't something dangerous that he needed to conceal by projecting it onto something external.

Consequently, the apparent difference between himself and the world ceased to make a difference. Thus, *Alone Together* (see Duality Hack #12) with the world, he walks a path of inclusiveness to that which is undivided: Oneness.



In Alexius' childhood, his father constantly abused him physically. He did this to prove that Alexius was evil and that he was good. However, in Alexius' understanding of himself, he saw his father's actions as an indication of Alexius' purity 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, shows his memories of a vicious childhood, which he later realised was interacting with purity.

Alexius hides his perceived negativity in his body

Alexius acknowledges that his childhood memories are coloured by hindsight, and he is neither a physician nor a psychologist – just a duality hacker. Yet he believes he used the physical symptoms, stemming from a congenital vertebral disability, to mask his emotional reactions to events in his childhood, including fear, aggression, and shame.

For instance, the malfunctioning vertebra caused a nerve disturbance, leading to a bloated stomach. Thus, it was easy for Alexius to imagine that his bloated belly was filled with 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 give.

Due to Alexius' bloated stomach, his diaphragm hardened. As it's the primary mover of the breath, his chest constricted. Thus, it seemed the perfect place to lock away his naiveté and natural empathy, protecting him from further exploitation.

As Alexius grew older, he reconnected with his compassion. But that's another story. So we continue with Alexius' childhood and his father, whom Alexius saw as the devil responsible for the monster he felt within himself. Unfortunately, Alexius was unwilling to acknowledge that what he saw in his father was his own inner darkness. Thus, he concealed his inner monster in his neck, which was weakened by a malfunctioning vertebra.

Consequently, the physical problem in the neck became an unsolvable mystery, hiding the beast within. See Duality Hack #7 on using the body to hide unwanted feelings from your awareness.

This arrangement suited Alexius, who believed only angelic behaviour would win his parents' love. However, because they loved only the image he had constructed by suppressing everything devilish, he felt lonely and complained that he was unseen.

One comparable to *the Enlightenment of that which is One*

Welcoming *the Enlightenment of that which is One* is a bit like reaching 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*.

This doesn't mean you need to purify yourself by avoiding sex or anything else. Nor is harmony, physical fitness, or special breathing required. To welcome *the Enlightenment of that which is One*, simply forget what and where you believe yourself to be. Then no one keeps *the Enlightenment of that which is One* at bay. When you return from it, your appearance in a world with more than one is unchanged. Yet, the repeated glimpses of *the Enlightenment of that which is One* remind you that a world with more than one is an illusion. Thus, appearing as somebody 'there' is a pretence.

It's like role-playing, where you act out a character in a story guided by the gamemaster – the brain in a world with more than one. Aligned with its game, the perception that *'it is what it is'* naturally frames your response to every experience as dual. Thus, no specific opinions block 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 such a world as real, because one knows there's no more than that which is One.*

Alexius recognises *the duality flow*

At 22, Alexius welcomed *the Enlightenment of that which is One* (Duality Hack #10.2). Returning to a world with more than one, he appeared as before. However, he was now aware that he was merely playing a role.

In other words, if we return from *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, since 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, because 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.

To address this conflict, Alexius views horrible and wonderful not as independent but as interde-

One morning in 1972, Alexius forgot what and where he appeared to be. Consequently, *the Enlightenment of that which is One* took over, erasing every notion of a self. Therefore, rebooted in a world with more than one, he was nobody pretending to be somebody. However, before entering *the Enlightenment of that which is One*, Alexius believed he was somebody, so his childhood memories are formed by this belief.

Note that Alexius' childhood story and his later discovery of *the duality flow* have been condensed. His progress may look fast, but it happened slowly. For instance, in 2018, as he wrote about projecting issues onto his body as a child, he recognised more old projections. By returning them to the psychological sphere, where emotions dissolve when faced, he found his old rage quickly faded and was replaced by laughter.

pendent feelings – like breathing in and out, each emotion naturally depending on the other. Thus, he avoids making separation seem real and Oneness unreal.

This constant interaction of opposites, which Alexius many years later named the duality flow, reduced his assumed psychosomatic disorders to physical issues. Hence, the body's biological system could manage 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 from hiking in the primordial forest, he simulates relaxation. So, he's not denying that reality is the formlessness of Oneness.

Appendix about *the duality flow*

The duality flow is so subtle that it's easy to miss when one polarity fades, and another emerges. Fortunately, 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, and that's fine. It's only in the beginning, the duality flow is about the contrasting aspects themselves. After a while – one minute to years – you forget the contrasting elements. Instead, you're automatically in the a energy their interaction produces, taking you on a path with no distance to what you never left: non-duality.

In a world of duality, a holistic experience is not singular but dualistic. However, in non-duality, you do not feel whole or anything else, because it takes more than one to feel anything.

At first, Alexius blamed his fear on his father's childhood beatings. Later, he believed his anxiety stemmed from failing to meet his parents' expectations. Eventually, he stopped searching for a cause. And since there's no effect without a cause, fear as a specific feeling vanished. So, because he did not fear appearing as somebody in a world of duality, it no longer seemed to conceal non-duality.

Hack #8.4, You must play the duality game to get out

To completely undo the belief in duality, we must engage with it fully. Only by acknowledging and living in accordance with duality can we hack it.

When Alexius was six years old, lying on the floor as his father kicked him, he sensed that the world is a stage. It's a charade that makes us appear as separate entities in a world with more than one. Instinctively, Alexius mimicked fear, shivering all over to seem frightened by someone else. His fearful performance appeared to satisfy his father, who then ceased his assault.

This led Alexius to conclude that making the body tremble to appear scared was the way to stop being maltreated, thus gaining an illusion of control despite being beaten.

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 explore that in the following.

If you suppress your negativity to seem only positive, your positivity feels fake, because without negativity it cannot be defined. So, if you want to feel genuinely positive, don't avoid your negativity. Instead, acknowledge it fully. Then it can shape your positivity, making you feel genuinely positive.

> *Contrasts are the building stones of duality, and it's through recognising them that the nature of duality becomes evident. For instance, when you interpret something as beautiful, you're bound to see or remember its opposite, ugliness, thereby recognising the togetherness of duality. That is, unless you try to correct or conceal ugliness to maintain a distinct view of beauty.*

The loneliness of singularity vs the togetherness of twofoldness

As every experience in a world of duality is composed of contrasting impressions, insisting on a distinct feeling, such as love, means you miss 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 impression of

Every experience comes in pairs, but that does not mean you see two people when only one stands before you. It means your response to seeing this person is twofold. For instance, when meeting someone new, you feel both happy and nervous. Unfortunately, most people suppress their nervousness to show only happiness. However, since singularity is impossible in a world of duality, this approach leaves them feeling sad inside rather than happy.

love gently turns inside out, exposing its counterpart: hatred. Shortly after, hatred gently turns inside out, revealing that it contains love.

Just as breathing in and out is a continuous cycle, so is the interaction between love and hate. 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 – just as breathing in confirms breathing out, and vice versa.

Thus, 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, giving you an immediate feeling of closeness. However, if you confuse your response with the event itself, you end up feeling alienated because you treat the meaning you assign to your response as if it were the event.

For instance, a friend's behaviour triggers emotional pain from the past in you. Instead of acknowledging what's going on within, you mentally disassociate from the hurt by equating it with your friend's attitude. In other words, you mistake your past emotional pain for your friend's behaviour, leaving you feeling alienated from your friend and from your own feelings.

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 in doing so is to hide your sense of defeat, you're denying yourself the closeness that comes from the interaction between 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 together-

ness of twofoldness but the seclusion of singularity when you use the perception *'It is what it is'* to hide your reaction to something.

Or let us say that when you look at a photo of your hometown, a wave of sentimentality suddenly overwhelms you. This intense emo-

To appear certain, most people hold to a single point of view. However, this apparent certainty masks their underlying uncertainty and deepens their doubt.

If they acknowledge both sides of a decision, they engage with duality. This not only reveals the productive interaction between opposites but also clarifies their internal pattern. For instance, think of a yo-yo: it moves up and down because the string and gravity pull in opposite directions.

Similarly, in decision-making, opposing choices not only reveal our internal mechanisms but also generate *the duality flow*. This flow leaves you neither just uncertain nor just certain, but complete in the interaction of opposites.

tion clashes with the carefully built 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 sentimentality, as if the emotion belongs to the photo, not to you. In other words, you replace the sentimentality the image evokes with the image itself, using the phrase *'It is what it is'* to maintain a facade of detachment from your past and preserve 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 instead perceive that reaction as *'It is what it is'*, your response is revealed as twofold. Sentimentality gently opens, revealing toughness within. In a literal sense, sentimentality and toughness interact like breathing in and out, showing their emotional relationship. Therefore, you neither feel sentimental nor tough, but rather the vivid energy of their interaction, leaving you feeling revitalised.

You don't have to apply *Alexius' Duality Hacks* perfectly. A willingness to undo the belief in duality is good enough. For instance, if you aren't in touch with your spontaneous reaction to something, you instead perceive your confusion as *'it is what it is'*. After all, that's what it is.

In short, when you confuse the meaning of an event with the meaning assigned to your response, you treat your reaction as an objective statement about what the event is. Therefore, even though you say, 'It is what it is', you claim *'I know what it is'*. Hence, you don't feel revitalised by the interaction of opposites. Instead, you feel tired from suppressing your feelings about something to be in the know. Ergo, since it's never an event that impacts us but our reaction to it, 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 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 it 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-

Seeing something as ugly is not a fact, but your opinion. However, this singular view prevents you from experiencing a world of duality as it is, because every experience comes in pairs of contrasting elements that define it. In other words, what you deem ugly contains beauty, because that's what defines ugliness.

Suppose you want to maintain a romanticised notion of love. Therefore, you hide love's complementary part, hate, from your awareness by projecting it onto a rigid body part. Thankfully, you can free yourself from this unpleasant entanglement of psychological and physical matters by perceiving your reaction to the rigid body part as *'it is what it is'*. This perception, which presents your response as twofold, leaves no specific reaction to the rigid body part to establish that it's linked with your hatred. Hence, since your hate no longer feels hidden, you sense that it constantly interacts with love, giving you a genuine experience of love.

Just as you must learn to play a video game, you must play by the rules of duality, which state that experiences are built from *duality pairs*. Consequently, you don't suppress hate to feel only love. Instead, you go with the interaction of this *duality pair*, love and hate, for the full duality experience.

tion doesn't appear exclusively right or wrong. Hence, it neither brings pleasure nor worry, but a fulfilment that doesn't depend on something particular.

This doesn't mean you can't respond with sadness if somebody rejects you. But since you perceive sadness as *'It is what it is'*, you see it as interacting with happiness. So, no specific feeling traps you.

In other words, when your single-minded reaction to something is perceived as *'It is what it is'*, your response isn't limited to a specific emotion, such as rage. Instead, you go back and forth between rage and peace so that these contrasting elements outline each other, and you experience them to the fullest.

Delighting in this lively interplay, you explore new pairs of opposites. Their dynamic dance brings such euphoria that you forget the opposites and just are in the dynamic flow they generate, taking you on a path with no distance to what you never left: that which is One. Thus, the journey to oneness, whether it lasts a split-second or years, becomes insignificant in the joyous flow of duality.

How do you suppress feelings?

- Manipulate others to divert attention from your feelings.
- Hold on to someone to hide your self-hatred.
- Talk about metaphysical things instead of acknowledging your feelings.
- Being upset about something on others' behalf.
- Meditate, chant, pray, or engage in similar practices to avoid the present moment.
- Explain what you feel rather than experience it.
- Eat or drink to suppress your emotions.
- Try to prove a factual point to hide your feelings.
- Adjust to strict concepts, such as living in the now, to avoid emotions.
- Justify your unpleasant feelings by blaming others.
- Plan your feelings away.
- Constantly look for new things to buy or change.
- Always try to be in a good mood.
- Work a lot, such as cleaning your home when you're upset.
- Read or play video games regularly to avoid feelings.
- Have revenge sex to avoid confronting emotions.
- Stage yourself on Facebook and Instagram to seek affirmation and mask your feelings
- Post photos of your happy life on Instagram to mask your feelings.
- Quote others to prove you're right and avoid personal feelings.
- Feel good by making the world better instead of addressing your feelings.
- Sit with your legs crossed, lock your knees, and raise or push your shoulders forward to distract from emotional discomfort.
- Hold back your breath to avoid present feelings.
- Assume you know what is right to bypass emotional uncertainty.
- Conclude things prematurely to avoid exploring your feelings.
- Concluding this and that.

How do you not suppress feelings?

- You join *the duality flow*. In this flow, feelings are not fixed but felt in relation to their counterpart. Hence, since all feelings are relative, there is no single, definite feeling for you to suppress.

Feeling inferior makes us appear incomplete. However, our emotions depend on how we choose to interpret what happens around us. So if our interpretation is not singular but twofold, we feel inferior/superior, thus complete.

Hack #8.5, To feel complete or not

We explore how we match 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)«.

This test, described in The Guardian's article Interoception: the hidden sense that shapes wellbeing, assesses whether the connection between the body and the brain is functioning. The article notes that, much like *Alexius' Duality Hacks*, many people sever the link between the body and the brain, leaving the body without guidance.

Alexius' Duality Hacks argue that we need to restore this link so the brain can guide the body. In contrast, *The Guardian* article suggests we should master our bodies to get in touch with their signals and, therefore, with our feelings, which it claims reside within the body.

Yet the pursuit of mastering our bodies to get in tune with our feelings is a futile endeavour. Feelings, intangible and elusive, reside in

You don't need to control your breathing. The brain handles that. It does the same with everything else concerning the body, unless you try to overrule it with mental concepts of wholeness.

the airy psychological sphere, not in the body's density. They seem tangible and lasting only when we perceive them as connected to 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 unfit, for only the brain comprehends what we are. Thankfully, when we engage in the brain's duality game, we feel recharged, much like the pleasure of abiding by a video game's rules.

Of course, we can step out of the duality game if it no longer fits us – but to exit, we must first participate. And since participation requires us to feel the nature of dualism, we continue by investigating the sphere of feelings..

In the game of duality, the brain calls the shots. You can't change that. Still, you can have fun in its duality game by following its rule: perceive your reactions as twofold.

As usual, we don't start from a fixed point or end with a tidy conclusion. *Alexius' Duality Hacks* have nothing to establish, since they're as illusory as anything else in a world of duality. Still, reading the ragbag of clips below may help you live wholly in duality and, thus, enable you to undo it fully..

In the duality fantasy, every experience is twofold

As reading this requires more than one, you've replaced non-duality with duality. This is why this Duality Hack (#8.5) is about acknowledging duality so you can correct your mistake. Fortunately, it's easy when you don't suppress unwanted feelings, such as aggression, and accept that aggression interacts with peace, much as you accept the interaction of breathing in and out. This puts you in the duality flow, which, like a river, rushes back to its source: non-duality.

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Recognising opposites at play doesn't mean everything is literally 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.

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Many people attempt to reproduce non-duality in a dualistic world by chasing one-sided states, such as experiencing only positivity. But in a world of duality, every experience comes in pairs of contrasting elements that define each other, so experiencing only positivity is impossible except in fantasy. Furthermore, non-duality contains no positivity, as that requires more than one.

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Those who talk about a specific emotion, like pure love, haven't felt it, because the nature of a feeling is revealed as twofold when it's felt wholly.

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A common reason for suppressing negative feelings is the fear that expressing them is dangerous. For instance, as a child, Alexius was punished for expressing anything his father deemed offensive. Hence, he became afraid to express negative emotions, even by accident. But just as negative and positive charges are both vital in electricity, we need negative feelings as much as positive ones. If we avoid the negative ones, we'll deteriorate – if we accept them, we'll blossom..

That doesn't mean Alexius should have shared his anger with his father. It could have been fatal. Instead, if Alexius had accepted his negativity, it could have interacted with positivity. Hence, because

Negativity matters just as much as positivity. Think of a computer: it runs only if both the positive and negative wires are connected. We are similar – we function well only when we perceive the reaction to our experiences as twofold. If our perception is singular, confusion arises.

his negativity was twofold, there was no explicit negativity to express that could offend his father. Ergo, Alexius had nothing to fear.

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Many think avoiding bad vibes brings healing. Yet stones like amethyst and infrared pads heal by producing negative ions, which spark positive moods and ease stress. In other words, what we call 'negative' can actually heal.

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You must recognise 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.

If you feel you're a loser, you don't solve it by blaming others, but by fully feeling like a misfit. That leaves no room for anything else. So, you enter a space where no contrasting emotion defines you as a loser. Hence, 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 singular experiences and opinions. For instance, if you see success only as the absence of failure, failing will hurt. On the other hand, because duality is two-fold by its very nature, you're not affected by failure if you view it as complemented by success, like two sides of the same coin. Hence, you're beyond suffering.

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Suppose you insist on perceiving your reaction to something as 'I know what it is'. *This requires you to suppress your reaction's complement, leaving you feeling incomplete. Thankfully, if you perceive your reaction as* 'it is what it is', *you recognise that your specific response is countered by its opposite. Hence, you feel complete.*

Suffering derives from the meaning you assign to your reaction to a particular event. Therefore, undoing suffering involves shifting your perception rather than changing circumstances. When you think your response to an event is sadness, you perceive this specific feeling as *'it is what it is'*. Then you see that sadness is not alone but coupled with happiness. Hence, you neither feel distinctly sad nor happy. Instead, you're vitalised by their constant interaction.

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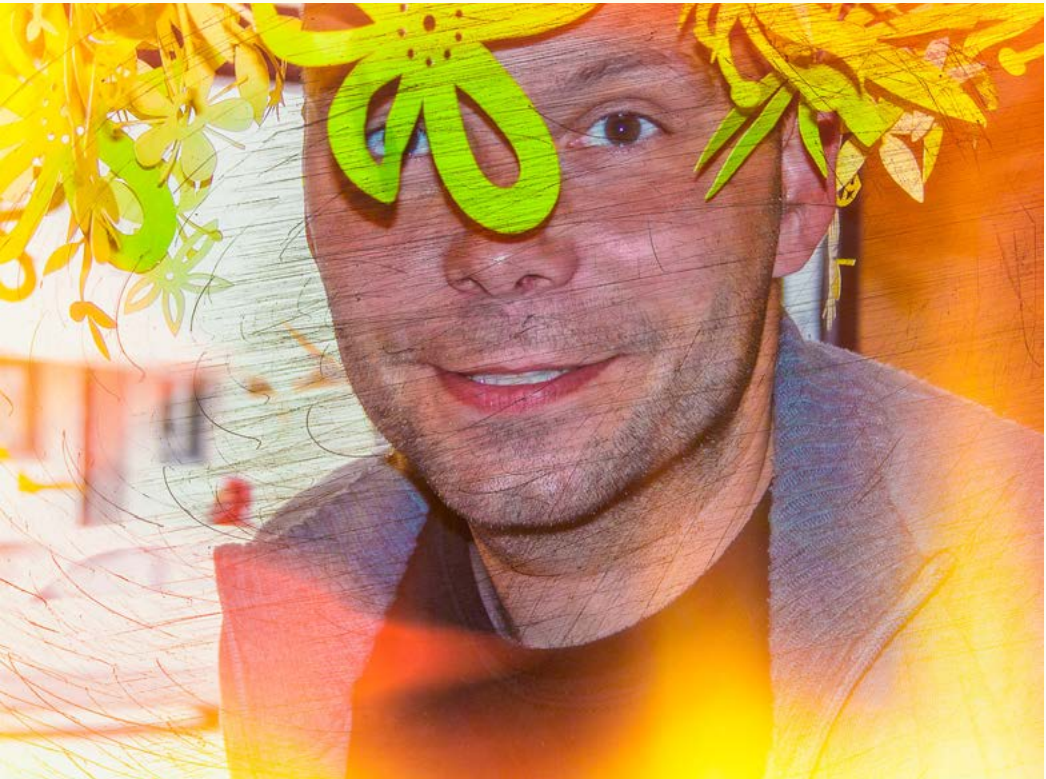
If you feel miserable, it's because you identify as a separate self. But when you see yourself as nobody in particular, somebody does not suffer.

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

If you feel miserable, it's because you identify as a separate self. But when you see yourself as nobody in particular, somebody does not suffer.

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To feel is not to live because it takes more than one to feel something, and life 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.

Don't hide your reaction to something by looking cool or acting detached. Instead, fully feel your reaction 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.*

Hence, you undo this misconception by recognising what you feel. Next, you perceive your reaction to it as *'it is what it is'*, revealing that your response is not singular but twofold. Then, you don't focus on the two polar elements, but rather on their interaction: *'it is what it is'*. Remaining in this current, you feel so complete that you eventually forget to uphold the belief in more than one.

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 interaction of opposites: *'it is what it*

If you stand by your emotions, you can perceive them as 'it is what it is.' *This perception reveals, for instance, that fear is constantly interacting with fearlessness. Hence, you're not just scared or brave, but part of their ongoing interaction:* the duality flow. *If you want to remain in this flow, you do not avoid fear, because without it you cannot be revitalised by the interaction between fear and fearlessness.*

is'. However, in its attempt to avoid unpleasant feelings, the special self admits only pleasant ones to its awareness, thus feeling incomplete.

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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 *'it is what it is'*, liberated from moral judgment.

The image that the special self has made of itself is a product of its imagination. It is formed by the impression it imagines it makes on the world. In other words, the special self feels unique because it imagines that everyone sees it exactly as it imagines itself to be.

Comparing the desire to achieve a goal with the possible drawbacks of attaining it represents the interaction of opposites called the duality flow. *Staying in this flow makes you feel whole and neutral about the outcome.*

Hack #8.6, Notes on *the duality flow*

When you're in tune with the brain's script of duality, you feel whole within *the duality flow* – the continuous interaction of opposites that forms the world of duality.

Singular versus twofold

Being in tune with the brain's duality doesn't mean you have to enjoy it. Insisting on either liking or disliking duality forms a singular perspective. But when you both like and dislike the experience of duality, your perception becomes twofold, therewith aligning you with the brain's duality setup.

For instance, if you feel angry during an argument, you neither suppress nor express it. Instead, you acknowledge your singular feeling of anger as *'it is what it is'*. This opens space for noticing its counterpart, calm, revealing their interaction. Thus, in the duality flow, you're in tune with duality.

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When your response to a relationship is not singular but twofold, being together doesn't hinge on specific feelings. Thus, ups and downs become natural rather than obstacles.

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If your approach is dualistic, you welcome both the positive and negative emotions as part of your experience. Thus, rather than pursuing constant positivity, you're part of the duality flow, which frees you from the fear of negativity because you feel secure in the wholeness of the duality flow.

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When you don't label your response to something as definitively good or bad, you remove the idea of 'evil' to be feared. This leaves you feeling safe and whole.

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The duality flow isn't about the elements themselves, but about the abstract energy their interaction sparks – like the springy force that powers a yo-yo's bounce between up and down.

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The brain fabricates all experiences. So, when in sync with the brain, you're in tune with everything, regardless of what or where you appear.

In a world of duality, all experiences are twofold

Long ago, Alexius had conditioned himself to conceal his sorrow behind justified anger and disgust. But this conditioning disappeared when he stopped trying to hide his sadness by justifying it to the world. As this enabled him to feel his sadness, he could perceive it

as *'it is what it is'*, thereby sensing that his sadness was paired with happiness. Hence, since he didn't need to fence off sadness to feel happy, the interaction between happiness and sadness became his basic experience of the duality flow.

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Feeling important is a single-minded notion that arises when it is isolated from its counterpart, leaving one feeling isolated. On the other hand, if one accepts that importance interacts with unimportance, one enters the flow of duality, which makes one feel connected and satisfied.

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Don't expect the duality flow to fulfil your wishes. Rather than assuring outcomes, it encourages trust in the ongoing play of opposites for fulfilments.

Being in the duality flow *always feels satisfying because it's not tied to something particular.*

No worries, the brain arranges everything

Being in the duality flow is like having an instinctive sense of timing – reminders and ideas appear just when you need them, without strict organisation. Thoughts come naturally, not in a fixed order, but as sudden sparks of inspiration, much like seeds scattered by the wind.

So don't expect your thoughts to line up perfectly – instead enjoy their unpredictability. And remember, joy and boredom are like two sides of a coin. You can't have one without the other. Thankfully, this is not a problem. Their interplay, the duality flow, is neither about fun nor boredom, but about getting fulfilled by their lively interaction.

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Most people insist on being in control and overlook how the brain quietly leads the way. However, they only seem to do things their own way and at their own pace because, in retrospect, they edit their past to create the impression that they arranged events themselves.

It's similar to how we interpret dreams: a wild, unfamiliar one is later moulded to fit our beliefs, using ideas like patterns, meaning, synchronicity, or karma as explanations.

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 tiring task of retaining the illusion that we're in control.

Breathing in and out is *the duality flow*

Breathing moves freely when we let the brain lead. Forcing control interrupts this natural rhythm.

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Breathing is a basic example of duality and a direct path to the duality flow. Unfortunately, many people hold their breath to amplify or suppress specific ideas and emotions, thereby making themselves

appear in control. However, without a continuous, rhythmic flow of breathing in and out, they miss the duality flow.

That's why *Alexius' Duality Hacks* recommends perceiving our fixed judgments as *'it is what it is'*, recognising that they're not fixed but constantly interact with their opposites, defining each other. Even if we can't always spot these pairs, we can sense the energy their dance creates. Engaging in this interplay, our breath moves smoothly, thus unveiling *the duality flow*.

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Being intuitive, you don't interfere with the brain. Therefore, you're in 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 this flow is already present in breathing (see the box on page 429), which happens automatically when you don't interfere.

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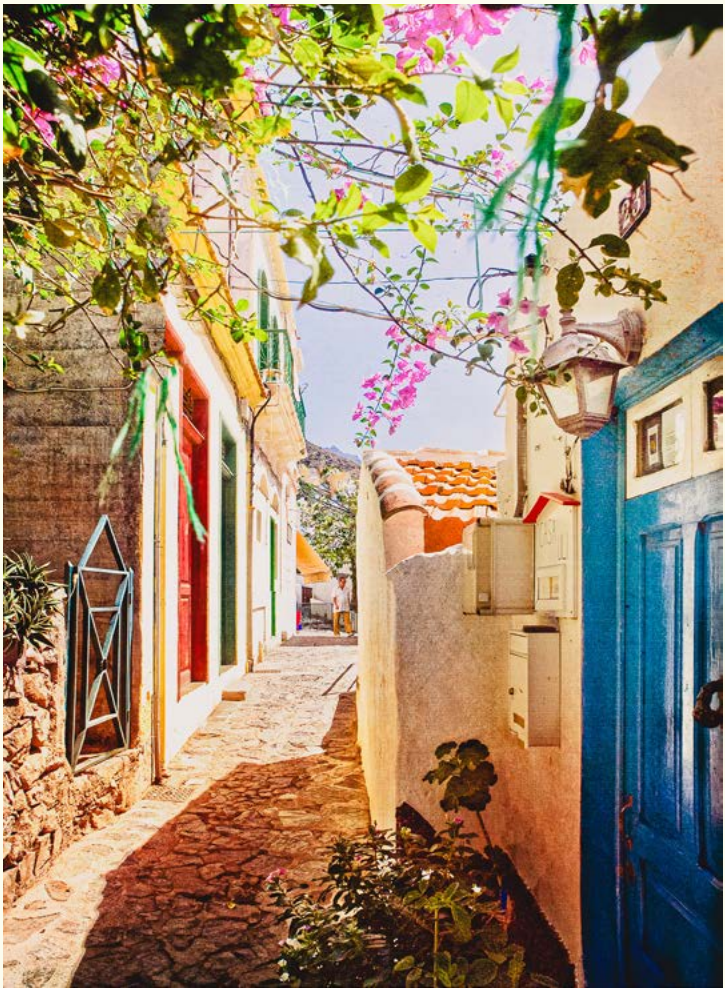
In a world of duality, well-being isn't about fixing what is considered wrong, but about being with the interaction between right and wrong, or any other pair of opposites, such as the basic one of breathing in



You either breathe in or out. One excludes the other. Yet they pave the way for each other. That's how duality pairs work. Two contrasting elements, such as inhaling and exhaling, interact to create a complete experience.

and out (page 429). This is what makes us feel complete in a world of duality.

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Being wrong and being right are both parts of *the duality flow*. However, neither wrong nor right makes the flow. It emerges from the ongoing interaction of those opposites in *the duality flow*.

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Many people filter their reactions to the world to shield themselves from the realisation that their grievances are misplaced. It's not the world that confines them, but their firm beliefs and opinions.

To prevent being touched by the duality flow, some people adjust everything in their environment to conform to the rules of a totalitarian belief system, a rigid, controlling set of beliefs based on distinctiveness rather than on the interaction of opposites.

The duality flow brings a sense of wholeness

If you feel you have nowhere to go, and it doesn't entail a specific sense of lack but rather a sense of being anywhere and everywhere, you're in the duality flow. The same applies if you ride the waves between irritation and relaxation, or any other duality pair. However, as mentioned, it is not the elements themselves but their continuous interaction that makes you feel rejuvenated, much like breathing in and out.

Just as breathing out depends on breathing in, and vice versa, the elements of any duality pair are interdependent. Hence, concentrat-

If you don't cling to either negative or positive reactions but instead participate in their interaction, you experience fulfilment within the duality flow *– the ongoing interaction of opposites.*

ing exclusively on positivity and avoiding negativity is like attempting to breathe in without breathing out. Both sides of a duality pair are equally vital to generating the duality flow

Thankfully, you don't need to understand the nature of duality to be revitalised through the duality flow. When you perceive your single-minded response to an experience as *'it is what it is'*, you sense its twofold nature and step into the duality flow. You can also get there by entering *a state of not-knowing*, because you come out of it with a clean slate (Duality Hack #9.10). Therefore, you don't fight duality with singular responses. Instead, you respect it with twofold reactions, thus in the duality flow.

Duality serves as a positive confirmation of non-duality

Reading this Duality Hack (#8), you may conclude that avoiding specific opinions and emotions is the way to enter *the duality flow*. But *Alexius' Duality Hacks* isn't about forbidding anything. You don't need to stop having singular opinions and feelings. Instead, you acknowledge them so you can perceive them as *'it is what it is'*.

This perception uncovers the dual aspect of your thoughts and feelings. Instead of being trapped by specifics, you move freely within the lively interaction of opposites, *the duality flow*, as intended in a world of duality.

Adapting to duality is not a betrayal of non-duality. As it's formless and thus endless, it's a requirement for the fantasy of duality. Thus, living the fiction of duality serves as 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'*. This state of not-knowing (see Duality Hack #9.10) leaves no one to hold onto beliefs about duality. This lasts until something is discerned as significant, turning no one into someone who believes in a world of duality. Fortunately, you can always return to *'Dunno what it is'* and take another break from duality

until a new opinion forms. This cycle continues until distinctions fade, and *the Enlightenment of that which is One* sets in.

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The duality flow is so near to *the swing of the empty breath* (page 486) that it can suddenly tip you into *a state of not-knowing*. Going back and forth between this state and *the duality flow*, you rush towards non-duality faster than words can describe.

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In time, *the duality flow* dissolves into non-duality. There, all experience ends, as awareness requires more than one. Consequently, where we believed we were is gone and never was, because it requires more than one to be somewhere. Yet, we're everywhere, for non-duality is formless, thus endless.

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Applying *Alexius' Duality Hacks* signifies the end of all that is familiar, but unlike death, which feels like everything is over, the Duality Hacks don't end anything but our belief in duality.

Should things not proceed as expected, when you're in the duality flow*, you aren't afraid of becoming upset. You sense that feeling upset interacts with feeling calm, so the duality flow continues uninterrupted.*

The duality flow, the constant interaction of opposites, is always there to ensure you feel whole in a world of duality. Thus, if you feel incomplete, you're mistaken. No worries. By accepting the polarity of breathing – expansion and contraction – you feel satisfied within this interaction of opposites. Hence, you feel whole in *the duality flow*, on its way to its source: non-duality, beyond opposites.

The fundamental duality contrast: expansion and contraction

Joining the rhythm of breathing helps you experience *the duality flow*. However, you don't attend to breathing as described in *the echo of oneness* (Duality Hack 11.4) or *the empty breath* (Duality Hack #9.6). Instead, simply notice each breath as ongoing expansion and contraction.

Next, shift your attention away from the physical sensations of breathing. This is easy, as your human core is anchored in the psychological sphere (Duality Hack #7.3). In this airy realm, *the duality flow* feels like an ocean wave. It rises like a swelling wave, then gently falls like a settling wave. Just as the ocean moves regardless of the tides, *the duality flow* continues with a smooth, steady motion. It remains the same whether you breathe fast or slow, through your mouth or nose, regardless of any bodily flaws.

The duality flow is not something you create, like when you push down a feeling wrong to seem right. If you don't hold on to such stories, you're not separate but connected in *the duality flow*, where opposites interact to make you feel whole.

Contrasts – differences between opposites – define our experiences. That's the way of duality. For instance, one can only experience oneself as young when contrasted with old. When we acknowledge this interaction of opposites, where old determines young and vice versa, we're in the duality flow. *In that flow, we enjoy appearing in a world of duality until the duality flow, like a river, returns to its source: non-duality.*

This may feel like riding a seesaw: moving up and down leaves you calm and refreshed. However, the feeling comes not from staying only up or down, but from the playful back-and-forth between these opposites.

This back-and-forth gives rise to many other pairs of opposites, forming a dual world – such as father and son, old and young, tired and energetic. As you follow *the duality flow*, there comes a point when you no longer notice the opposites. Instead, you simply experience the lively energy of their interaction. When this happens, *the duality flow* takes you on a path without distance to what you never left: non-duality.

On this path, you may attempt to sidestep *the duality flow* by clinging to or evading a particular emotion – such as anxiety – and suppressing its opposite, peace. To counter this tendency and continue within the duality flow, perceive your anxiety as *'it is what it is'*. This twofold perception restores the experience of the interaction between anxiety and peace, so you're back in *the duality flow*. In this renewed experience of interaction, anxiety is no longer seen as a singular feeling. Thus, it no longer bars you from following *the duality flow* back to its source: non-duality.

On a seesaw, down replaces up and vice versa. This constant interaction of opposites makes you feel whole in a world of duality.

The duality flow *cherishes both sides of* duality pairs *equally. Therefore, since joining* the duality flow *is the closest you can get to oneness in a world of duality, the longer you remain in this flow, the more you forget to believe in more than one.*

Hack #8.7, *The duality flow* sets you free

When we step into the constant interaction of opposites that forms the world of duality, we feel unburdened by specifics within the duality flow.

Joining the duality flow is like embarking on a thrilling adventure, constantly moving between opposites, without the safety bubble we once built around our fixed views to feel secure. But fear not, for security and fearlessness collaborate in the duality flow, enabling us to feel both safe and adventurous. We explore this below.

Freedom from inner conflict

When we are not in *the duality flow*, the brain generates an ongoing internal dialogue of opposing views. This is the brain's way of making it look as if we exist as somebody in its fantasy world of contrasts. However, if you strive to maintain a clear and definitive identity, this ongoing dualistic dialogue seems unsettling, making it hard to hold firm positions on anything, from politics to philosophy.

Therefore, some attempt to silence the inner dualistic dialogue through meditation, aiming for a sense of singularity. Others distract themselves with constant activity or fill the air with conversation, hoping to drown out the internal debate.

However, all you have to do to end the internal dialogue is to acknowledge its twofold nature. You do that by perceiving your reaction to the internal dialogue as *'it is what it is'*. This reveals that your response is twofold. Hence, the brain no longer needs to fabricate opposing internal debates to establish that you're in its world of duality.

Alternatively, you can ignore the internal disturbance by perceiving your reaction to it as *'Dunno what it is'*. Hence, since you don't give substance to the brain's duality experiences, you slip into *the bliss of nothing* rather than the turmoil of something.

Not knowing something is the bliss of nothing.

Singular opinions or feelings are illogical in a world of duality

The duality flow is like playing with a yo-yo: satisfaction does not come from the yo-yo being at either the top or the bottom, but from the smooth back-and-forth between those opposites.

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Singularity is an illusion in a world of duality – even in non-duality, because it takes more than one to be singular.

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We don't need to shield ourselves from the beast within by projecting it onto others. Perceiving our reactions to everything as *'it is what it is'* reveals that an angel complements the beast.

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We're never bothered by something but by our singular reaction to it. Thankfully, if we perceive this response as *'it is what it is,'* we feel it is twofold. Consequently, we're not bound to a single viewpoint.

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In *the duality flow*, light feelings complement dark ones. This shows that there is light in darkness and darkness in light.

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Society promotes control as a means of gaining money, power, friends, and respect. Yet this approach, which excludes misery, weakness, rivals, and shame, creates a vacuum. In contrast, by joining *the duality flow* – the constant interaction of opposites – we feel complete regardless of achievements. Hence, the urge to control disappears.

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Once you're used to *the duality flow*, your old comfort zone, as a specific state, is gone. Still, it remains, now paired with its opposite.

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We can't grasp twofoldness, as understanding is singular. Fortunately, we don't need to understand it when we follow the constant interaction of opposites, because every experience presents itself organically 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. Each belief collaborates with its opposite, forming a lively collaboration.

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Being in *the duality flow*, the root of duality, is like being cradled by cosmic arms, attuned to the universe's rhythm. Over time, this experience becomes so intense that we forget to establish ourselves as separate. Hence, nothing hides non-duality.

In *the duality flow,* you return to that which is you

We invent stories to explain why we act or don't act, thus presenting ourselves as in control. 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 driver of 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 interaction of opposites that colours our experiences in a world of duality. For instance, love and hate interact to form our experience of each other.

> The duality flow *underpins a world of duality. So whether you realise it or not, you are always within it. Consequently, searching for the duality flow is like looking for the ocean while already standing in water.*

The brain is our best friend

At our request, the brain weaves a tale of duality to satisfy our desire for more than one. But knowing there is no more than that which is One, the brain doesn't want to trap us in a world of duality. Thus, it uses duality's interaction of opposites to make us feel good within *the duality flow*, while this flow, like a river, rushes back to its source: non-duality.

We don't even have to learn how to join the duality flow. All we have to do is stop constructing reasons for our experiences. Then we're in the duality flow, so swept up inside the vibrant play of opposites that we cannot help but laugh.

The longer you stay in the duality flow, the more it reveals you're a non-self. Thus, someday, there's nobody to experience anything. Consequently, nothing hides what cannot be experienced: that which is One.

> *In* the duality flow*, every experience is heightened by the constant interaction 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 feels 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. Thus, in *the duality flow*, feelings aren't speculative ideas but authentic expressions of duality, making you feel fulfilled and complete. In this fullness, duality eventually dissolves.

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 uncovers that your response is not one-sid-

We cannot use the duality flow *for a specific purpose. No worries. There's no need to achieve anything in particular while in* the duality flow*, as it makes us feel whole.*

ed but twofold. For instance, if your response was disgust, you realise it contains love. Next, love reveals it contains disgust. And so it goes: love and hate continually interact, shaping each other. That dynamic of opposites is *the duality flow*. When you enter this flow, you free yourself from the restrictions 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 401).
- PERCEIVE YOUR EMOTIONS AS TWOFOLD. If you're out of touch with your feelings, you might notice your complaints instead. So, if you judge someone as wrong, you perceive your loathing as *'it is what it is'*. Then, witnessing the interaction between loathing and admiration, you step into *the duality flow*, fostering a sense of togetherness.

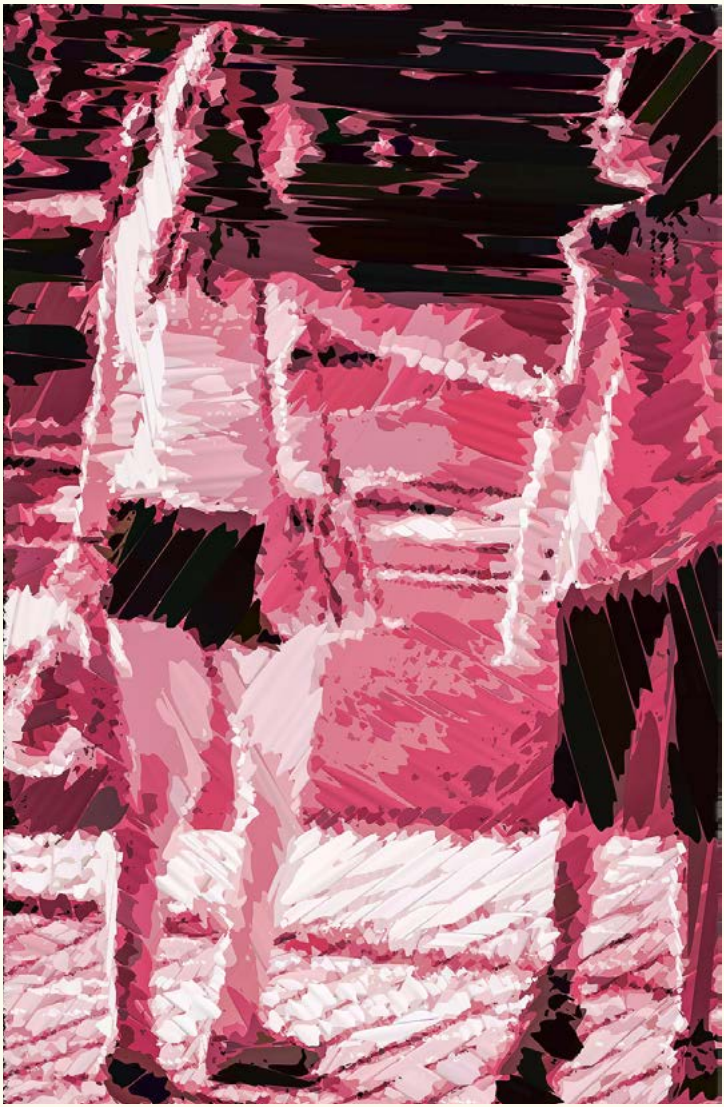
Before discovering the duality flow*, you might have needed a particular mood to feel happy and harmonious. But in* the duality flow*, feelings are twofold rather than singular. Hence, you no longer depend on anything specific for your psychological well-being.*

- FACE YOUR REACTIONS IN THE PSYCHOLOGICAL ZONE (see Duality Hack #7.3). Here, you see that every response contains its opposite, always interacting. Because 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*.
- FOLLOW THE EXPANSION AND CONTRACTION of breathing (page 429) to feel the subtle energy this generates between opposites, or sense the sound of breathing in and out and feel the delicate energy that arises between contrasts. This subtle energy is *the duality flow*.
- FORGET ALL YOUR WHAT-IF SCENARIOS about something specific you imagine could happen later. Then, nothing obscures *the duality flow.*

When you're in the duality flow*, you see what you need without seeking it. If you don't get it, you're not afraid to feel upset. You know that every experience comes in pairs of opposites in a world of duality. So when you feel upset, you're in the interaction between unrest and rest, and thus in* the duality flow*.*

- NOT CLINGING TO SOMETHING SPECIFIC, you encounter the interaction of opposites: *the duality flow*. This flow, like a river, rushes back to its source: non-duality. As you continue in *the duality flow*, experiences gradually fade until no experience obscures what can't be experienced: non-duality.

Given that dualism is a mental construct, the world of duality is not a physical reality but a mental one. This is especially apparent within the duality flow. *In this flow, we're not focused on something specific. Therefore, as the perception of something as distinctly physical vanishes, eventually there's not something to conceal the formlessness of oneness.*



- ACCEPTING THE BRAIN AS YOUR GUIDE, you stop shaping life around single-minded beliefs and instead join *the duality flow*.
- UNCONSCIOUSLY, YOU'RE ALWAYS IN *THE DUALITY FLOW.* No matter where you look, your eyes don't settle until they've found the highest contrast. In other words, your eyes don't seek balance but are drawn to *the duality flow* that arises between the most contrasting elements.

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. This psychologically based approach is common in the Western world, where Alexius grew up.

Through the interaction of form and space, you feel complete within the duality flow.

But suppose you're from a culture with less emphasis on feelings and psychological issues. In that case, your way to feeling relieved through *the duality flow* may not be to face your emotions, but to join the interaction of form and space.

For instance, suppose you're feeling trapped in a specific construct. Upon acknowledging it, you can perceive the form as *'it is what it is'*. This reveals that the form interacts with space, letting you enter *the duality flow* and easing the sense of confinement. 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*

When you get on a roller coaster, you cannot get off until it ends. In the same way, you cannot escape duality until the journey finishes. But why escape? Being in the duality flow *is like riding a wave, not towards a specific destination but into the formlessness of non-duality.*

what it is' reveals that it interacts with space. By joining the interaction 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. Yet, Oneness is formless, thus endless, so there is no world with more than One. Thus, any experience, even *the duality flow*, is ultimately an illusion.

Still, 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 maintain the belief in more than one. Hence, nothing seems to hide that which you always were and is: that which is One.

We cannot change the nature of duality, but we can shift our perception to match its ongoing interaction of opposites. This shift makes us feel complete within the duality flow.

You don't enter the duality flow *if you insist on being someone else's victim. But you enter it when you join the interaction between the victim and the victimiser.*

Hack #8.8, You undo the belief in duality by enjoying it

Living in accordance with dualism, with its constant interaction of contrasting elements, makes you feel whole. Eventually, so much so that you forget about more than one, thus not concealing non-duality.

Slowly recognising *the duality flow*

For years, Alexius subconsciously understood that to feel whole in a world of duality, his responses needed to be twofold rather than one-sided. However, it wasn't until a massage triggered an unpleasant sensation that he became fully aware of this.

During the massage, Alexius didn't label the discomfort as a physical issue. He could therefore experience it in the psychological sphere, calmly and confidently, without analysing or spiralling into anxious 'what ifs'.

There, surprisingly, the unpleasantness quietly unfolded like a flower, revealing joy within and making him feel fulfilled through their interaction.

It was in this moment that Alexius had his first conscious encounter with what he would later call *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 by its rules.

Years later, he noticed that twofoldness is revealed when he

When Alexius' beloved cat Uma died, he wept for what appeared like an eternity. Thankfully, sadness is coupled with happiness, so crying reminded him of the happiness they had together and still have. Of course, he misses her physically. But since this feeling lies in the psychological realm, he always feels her there.

perceives his single-minded response to an event as *'it is what it is'*, bringing an intense sense of integration.

Much later, when his cat Uma died, Alexius felt a sadness that he placed in his body, making him feel heavy. But how could a dead cat create the feeling of the loss he felt in his body? It was more likely that Alexius had unconsciously projected his sense of loss onto his body. Acknowledging this, he could consciously bring the feeling of loss back in the psychological sphere from which it originated. There, it was revealed that death is complemented by birth.

> *If you grieve the loss of someone you love, stay with the discomfort so you can perceive it as 'it is what it is'. As suffering then reveals its complement, happiness, you don't feel alone but connected through the interaction of opposites.*

So, although Alexius lost his cat physically, his experience of loss was paired with birth psychologically. T, since Uma kept coming

Uma, Alexius' cat, was born with a chronic disease and died within half a year. At first, Alexius felt only the sorrow of her physical absence. But that changed when he realised his mourning for Uma contained her psychologically. So although it's impossible to feel her physically, Uma is as close as she always was and will be in the psychological sphere. There, they remain close together.

and going mentally, Alexius entered into the interaction of birth and death in the psychological sphere, thereby feeling happy/sad about his cat.

Simply put, because 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. In turn, this enables you to enjoy your mental health in the psychological sphere.*

It's important to note that Alexius' experiences don't advocate rejecting the physical realm. Rather, they emphasise the importance of not projecting non-physical issues onto the material realm so you can experience them psychologically and the body materially, fostering well-being in both worlds.

A feeling always contains the opposite

Disclosing a singular feeling as twofold is not an intellectual process (see also page 312) but rather a delicate emotional revelation within 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, replaced by fear. It's a natural shift, as automatically as breathing shifts from inhaling to exhaling.

As you experience fear and fearlessness through each other, they're not distinct but dual. Hence, you may forget them. Yet you don't forget how well-grounded and beloved you feel in the springy force that drives their interplay: the duality flow, which is as inevitable as breathing in and out.

Listening to the ocean's waves is like being in the duality flow*: you feel both relaxed and revitalised. However, if you insist on doing things your way, you must edit your experiences to feel in control. Thus, you end up feeling tense and exhausted instead of relaxed.*

Vitalised through *the duality flow*

You might first enter the duality flow through the perception *'it is what it is'*, as described above. Soon, you can recall the process from 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 collaboration as interdependent elements. By doing so, you feel the abundance of twofoldness, not the scarcity of singularity.

That said, when Alexius at first perceived his reaction as *'it is what it is'*, he was fascinated by the complementary element it revealed.

So, rather than participating in the interaction between the two components, he involved himself in the singular experience of the revealed element.

Thankfully, he soon joined their interaction, entering the duality flow. At times, it felt like being gently emptied by waves leading nowhere. At other times, it came across as 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 duality flow consists of contrasting elements, such as love and hate, that contain one another. Yet you don't feel both love and hate simultaneously, just as you can't breathe in and out at the same time. Instead, you alternate between them – one comes as the other goes – just as the two sides of a coin are inseparable yet never seen at the exact same moment.

When you remember that any experience is made of nothing, you're in the bliss of nothing.

In short, the pleasure of duality comes from the ongoing interaction of opposites, which forms the natural rhythm of duality. For instance, when you walk, one foot is in the past as the other moves into the future. You're always moving in the flow between them.

> *In the psychological realm, you hold yourself spellbound by the idea that twofoldness can be arranged into singularity, enabling you to separate hate from love and to form an image of pure love.*

But as mentioned in Duality Hack #7, many people disrupt the nature of twofoldness. They try to present themselves as full of love by hiding their hatred in a vulnerable body part. Then, they render themselves unconscious of what they have done to uphold their image as loving people. Yet emotions are immaterial, and bodies

First, you imagine dumping unwanted feelings into your body. Then you see the body as tight, believing that the tightness masks unwanted psychological feelings. Next, you interpret this as having rid yourself of those feelings. And finally, you forget what you did.

are material, so assuming they can dump hate into flesh and bones is absurd. Hate remains an emotional experience within the psychological realm.

Fortunately, when they gently look at it there, they quickly realise that hate is not definitive but twofold. It is paired with love to give us complete relationship experiences. As this eventually blisses them out, they forget duality

Being a basic self doesn't mean everything turns out as you expect. But since you perceive your reaction to an issue as 'it is what it is', your response is not singular but twofold. Thus, when you feel too hot, for instance, it is complemented by feeling chill. So, in the duality flow, you feel refreshed regardless of temperature.

Appendix

Tuning in to your breath – feeling or hearing the natural rhythm of expansion and contraction – is a simple way to enter *the duality flow*. But, as mentioned, many often hold their breath or manipulate it in accordance with yoga or other relaxation practices. Hence, they don't experience *the duality flow* but remain stuck in a singular state, based on the perception *'I know what it is'*.

That's why *Alexius Duality Hacks* generally recommends entering *the duality flow* by perceiving our response to something as *'it is what it is'*. This perception makes us feel that our response is twofold, so we enter the duality flow.

If you feel laid-back, adopting the perception 'it is what it is' *helps undo the belief in duality, through* the duality flow. *If stressed, using that unruly energy to ignite a take-off into* the empty breath *brings you into* a state of not-knowing. *Each approach eventually leads to the undoing of the belief in duality, either by joining the constant interaction of opposites or by surpassing them through not-knowing.*

However, if you're feeling stressed, this relaxed approach may heighten your discomfort and prevent you from entering the duality flow. No worries. The next Duality Hack (#9) shows how to use stress to spark a take-off into *the empty breath*. Whereas the duality flow makes you feel complete in a world of duality, *the empty breath* momentarily brings you into *the bliss of nothing*, leaving you unaware of duality. Yet both leave you so at ease that the belief in duality is eventually undone.

If you have fabricated a tale of the perfect romance, you probably expect others to adapt when you invite them to your romantic dinner setting. If they do not, you may adjust your perception of the dinner to fit your story. Thankfully, you no longer need reality to follow your script when you perceive your and others' responses to it as dual, because the duality flow renders specifics unimportant.

Every story has an end

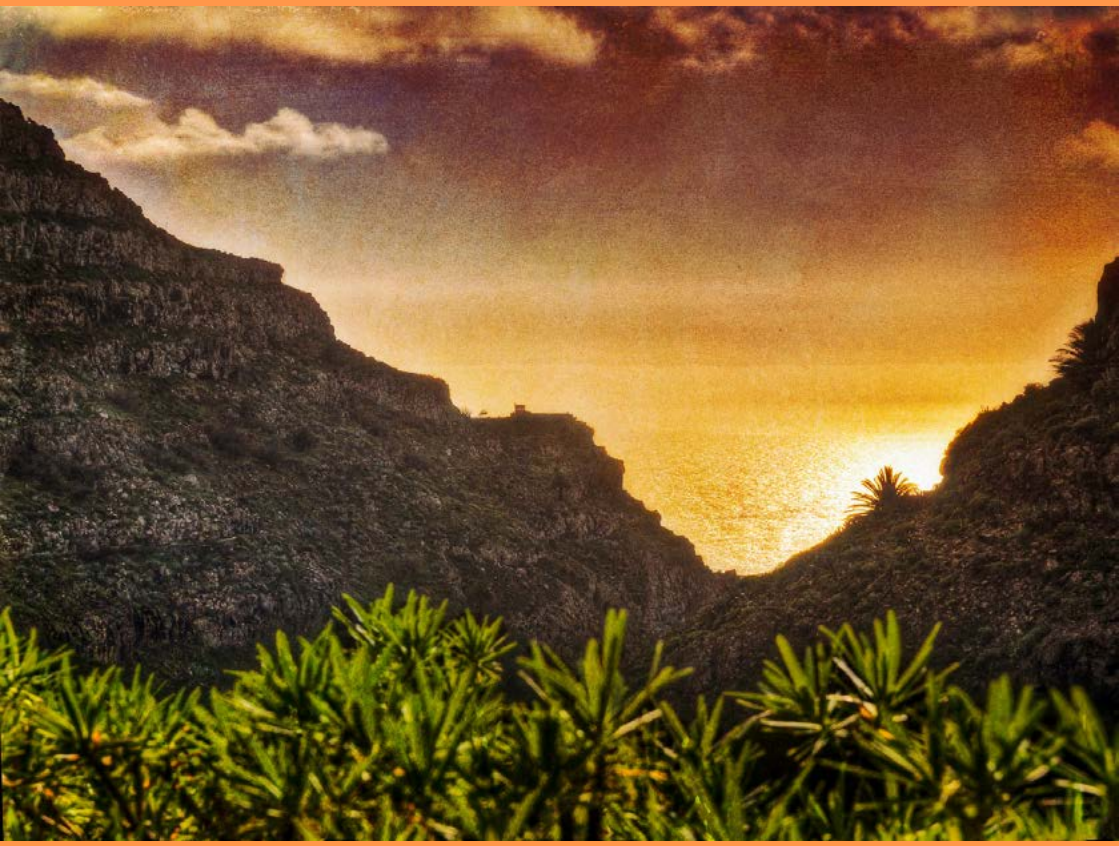
When we label food eaten at noon as lunch, we don't have food but a lunch story in which we have assigned ourselves and others explicit roles. This is one example of how our days consist of stories we try to fit into. Another is our acceptance of the division of time into days as a concrete reality rather 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 them as *'it is what it is'*. This links us to the duality flow. This doesn't erase our stories but makes specifics less important, so we view time-bound stories as playful rather than confining.

Many believe reality is a single entity to be discovered. But since oneness is formless and thus endless, reality is neither singular nor anything else, as form implies limitation. Consequently, reality cannot be discovered.

However, when we believe we live in a world bound by time and space, we can discover that every form has a beginning and an end. Then it's only a matter of time before the belief in time and space no longer seems to cover that reality has always been and will always be the formlessness of oneness

Alexius' Duality Hacks are written within the concept of duality. They do not claim to be non-dual or to know what that is, since this requires more than one. But they identify what is not non-dual: everything experienced, as being conscious of something requires more than one.



» The empty breath *brings about a state of not-knowing. In this state, the experience of the world is not perceived as something. Thus, you're in the bliss of nothing.* «

Uncontrolled thoughts and feelings, positive or negative, accelerate until they spark a take-off into the empty breath.

HACK #9.1, Take-offs into *the empty breath*

Uncontrolled stress in our outward-facing consciousness sparks a take-off into *the empty breath*. It synchronises the burden of this low-frequency world with the high-frequency world of inward-facing consciousness. In this synchrony, we feel light even under stress.

Foreword

Whether a dream leaves us stressed or relaxed, both states are make-believe. The dream world isn't real – yet neither is our waking world. Every experience is make-believe because awareness of something requires more than one, and reality is that which is One.

So, the following descriptions of inward and outward-facing consciousness are as illusory as anything involving more than one.

The difference between inward- and outward-facing consciousness lies in the extent to which the brain has processed your experiences. Inward-facing consciousness refers to experiences that are relatively unprocessed by the brain, thus appearing abstract and within us. By contrast, the brain has heavily processed the world of outward-facing consciousness, making it appear as if we exist in a substantial external world.

Yet their purpose isn't to strengthen belief in more than one, but to facilitate its undoing. *Alexius' Duality Hacks* achieve this by utilising elements of belief in more than one to reveal that there is no more than that which is One.

Within this context, you'll find a quick overview of these two modes of consciousness. Next, Alexius invites you to spark a take-off into *the empty breath – a state of not-knowing* that entails indifference, thus undoing the belief in more than one.

You can't experience the abstractness of inward-facing consciousness without the experience of being someone within the external, material world of outward-facing consciousness. Thankfully, the empty breath can synchronise these two worlds in a ratio where you're hardly aware of being material, yet still enough to be someone experiencing the inward-facing consciousness's abstractness.

The abstract and the substantial-looking world

We see, hear, feel, and taste an abstract world through inward-facing consciousness. We experience a material world through outward-facing consciousness. The material one feels external and bound to locations, while the abstract world is unconfined and experienced as internal. Thus, they are called inward- and outward-facing consciousness..

The outward-facing consciousness immerses us in a world bound by time and space, so we constantly seek thoughts to define these concepts. In contrast, the inward-facing consciousness, with its immaterial character, has nothing to define. Hence, it requires minimal thought to experience.

Thankfully, *the empty breath* synchronises these consciousnesses. In this alignment, the anxiety-inducing nature of the outward-facing consciousness becomes abstract, making it a peaceful rather than unsettling experience. 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: how to spark a take-off into *the empty breath*.

To spark a take-off into *the empty breath*

If you aim to become or achieve something specific, you aren't dualistic but single-minded. Hence, out of sync with the nature of duality, you feel restless. You can resolve this by joining the duality flow, which settles you in a world of duality. See Duality Hack #8.8.

You can also ease your restlessness by taking a brief break from duality. Do this by not editing the feeling of restlessness, but going with its uncontrolled energy for a brief moment. Then, unfiltered force sparks a take-off into *the empty breath*.

This happens so fast that you hardly notice you enter *a state of not-knowing*. In this state, *the empty breath* synchronises the low-frequency world of the outward-facing consciousness with the high-frequency world of the inward-facing consciousness. The

once-overwhelming energy of restlessness, now perceived from the high-frequency world, no longer disturbs but soothes you.

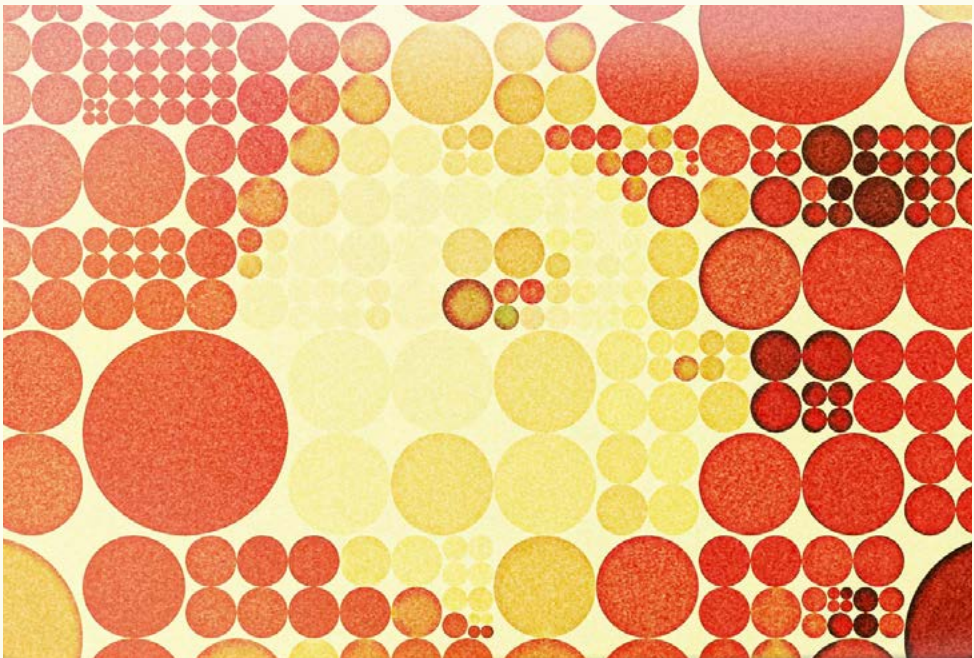
Simply put, when your reactions to the external world are seen through inward-facing consciousness, it's as if the outside world no longer holds the same power over you. Of course, the distinction between external and internal is just a belief – like dreams, every experience actually takes place in the brain.

Nonetheless, as *Alexius' Duality Hacks* are written in the context of the belief that our experiences are real, we continue to operate under that belief, using the distinction between the external and internal worlds to undo it.

Where is *the empty breath?*

The brain constructs all our experiences. However, these experiences are not founded on sensory information, as the brain claims.

The empty breath *cannot be felt or recognised as if it were something, because it resides in nothingness, unaffected by the brain. Hence, you miss it if you try to experience something in particular.*



According to science, the brain receives nothing because the world, including the brain, consists of empty space. Yet the brain manages to twist emptiness into an experience in which we feel substantial in a world experienced as outside us.

Since it always takes the brain one second to twist empty space into our present experience of a substantial world, we join *the empty*

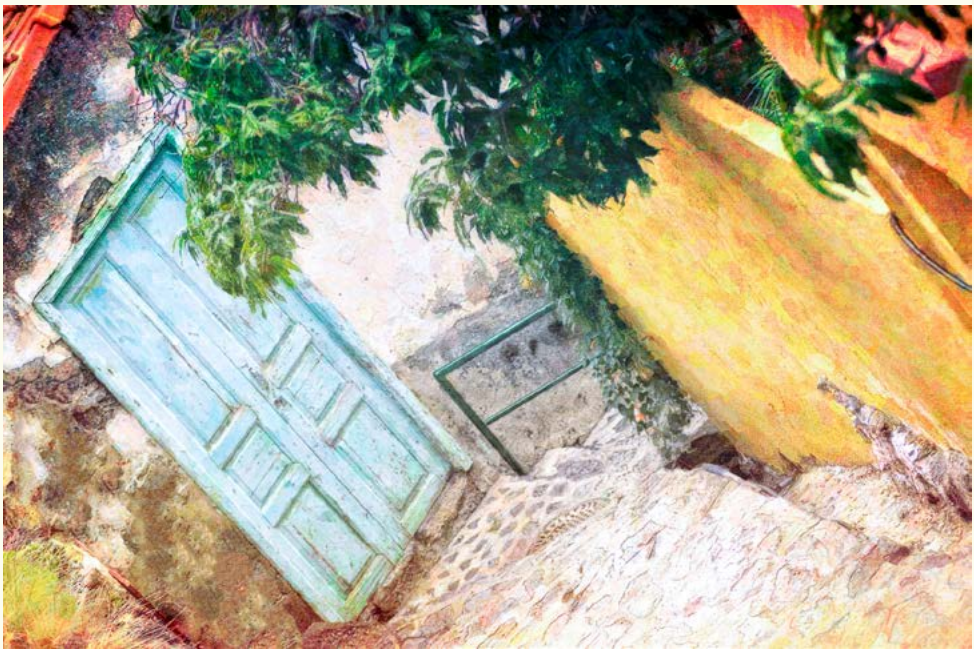
Connecting with the empty breath *has nothing to do with appearance but rather with being a medium for nothing. This requires only a willingness not to be anything.*

breath, residing in nothing, by mentally going back one second to the nothingness of our present experience.

Just before we reach it, we pass through the abstract domain of inward-facing consciousness – the brain's first step in moulding nothingness into something. Then it takes the brain about a second to turn that abstractness into our current experience of being a physical person in the material world of outward-facing consciousness, reading this.

Be aware that being in empty space – unprocessed by the brain – is a non-physical experience you have, while experiencing a world that seems material. However, you don't perceive the material world through the outward-facing consciousness but through the lens of the inward-facing consciousness. Thus, the physical world is experienced as a painting.

If you want to connect with the empty breath*, don't piece together selected details from Alexius' explanations to shape them into something familiar. Instead, go with the uncertainty you may feel as you read his descriptions. This very uncertainty and tension, if left unedited, sparks a take-off into* the empty breath*.*



The less you know, the easier it is to connect with *the empty breath*

Accessing *the empty breath* doesn't require a deep understanding of inward- and outward-facing consciousness. After all, they are just conceptual constructs attempting to explain the impossible, namely that the brain spins something from nothing. You don't even need to know you're stepping back a second in time to encounter *the empty breath*.

There's no way or pace in the nothingness where the empty breath *resides. Therefore, if you insist on connecting with* the empty breath *on your terms and at your pace, you'll miss it.*

You simply access *the empty breath* by not attempting to stop or alter thoughts and feelings. Their unleashed energy then sparks a take-off into *the empty breath*, bringing about a state of not knowing in one second. If you fear being swept up by the unbound speed of thoughts and feelings, acknowledge your fear as it is – its raw force can also spark a take-off into *the empty breath*.

Unedited issues spark a take-off into *the empty breath*

Just as unexpressed erotic energy builds up and finds release in ecstasy, unaddressed tensions in the body or psyche, if left unedited, spark a take-off into *the empty breath*. For instance, unaltered depression explodes in anger, igniting a take-off into *the empty breath*. Music can set the stage as well. Try, All will Surely Burn from the album *Burn* by *Sons Of Kemet's*.

However, tensions and emotions from the low-frequency world of the outward-facing consciousness don't magically disappear when you connect with *the empty breath*. They don't bother you anymore, though, because *the empty breath* synchronises them with the high-frequency domain of the inward-facing consciousness.

This doesn't mean you should stop taking headache medicine, for instance. Such remedies can help you relax, so you don't try to escape the fear of bodily pain, but instead use its unbound energy to spark a take-off into *the empty breath*.

The experience of *the empty breath*

Taking off into *the empty breath* may feel like a tender explosion of accumulated thoughts and feelings at the top of the head. This expands it with nothing.

Hence, 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, because the connectedness with *the empty breath* is *a state of not-knowing*, there's no awareness of being someone confined by time and space.

Consequently, the descriptions of *the empty breath* in Duality Hack #9.4 rely on memories that surface when Alexius returns from *a state of not-knowing* to the conscious experience of the outward-facing consciousness's world of something.

> *There's no right way to feel* the empty breath*. Actually, you may not sense it at all, as its main attribute is indifference, which is not a feeling (see Duality Hack #9.5). Still, simply not feeling pursued by thoughts or worries is a huge relief.*

If you feel confused about how to connect with *the empty breath*, please don't try to clear it up. Instead, stay with your confusion until chaos sparks a take-off into *the empty breath*, and you can't help but laugh.

Should you still want clarification and feel disconnected from *the empty breath*, refer to the following hacks in Duality Hack #9.

Alexius' writings about the empty breath *are not based on second-hand knowledge. They are based on what he has discovered through his 60-year exploration of* the empty breath*, revealing that it brings not something, but* the bliss of nothing.

To connect with *the empty breath*, you don't need to use methods like mantras, cultivate positive thoughts, or be in special environments. You also don't need to avoid certain things or stop your thoughts. On the contrary, uncontrolled thoughts are the fuel that sparks a take-off into *the empty breath*, no matter what or where you appear.

You probably believe you're seeing this image now, but every experience is constructed by your brain with a delay of about one second.

When we listen to music via AirPlay, the sound travels through the air for about a second before reaching our speaker. But the original media is not a magical music land. Instead, it is a series of soundless zeros and ones.

A software application, another set of zeros and ones, mechanically converts the soundless digital data. It turns it into something that can be transmitted to our speaker. The speaker then produces vibrations that we interpret as music.

In a similar way, the brain shapes nothing into an experience of something in just one second. It presents us as tangible beings in a substantial world outside ourselves

HACK #9.2, How to spark a take-off into *the empty breath*

Speed, not calm, sparks a take-off into *the empty breath*. In its bliss of nothing, you see that your experiences of something is made of nothing.

The empty breath is one second away.

According to science, the universe is a vast expanse of empty space. Yet our brains continually twist this void into experiences of something. Hence, it feels as if we're tangible beings in a substantial realm outside ourselves.

Any experience, whether perceived as material or spiritual, takes the brain one second to construct. So, if you mentally rewind by a second, you land in the nothingness the brain has twisted into your present experience of being someone reading this – a mirage conjured by the brain. Since *the empty breath* is pure nothing, it's only a second away

How do you connect with *the empty breath*?

Here's the simple answer: Don't numb or control your thoughts and feelings with meditation or distractions like TV, for instance. Instead, step into the uncontrolled speed of thoughts and feelings, such as anger,

As Oneness is formless, it is endless. Hence, since the experience of something requires more than one, all experiences are nothing – including experiencing the empty breath. *However, in the presence of* the empty breath*, the experience of something becomes less important. Thus, eventually, nothing seems to obscure the formlessness of Oneness.*

fear and enthusiasm. Their unleashed energy sparks a take-off into *the empty breath*. Unprocessed by the brain, it resides in nothing. Hence, it brings you the tranquillity of *a state of not-knowing*.

Put simply, although unaltered speed connects us with *the empty breath*, the connection feels effortless and serene. Speed triggers the take-off, but once the plane is in the air, the experience is not one of speed but rather a relaxed, steady floating in nothingness.

When it comes to speed, we're all racing through space. As mentioned on page 286, the Earth spins on its axis at 1000 miles an hour while hurtling around the Sun at 67,000 miles an hour. Yet most people cling to the illusion of stillness, suppressing anything that disturbs it. Denying our speed prevents us from using it to trigger a take-off into *the empty breath*. This is why Duality Hack #9 s mainly about using our suppressed energy as a take-off into *the empty breath*.

Do not try to confine this image within the bounds of any familiar philosophy. Follow its flow instead. The untamed energy then sparks a spontaneous take-off into the empty breath.

Desperation sparks a take-off into *the empty breath*

Selected thoughts, organised into a spiritual or mundane vocabulary, establish us as someone definitive, not a random fantasy of the brain, when shared with like-minded ones. Fortunately, if we feel imprisoned by this terminology, we can use the energy it suppresses to spark a take-off into *the empty breath*.

In its emptiness, we still appear as someone in a make-believe world. But with *the empty breath*, we aren't pinned down by labels or meanings. Thus, we're in *a state of not-knowing* Duality Hack #9.10*),* unrestricted by the constraints of predefined interpretation.

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 you are there. Instead, you pretend to be. However, this doesn't mean you neglect the body while playing

Picture yourself daydreaming with your eyes covered by your hand. Suddenly, a noise shatters the dream, sparking your curiosity. This curiosity drives you to uncover the reality your dream conceals. Thus, you remove your hand. Similarly, when you remove the barrier that conceals your appearance is nothing but a construction of thoughts, you get reality. The barrier is our shared vocabulary for a world defined by time and space, and reality is the formlessness of Oneness.

a role in the brain's fantasy. Just as you care for a car, though you are not the car, you still care for your body and seek medical aid if needed.

If all this talk of *the empty breath* feels confusing, don't struggle to make sense of it. Join the unedited energy of confusion and spark a take-off into *the empty breath*. Or dive further into Duality Hack #9. However, you'll never know how to connect with *the empty breath* while believing you are someone definitive. Luckily, your belief comes from what you learned. So if you forget what you know, you no longer appear definitive and can connect naturally with *the empty breath*.

Alexius' Duality Hacks *doesn't attempt to explain non-duality. This is because explanations require more than one, leading to belief in duality. But since reading this also requires more than one, the belief in duality is already present. Thus, within that context,* Alexius' Duality Hacks *exposes the illusion of duality and shows how to hack it on its own terms. This reveals that there never was, nor will there be, anything but non-duality.*

Imagine Oneness as a film moving so quickly that no individual frames can be seen. When the film slows, distinct frames emerge. Thus, a world with more than one appears. See Duality Hack #9.9. Of course, this is a metaphor, because slowing Oneness would require more than one. When not manipulated or suppressed, rapid thoughts and feelings spark a take-off into the empty breath. It immediately synchronises the outward- and inward-facing consciousness with your present needs.

HACK #9.3, Chaos sparks a take-off into *the empty breath*

Unfiltered, rapid thoughts and feelings spark a take-off into *the empty breath*, instantly synchronising the outward- and inward-facing consciousness with your present needs.

Duality Hack #9 is not about slowing down thoughts but about riding their uncontrolled speed to spark a take-off into *the empty breath*. It synchronises 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 triggering panic when they eventually move so fast that we can't distinguish them. Thus, unable to be conscious of ourselves as someone definitive, we don't hide the formlessness of Oneness. See Duality Hack #9.9.

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If you don't attempt to slow your thoughts and emotions, they are free to accelerate and spark a take-off into the empty breath – a state that synchronises your inner and outer awareness in a ratio adapted to what you need in the moment

Speed sparks a take-off into *the empty breath*

It may appear counterintuitive, but the fastest way to relax is not to stop thoughts from speeding up. Instead, riding the uncontrolled speed of thought sparks a take-off into *the empty breath*. Connected with it, you're not stressed. You're in *a state of not-knowing*, relieved of the need to understand and control everything.

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When you feel caught in a swift stream of thoughts and emotions, don't try to flee the chaos by pacifying yourself. Instead, step into the full, uncontrolled flow of thoughts and emotions to spark a take-off into *the empty breath*. It wipes your slate clean (Duality Hack #9.10). Thus, when you return to the conscious experience of being someone, you're nobody having fun pretending to be somebody See Duality Hack #2.

The energy of suppressed feelings launches *the empty breath*

You don't need a special posture or ritual to spark a take-off into *the empty breath*. Whether active or inactive, you recognise the current swirl of thoughts and feelings without fitting them into a specific belief system. Their unbound energy then naturally sparks a take-off into *the empty breath*.

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Maybe you've tamed disordered thoughts and feelings by organising them into a belief system meant to bring relaxation. Eventually, though, this setup will stress you out. Freedom comes when you step into the turmoil, provoking a take-off into *the empty breath*. In its bliss of nothing, there's nothing to fix – so you no longer need a specific system to feel at peace.

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When something bothers you, use the frustration to launch into *the empty breath*, revealing that what you judged as terrible is nothing.

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If you keep your feelings to yourself instead of projecting them onto others, their energy gathers and provokes a take-off into *the empty breath*.

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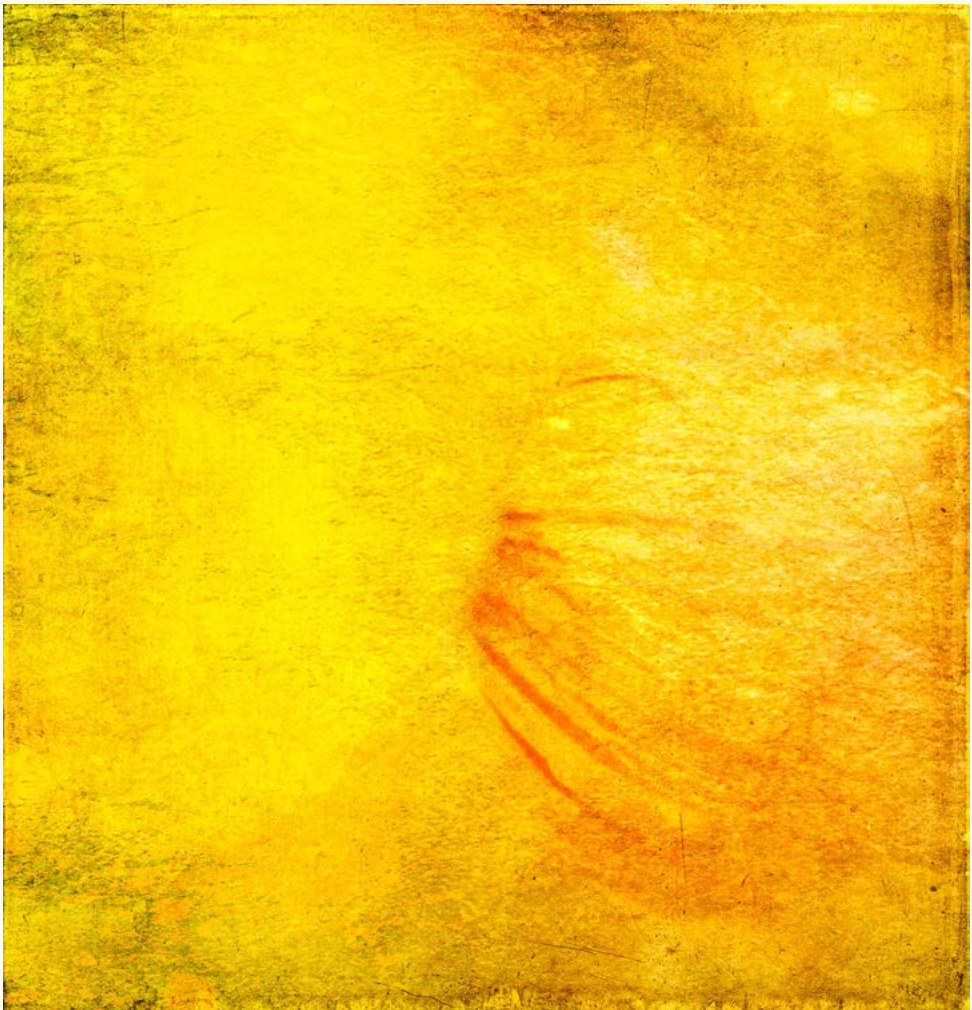
The more we limit ourselves by our definitions, the more we feel like cracking. To prevent this, most improve their definitions until they

The tranquillity you experience through mindfulness, serene music, or scented incense doesn't have the energy to spark a take-off into the empty breath. *Actually, this kind of peace often soothes you to sleep, making it easy to confuse Oneness with dreaming.*



feel so constrained that anger bursts out. Thankfully, not controlling this, the unbound energy of anger sparks a take-off into *the empty breath*, which undoes the belief in being definitive.

Unlearning everything you believe in knowing

Like most, you have likely systematised your thoughts and feelings into an image of yourself as good. But you cannot control this mental image while asleep. In dreams you're both hero and villain. If this

You can use any construction of thought to spark a take-off into the empty breath. *And since a world with more than one is a construction of thought, every experience becomes an opportunity to spark a take-off into* the empty breath.

feels disturbing, you might try to resolve it by projecting your negativity in the dream onto something you don't identify with, thereby holding on to the idea of being only 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 initiate a take-off into *the empty breath*. It synchronises the world of outward consciousness with the inward one, where everything moves so fast and so disorganised that there's no differentiation between good and evil. Consequently, there's no need to be solely good.

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We usually learn by imitating others. For instance, we learned to walk and talk by imitating our parents. But connecting with *the empty breath* is about unlearning everything, not learning. 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*.

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Trying to control breathing or force deep breathing doesn't help you connect with *the empty breath*, as it reinforces the idea of being definitive. The same goes for seeking focus, balance, or centredness.

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No specific language has been established between humans and pets to express love. For this reason, the pure affection you feel for your cat can effortlessly carry you into *the empty breath*.

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Because *the empty breath* is not defined by time and space, it's not in any particular location that can be felt in a specific way. Therefore,

if you expect a certain experience, you miss out on *the bliss of nothing* and end up only with the frustration of searching for something.

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When you avoid a feeling, it seems like something, whereas when you acknowledge it, you'll discover it's nothing at all. Hence, you know that 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.
Still, since believing in a world with more than one is illogical, only absurd solutions will do.

The empty breath is ever-present, yet never identical. Its shifting shape can be felt within and without, in ways that escape description. [Image from the internet]

Hack #9.4, Four ways to experience *the empty breath*

The indescribable experience of *the empty breath* is not a physical sensation. Instead, it's a non-physical experience that gently undoes the belief in being a separate entity in a world confined by time and space.

The empty breath is an indefinable, elliptical organism without fixed size or location. Still, it sometimes seems to extend from the crown to the base of the stomach. Because it is not felt particularly inside or outside, it is a non-physical phenomenon.

For this reason, *the empty breath* is sensed through inward-facing rather than outward-facing consciousness. This does not disregard the physical world experienced through outward-facing consciousness, but simply reflects freedom from excessive concern with physical outcomes.

Feelings are subjective

If you're future-minded, you may sense *the empty breath*'s non-definable elliptical shape starting in front of the body and then extending behind it. Conversely, if you're more concerned with 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 conditioning.

This is not a problem for *the empty breath*. Unlike us, it doesn't

Throughout his childhood, Alexius explored the physical breath. He found it comfortable to follow its rhythmic flow in a circle around his body. When he didn't confine the flow to a circle, another kind of breath, shaped elliptically, emerged. Over the next 60 years, Alexius kept on exploring what he now calls *surfing the empty breath* (page 483). This Duality Hack (#9.4) is based on his findings about that, as well as the other non-physical ways he discovered to feel *the empty breath*.

need to be acknowledged as something specific. So, regardless of how and where you sense it, *the empty breath* fulfils its purpose: making you indifferent to the experience of more than one.

Because *the empty breath* is not static, your experience is constantly in flux and may not match Alexius' descriptions. But that's the beauty of it. There's no right or wrong way to feel it. You can explore *the empty breath's* flow of emptiness free from pressure to conform to the 'right' experience. Being right is only relevant to those trying to make a difference – that's 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 by joining 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 454).

Next, through inward-facing consciousness, you'll experience *the empty breath* in one of its four main ways, or move quickly between them. However, at the beginning,

Because *the empty breath* has no fixed centre and its boundaries are always shifting, your experience of it is ever-changing. It might invite you to surf vertically one moment, then horizontally the next, or even make you feel as if you're in *the swing of it* (page 486). *[Image from the internet]*

the best starting point may be *surfing the empty breath* (page 480). This helps you steer clear of distractions from outward-facing consciousness.

The four ways of experiencing *the empty breath*

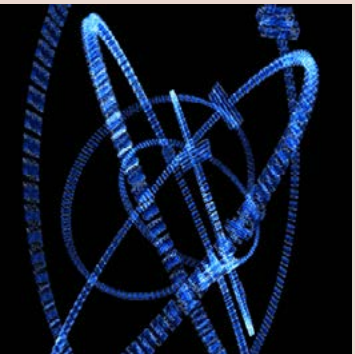
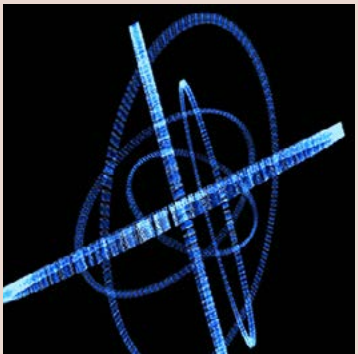
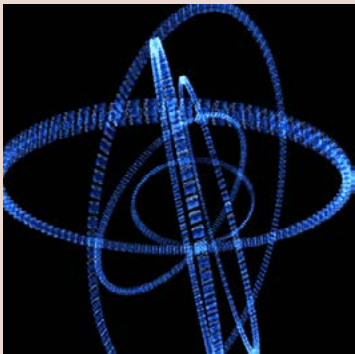
- *SURFING IT* feels like riding on waves of bliss (page 480)
- *THE SWING OF IT* feels like being moved by bliss (page 486)
- *THE ENGINE* feels like a fountain of bliss (page 487)
- THE *SOUND OF IT* feels like *the bliss of nothing* (page 488)

There are many other ways to experience *the empty breath*. Sometimes, it may feel like a vertical ellipse of emptiness surrounding you, as if you're an embryo cradled in *the bliss of nothing*. Or it might appear as a horizontal halo above your head, like a luminous ring higher than those shown in paintings of saints.

And then there's indifference. That's not a feeling but a state of clarity that dawns when one no longer looks forward to experiencing something. The indifference of *the empty breath* is the subject of Duality Hack # 9.5.

On the following pages, you can read about the four main ways to experience *the empty breath*. Remember, Alexius' descriptions are merely suggestions for how to begin tracking *the empty breath*. From there, follow it as it comes to you on a joyful ride with infinite opportunities.

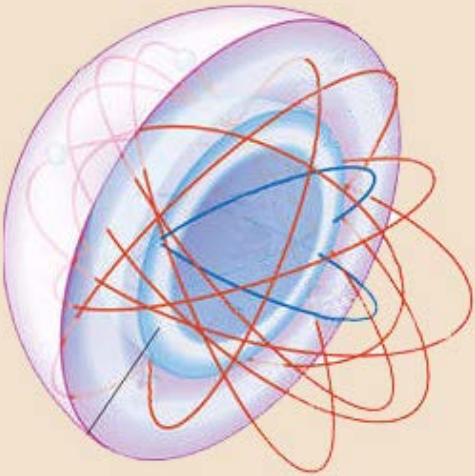
These animation stills of sound waves remind Alexius of how the empty breath leaves him indifferent to the shapes of a world confined by time and space.

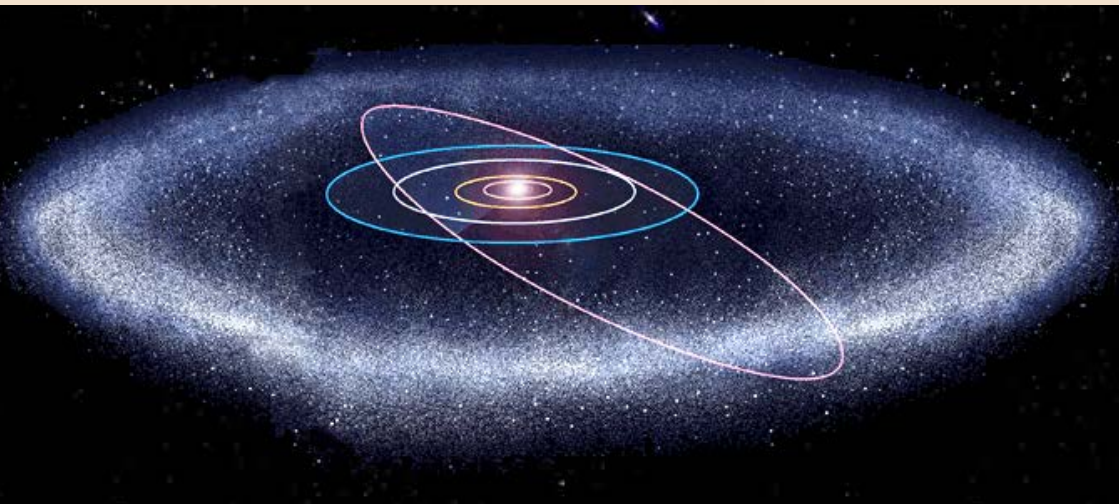
Surfing the empty breath: the basics

The empty breath is fluid, so it can be experienced in countless ways. The illustration here shows how it appears while we surf it. To make this clearer, the image presents *the empty breath* as a halved sphere, revealing the entities inside that we're surfing.

However, *the empty breath* is somewhat elliptical, resembling the second image on this page. This image, though, does not capture the many elliptical entities we can surf within *the empty breath*. Each entity



Alexius has manipulated a scientific illustration to give you a glimpse of the countless entities spinning in every direction at once within *the empty breath* while we're surfing it. However, *the empty breath* and the entities within it are not circular but somewhat elliptical, as shown in the image below. Still, for the sake of simplicity, circular shapes sometimes appear in illustrations, as their symmetrical and uniform nature makes *the empty breath* easier to grasp.



moves continually in all directions, without a fixed centre, shape or orientation.

Even though the circular image of *the empty breath* is highly simplified, it serves as a comfortable, clear starting point for experiencing it. The circular shape, with its even 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. Because *the empty breath* is colourless, we don't actually see this change. Still, we sense the elliptical entities as brief or lingering, wide or slender, or sometimes 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 of them appear short, while others seem long, narrow, wide, or barely visible. Devoid of a particular origin in* the empty breath*, each contains two yin-yang-like waves, reminiscent of those illustrated on* *page 483*. [Image is from the internet]

The many elliptical entities within *the empty breath* are located vertically, horizontally, and diagonally. Each holds two yin-yang-like waves, much like the orange and blue forms shown on page 483.

The yin-yang-like waves adapt to their host entity, but the entities themselves don't adjust to each other. They differ in size and centre (see the illustration on page 481) and move independently. Yet they join in one flow, rolling together in all directions simultaneously. The simplified animation grab below hints at their fluid, connected motion.

Yet 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. Thus, most may prefer to perceive one elliptical entity within *the empty breath* at a time. Yet you can never revisit the same one. The elliptical entities are in a perpetual state of flux, devoid of any sameness. Thus, the only way to stay attuned to *the empty breath* is to go with the flow as it presents itself in the current moment.

To capture the spacey motion within *the empty breath* while surfing it, Alexius gathered images online – mainly animation grabs from Electromagnetic Plasma Energy Light. However, this one is from DeviantArt. It simplifies the countless elliptical entities that populate *the empty breath* when we're *surfing it*. The illustration shows only a few, but there are actually countless, each moving in its own direction and at its own speed, yet in *one perpetual present*.

Surfing the empty breath: going with the flow

When you surf the empty breath, you ride two non-definitive, yin-yang-shaped waves that align with an elliptical entity within the empty breath. These waves resemble those pictured below, but without colour. As mentioned, the empty breath is colourless, so any hues in the illustrations are. Duality Hack #8.1 offers ways to manage this.

But you're not confined to vertical waves. You can also surf them in a horizontal elliptical entity or anywhere in between. However you ride, whether vertically, horizontally or diagonally, you get *the bliss of nothing*.

Experiencing *the empty breath* isn't about perfect timing. Its flow doesn't need to match the physical breath exactly, because it's experienced through outward-facing consciousness. The empty breath is felt through inward-facing consciousness, which is non-restrictive.

When *surfing the empty breath*, you ride one or more of its countless elliptical entities. Some are short, others long, narrow, wide, or nearly invisible. Most are elliptical – some nearly circular – and each contains two yin-yang-like waves, echoing those shown on page 481), except that they're colourless. The colours in this and the other pictures of *the empty breath* are merely for illustrative purposes.

Thus, missing part of a wave or barely sensing it is perfectly fine – there are no rules here.

What matters is simply following the flow as it arises. When you do, the physical breath fades from attention. Then, without your attempts to manipulate it with ideas of synchronisation, balance, or wholeness, the brain naturally manages the physical breath.

An ecstatic way to surf the waves in the elliptical entities within *the empty breath* is to go the whole way around one of the waves, then continue by going the whole 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.

Riding both waves where they meet the non-definable edges of a vertical elliptical entity, moving over the head and below the lower abdomen, frees the body from the restrictions of mental wellness ideas, enabling it to naturally communicate with its biological system. See page 493 for guidance on using *the empty breath* for healing.

For illustrative purposes, Alexius uses the yin-yang symbol to represent the two waves within *the empty breath's* many elliptical forms. However, these waves are not easily definable. Actually, they resemble whirling galaxies more than simple symbols. *[Image from the internet]*

Surfing the empty breath versus *the swing of it*

When surfing *the empty breath*, you eventually discover other ways to experience it, like the swing of *the empty breath*. Unlike surfing it, this is more in touch with outward-facing consciousness. Consequently, *the swing of the empty breath* is great for daily activities. In contrast, surfing *the empty breath* is perfect for periods of relaxation, such as in the park or on the sofa.

Fortunately, if you accept it, *the empty breath* naturally synchronises your inward- and outward-facing consciousness, adapting to your present needs (see page 523). 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, through the outward-facing consciousness, he felt intensely touched by Trylle's dying, while via the inward-facing one, he was indifferent to the outcome. Consequently, their togetherness continued regardless of Trylle's physical death. See page 530.

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 local beach.*

The swing of the empty breath

Surfing the yin-yang-like waves in *the empty breath* is primarily a no-body experience. By contrast, the swing of *the empty breath* lets you gently sense your body through the outward-facing consciousness, while the inward-facing consciousness tunes you into the swing itself.

As this happens, the undefined of *the empty breath* emerges, as shown in the four animations to the right. The blurred curved line, located approximately in the middle of *the empty breath*, generates the swing of *the empty breath*. It expands and contracts the body in a steady, rhythmic flow of breathing in and out, making you feel the swing of *the empty breath*.

At first, your chest may feel too small for the swing of *the empty breath*, even though it brings nothing but emptiness. The breathing rhythm might feel slower than when you imagined you were in charge of breathing. The pause between expansion and contraction probably seems longer than usual. Soon, however, the swing of *the empty breath* makes you feel so vibrant that you're not bothered by small details like that. You also don't notice that your experience of the swing is inconsistent.

For instance, when you breathe in, you may feel the swing of the curved line only at the bottom. When you breathe out, you may sense it at the top. It could also be the other way around, or you may feel it only at the bottom or the top. You may repeatedly see the curved line move up and down simultaneously. The erratic character of *the empty breath* is what makes it so captivating.

Like the other ways of experiencing *the empty breath*, it presupposes that you acknowledge you aren't in charge. When using the technique for *the immortal sweetness* (page 611), you automatically lose focus and, thus, control, enabling you to become a vessel for *the empty breath.*

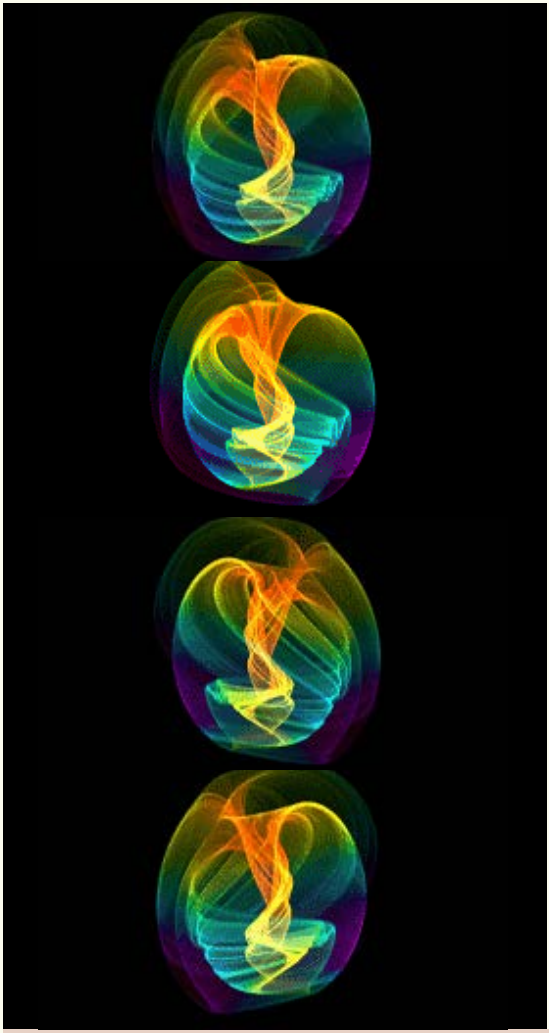
The engine of the empty breath

In addition to feeling the swing of *the empty breath* or surfing its endless, elliptical forms, we can sense *the engine of the empty breath* – a constant stream of energy. When we're ready for something that is not rhythmic but chaotic, this unstructured energy appears somewhat as in the above animation grabs.

This 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.

Being in touch with *the engine of the empty breath* is like spinning through a limitless, undefined world, beyond the limits of identity. The release feels like dropping a heavy load, enabling us to bask in *the bliss of nothing* rather than the frustration of something. We become fountains of joy – feeling weightless, free, everywhere and nowhere simultaneously.

Unlike the swing of *the empty breath*, but like surfing its waves, *the engine of the empty breath* is



The swing of the empty breath can't be pinned down – it has no fixed form or movement. Yet, in the animation grabs above you might sense *the swing of it* emerging from a blurred curve approximately in the middle of *the empty breath*, blissfully expanding and contracting the body. [The animation grabs are from this animation]

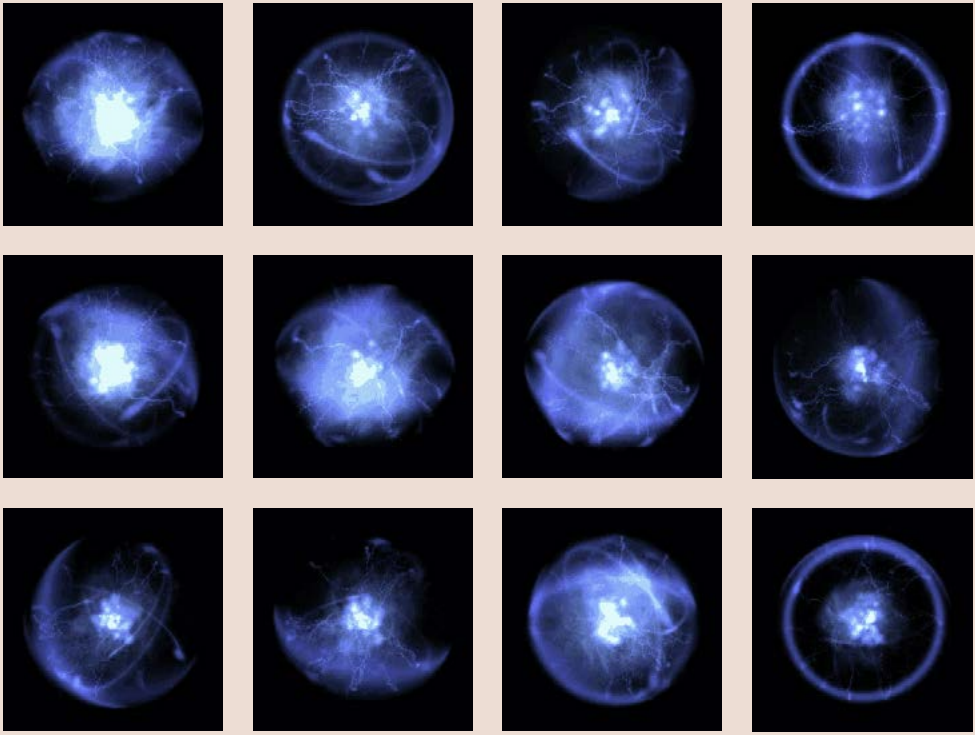
experienced both inside and outside the body – or rather, as if those boundaries disappear. It's often easier to access this energy from the outside, so the body's compactness seems less of an obstacle. From there, you naturally go everywhere, which may lead you to *surf the empty breath*, experience *its swing*, or hear its subtle sound..

The sound of the empty breath

The three main ways already described for experiencing *the empty breath* each seem to have a distinct structure. However, *the sound of the empty breath* has no structure. It's simply indescribable – a sound beyond definition.

When you forget yourself, you hear this pulsing sound at the back of your head or in the space behind it, or both, as if it's the same unbounded expanse. In this vastness, you hear nobody whispering 'so-ham' from afar. You might also sense this unspeakable rhythm

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. This is neither a loss nor 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 disorderly current of energy underpins the indefinable elliptical shape that constitutes the empty breath. Even though the particles in the engine are moving in a completely unstructured way, at any speed, fast or slow, it's such a relief to be in this chaos. Its lack of structure hinders you from focusing on anything in particular, as if you were in a fountain of sparkling joy.

rising from your throat, filling your head as if it were an empty cave. But don't try to pinpoint the sound's location. Instead, patiently wait, confident it will reveal itself wherever it 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. Simply relax and revisit this space another time – perhaps while practising the technique for *immortal sweetness* (page 625) to defocus.

Alternatively, momentarily forget this boundless space. Then, silently say ‘so’ while breathing in, and the body begins to expand from the lower abdomen. Then quietly say ‘ham’ while breathing out, and the body contracts from the chest. Eventually, without any effort on your part, *the empty breath* reveals itself as a steady, rhythmic sound.

Hearing a faraway sound that isn’t produced by anything may be so astonishing that you’re unaware its rhythm corresponds to the body’s natural processes, thereby letting the physical breath flow freely. Yet you’re aware that hearing this remote sound makes you feel both relaxed and revitalised, whether at home with eyes closed or out and about with eyes open..

Perhaps the remote sound of *the empty breath* doesn’t immediately strike a chord with you. Instead, you’ll find resonance in the intense feeling that comes from its sound of nothing. You feel its sparkling vibration, whether you hear the sound or not – just as those who can’t hear still sense the pulse of deep bass.

Connecting with the empty breath *is simple – trying too hard only complicates it, much like learning to swim. So don’t force special breathing or create a soothing setting. Instead, step into the uncontrolled speed of thoughts and emotions to have their unbound energy spark a take-off into* the empty breath. *This is as natural as breathing itself.*

Yet, it's not a weighty experience. On the contrary, this sparkling vibration delicately dissolves the borders of the body, fading the usual notion of separation between the body and its supposed environment. In other words, the perception of a definable border between the body and its environment disappears, generating a sense of floating in nothing and everything.

Imagine yourself on a sofa, attuned to *the empty breath*. In its flow, the sofa and your body blend, their edges dissolving. Since this dissolution of borders extends to everything, the belief in separation fades.

But even when you realise the world is an illusion – like a game whose story plays out on schedule – it still unfolds predictably. What changes is your relationship with it. You relate to it as a fictional world in a roleplay, where you play your assigned role. See Duality Hack #2.

Through *the sound of the empty breath*, you may drift into glimpses of Enlightenment. Visually oriented people see *lucid light* (page 617), and those attuned to sound hear *lucid light* (page 617). If you delight in taste and scent, you'll taste the *immortal sweetness* (page 625). Emotionally driven people sense *the echo of oneness* symbolised by *Aum* (Duality Hack #11.4), which, unlike *the sound of the empty breath*, is a non-rhythmic hum.

Please note that the unspeakable sound of *the empty breath* may not be immediately revealed when you say 'so-ham'. You might only catch the distant 'ham' sound, not the complete 'so-ham' sound. However, your devotion to hearing *the empty breath*'s sound of nothing, produced by no one, is what matters. In return, *the empty breath* shows its gratitude by giving you all it has: *the bliss of nothing*. It frees you from the craving for something.

The empty breath can't be explained

The empty breath draws you into *a state of not-knowing*, making it difficult for Alexius to describe what it feels like. He had to shift

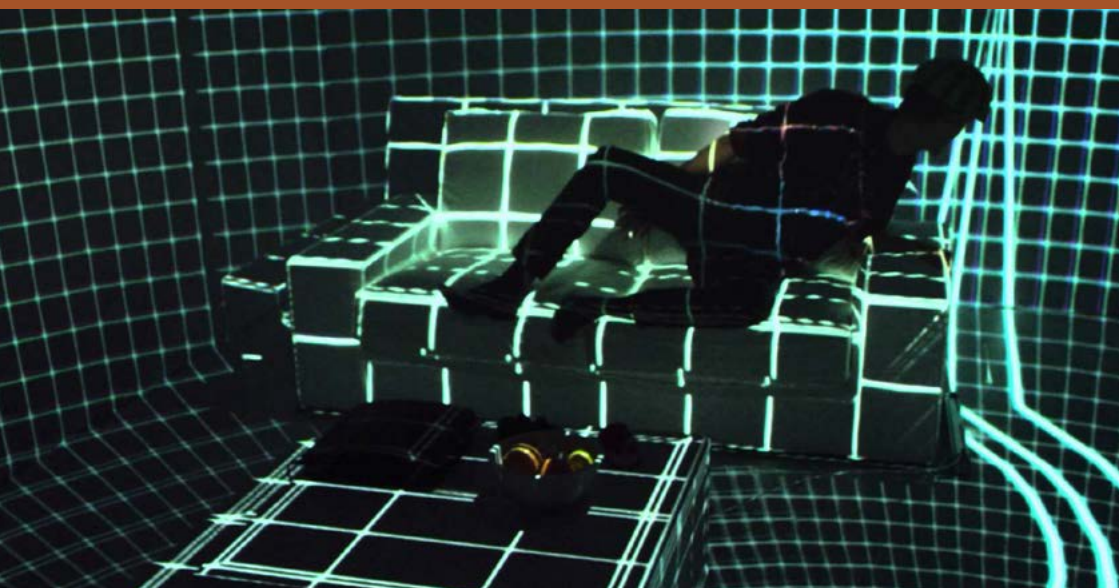
quickly between *a state of not-knowing* and a conscious experience of being someone, relying on faint memories of being in *a state of not-knowing* to capture the experience.

While the connection with *the empty breath* is impersonal, Alexius' recollection is personal. You may remember it differently. If this seems confusing, don't try to figure it out. Instead, follow the uncontrolled energy of your perplexity to spark a take-off into *the empty breath*.

You're welcome to contact Alexius (page 1) for support. However, he can neither help you nor himself, as he, like *the empty breath*, sees somebody as nobody. Hence, 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 spark a take-off into *the empty breath*.

That said, your eyes don't have to be closed, and you don't have to go anywhere specific to spark a take-off into *the empty breath*. You

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 as making a difference, separation is an unknown concept. *[Image from the internet]*



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*. But remember, just as a remote control doesn't create music, these methods don't produce *the empty breath* – they simply set the stage for it to emerge.

APPENDIX: *Surfing the empty breath* to heal

Usually, Alexius surfs *the empty breath* without caring about directions, satisfied with its indifference to something and thus in *the*

The sound of the empty breath *emerges from nothing, yet hearing it is as if being everywhere.*

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, healing that belief frees the body from our mental domination and reconnects it with the biological system, which, according to its physical blueprint, heals the issues we assume are located in the body. For instance:

- BACK PAIN: If you struggle with back pain, you can ease it by continuously surfing the whole wave behind it, not the wave in front, within 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 you interpret as caused by psychological issues.
- HAY FEVER: Surf both waves fully in a horizontal elliptical entity floating around the head.
- IBS: Surf around both waves within a horizontal, elliptical entity surrounding the stomach.
- COPD: Surf both waves fully in a horizontal elliptical entity at the chest.
- GROUNDING: Surf both waves where they meet the edge of a horizontal elliptical entity, passing through the lower abdomen or further down.
- SPASMS: If the spasms are in the hips or lower abdomen, or if those areas are blocked, you surf the whole wave behind the body, then the one in front, within a horizontal elliptical space 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, and thus the waves, adjust according to the needs of each area.
- IMPULSIVENESS VS DELIBERATE: By surfing all the way around the wave to the right in a horizontal elliptical entity that

If you notice improvements in your body, they are not a direct outcome of *the empty breath*. Indirectly, though, *the empty breath* initiates a healing process. This is because when experiencing *the empty breath*, psychological concerns are not projected onto the body. Hence, it can be healed based on its physical blueprint rather than our mental constructs, making you feel lighter and less burdened. *[Image is from the internet]*

goes around the head, you improve your ability to act on your impulses. If you want to be more deliberate, surf the left wave instead.

- FUTURE MINDED: To undo the habit of constantly worrying about the future, surf 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. Trust that its emptiness heals you of the belief in being something, thus in *the bliss of nothing*.

Our experiences suggest we live 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*

Bright descriptions and examples show that *the empty breath* leads to *a state of not-knowing*. Hence, being indifferent to separation, suffering vanishes.

The nothingness of *the empty breath* makes you indifferent

When Alexius connects with *the empty breath*, he often arrives in its speedy, chaotic engine (page 487) through inward-facing consciousness. But no matter how he feels this, *the empty breath* always brings indifference. However, that's hardly a feeling, since nothing seems to make a difference.

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Many people seek approval via social interactions in the physical, astral, or digital world. Such dependence may feel restrictive and create a craving for freedom. By contrast, *the empty breath* needs no affirmation. Remaining empty, its nothingness lets you rest in *the bliss of nothing*, free from the emotional prison of seeking approval.

When connected 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 meeting *the empty breath*. You experience it when you are not busy trying to construct a specific feeling, but instead use your frantic power to spark a take-off into *the empty breath*.

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There are several ways to feel you're someone substantial. But there is no way to feel *the empty breath* except by 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 487).

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You may feel constrained when connected with *the empty breath*. However, it's a projection arising from suppressing specific emotions to maintain a unique self, leaving you feeling confined by your self-image.

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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 prove their uniqueness.

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The empty breath, devoid of personality and personal articulation, is adaptable. It adjusts to your perception of yourself, so its regular flow seems weaker when you're unwell or fear the end is near.

The empty breath is *the bliss of nothing*

You don't experience *the bliss of nothing* if you expect something from *the empty breath*, because *the bliss of nothing* comes from the absence of something.

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Experiencing *the empty breath* is like endlessly unwrapping new gifts. The pleasure of not knowing what comes next makes each moment an adventure.

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It's easy not to think about something specific when engaging in Nordic Walking, thus provoking a take-off into *the empty breath*. Conversely, clinging to specific thought constructions may trigger

your defence mechanisms against *the bliss of nothing*. But this doesn't mean your defence mechanisms must be eradicated to get *the bliss of nothing*. If you don't suppress their natural energy, it sparks a take-off into *the empty breath*.

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As connection with *the empty breath* makes you indifferent to apparent differences in your experiences, there is nothing to be excit-

The empty breath *is indifferent to differences, so being loved or unloved holds no importance.*

ed about. As this exposes the emptiness of your experiences, you experience *the bliss of nothing*.

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The nature of *the empty breath* is not to bestow happiness but indifference. This frees you from the suffering that comes from chasing after something, letting you rest 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*, regardless of achievement.

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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 from time to time. You also take your car to a garage for a check-up, even though it's not you.

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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: the indifference of *the empty breath*.

Through the lens of the empty breath's *indifference, our experiences of something are revealed as nothing. Thus, in* the bliss of nothing, *our feelings shed their affective load, freeing us from their grip.*

Epilogue

In *Alexius' Duality Hacks*, you've probably read that, since it takes more than one to experience something and there's no more than that which is One, all experiences are fictional. This, of course, also applies to the experience of *the empty breath*.

However, this experience, grounded in an archetypal image of a never-ending rhythmic flow, slowly but surely makes you indifferent to the experience of something, so it doesn't appear to hide that there's no more than that which is One, since it's formless and thus endless.

The empty breath *is indifferent to the world's apparent differences. So, the more you connect with it, the less you crave making a difference.*

Entering a state of not-knowing *is simple. It only feels complicated if you believe you must stop thoughts. Actually, you don't need to halt anything. On the contrary, if you don't block thoughts, they naturally accelerate until their unedited energy sparks a take-off into t*he empty breath – *a gateway to* 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 air quality and the body's state. By contrast, the experience of *the empty breath* relies on nothing.

When you connect with *the empty breath*, you may initially feel as if you have two types of breath: the physical breath experienced through outward-facing consciousness and *the empty breath* experienced through inward-facing consciousness. You may instinctively try to control the physical breath in accordance with ideas of balance and wholeness. Or perhaps you fear that *the empty breath* won't provide the body with enough oxygen.

Rest assured, *the empty breath* always brings the air required to gently expand the lower abdomen, belly, and chest, then contract the body. This cycle continues, perhaps more slowly than expected, with longer pauses between breathing in and out, helping to stabilise oxygen and carbon dioxide levels

Regarding the physical breath, set it free from your control by using *the immortal sweetness* technique to defocus (page 631). Thus, forgetting the physical breath, your body breathes naturally, guided by the brain.

Breathing through outward- or inward-facing consciousness

The medulla oblongata, deep in the brain, is the main control centre for breathing. It automatically regulates breathing rhythm in response to carbon dioxide, pH, and oxygen levels in the blood.

While the lungs perform gas exchange, they do not have muscles of their own for breathing. They rely on brain-driven signals and the diaphragm, a muscle located above the stomach, beneath the lungs and the heart. It's the key player in directing the physical act of breathing (see Wikipedia). This is not only about inhaling and exhaling through the mouth or nose, but also the expansion it triggers in the body. It starts from the lower abdomen if there are no obstructions.

However, if you force the breath through the mouth or nose, your shoulders and diaphragm tighten. This causes the stomach to bloat, prompting rapid or heavy breathing. Thus, concerns about the body enhance outward-facing consciousness and diminish inward-facing consciousness, making *the empty breath* difficult to sense. That

said, nothing changes your experience of *the empty breath* if you remain mainly with inward-facing consciousness.

> *When surfing the empty breath (page 475), you're barely aware of the body. Hence, it's easy to overlook its condition and stay anchored in inward-facing consciousness, untroubled by physical sensations.*

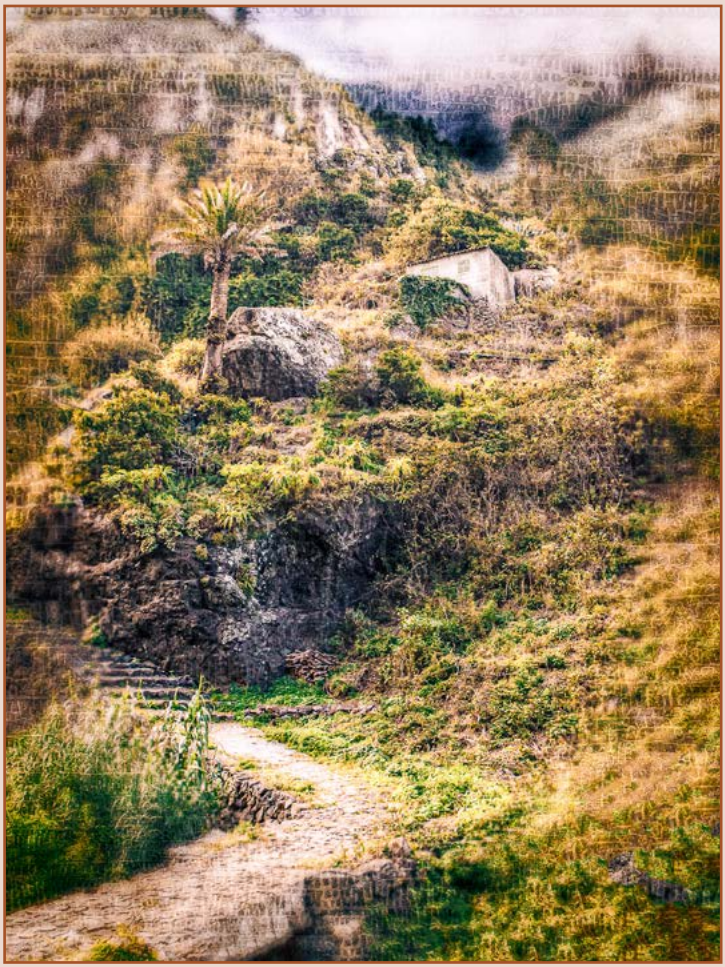
Yet you may find it hard to maintain an inward-facing because of concerns about your body. If so, *surfing the empty breath* (page 480)is a good choice. When you do that, you're hardly aware of the body. Therefore, it is easier to overlook its condition and remain with inward-facing consciousness.

The rhythm of *the empty breath* is so mesmerising that you forget the world of something and slip into *the bliss of nothing.*

The empty breath isn't 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 something specific often leads to disappointment as expectations rarely are met. Thankfully, when not seeking something, we naturally fall into *the bliss of nothing*, relieved of the burden of something.

The beauty is that when you're not preoccupied with the body and, consequently, not trying to perfect it with mental constructs of wellness, the body is free to heal itself physically through its biological system. You can also utilise *the empty breath* to heal specific areas of the body. For instance, if your diaphragm is too tense to breathe freely, you can loosen it by surfing an elliptical entity in *the empty breath* that floats around the diaphragm horizontally (page 493).



The empty breath *cancels out the differences in our experiences. However, we still see them as different, yet we don't perceive the difference as making a difference.*

Psychological problems don't survive *the empty breath*. The differences that define them aren't perceived as making a difference unless you insist on them. Fortunately, this is so frustrating that, if unedited, its uncontrolled energy sparks a take-off into *the empty breath.*

Another way to breathe freely and be with *the empty breath* is to use the technique for *the immortal sweetness* (page 631).

Breathing through the mouth or nose

Breathing through the nose is ideal because it moistens and filters the air before it reaches your lungs. It's also helpful for connecting with *the empty breath*, as you can use the mouth for *the immortal sweetness* technique to defocus (page 611), making it simpler 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

You can find endless facts about the physical breath online, for instance, here. However, since *the empty breath* consists of nothing, there are no facts about it. Fortunately, from personal experience, Alexius can describe how it feels when *the empty breath* is in the driving seat (Duality Hack #9.4). It's so blissful that you're unaware whether it coincides with the physical breath, nor that the connection with *the empty breath* continues undisturbed by the body's physical condition.

For instance, suppose you have a heart, 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 released from the bonds of expectation and fear.

Up and down with *the empty breath*

Though the dynamo of *the empty breath* is transparent, it may be felt in the lower abdomen. From there, follow the swing of *the empty breath* (page 486) to the top of your head, roughly aligned with the body's expansion from the lower abdomen to the chest.

Along the way, acknowledge thoughts and feelings without suppressing any of them. Their unbound energy then sparks a gentle burst at

Suppose you assume there's something better around the next corner. In that case, you may not notice the empty breath*, as 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* whenever you feel like taking a break from duality. Besides, *a state of not-knowing* makes you smile. Hence, as you may still be smiling when returning to the conscious experience of duality, you can easily reenter *a state of not-knowing*.

the crown, dissolving your sense of being a separate self. In this state of not-knowing, it feels as if your body is not there.

This state continues as the body contracts, while you follow the swing of *the empty breath* from the top of the head to the lower abdomen. Thereafter, you keep going up and down with the swing of *the emp-*

ty breath, remaining in *a state of not-knowing*, relishing *the bliss of nothing*.

This doesn't imply that bliss is confined to the breath's flow. *A state of not-knowing* and its bliss of nothing are everywhere. Yet this is commonly overshadowed by experiences of something, convincing us that we're a definitive being in a specific place.

Other ways of going up and down with *the empty breath*

In the example above, you followed *the swing of the empty breath* (page 480), up and down. Alternatively, you might surf yin-yang-shaped waves that coincide with a vertical elliptical entity from front

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 feel it.*

to back of the body, or vice versa, moving up and down in an elliptical motion (page 483).

Furthermore, you could listen to the transparent *sound of the empty breath* (page 483) as you move up and down, perhaps switching between this and surfing *the empty breath*, or doing both simultaneously, while in *a state of not-knowing*.

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 leave *a state of not-knowing* relatively quickly.

There was nothing before there was something. Hence, the empty breath's *nothingness gives you maximum charge when you're not looking for something.*

Fortunately, you leave *a state of not-knowing* with a clean slate, thus returning to the conscious experience of being someone, unconditioned. Hence, launching a new take-off into *the empty breath* is easy. Below, we explore how you can quickly switch between *a state of not-knowing* and the conscious experience of being someone.

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 expansion begins, set off from the lower abdomen and hold onto a memory of something. Thus, you return to the conscious experience of being something.

Yet, with the help of *the empty breath*, you perceive being something as nothing. Hence, you arrive at the head as nobody and descend to the lower abdomen in *a state of not-knowing* as the body contracts. From there, you again go up to the head as somebody and leave the head as nobody in *a state of not-knowing*.

> *You don't perceive the body parts you pass as compact when you're 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 towards non-duality.

From the inward-facing consciousness's single eye

In the samples above, 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 force in the inward-facing consciousness's single 'eye'. It's located between the eyebrows but is unnoticeable to the

Going up and down with the empty breath *to join the interaction between being somebody and nobody is like being in* the duality flow.

outward-facing consciousness. From this calm space between the eyebrows, follow *the empty breath* onward.

First, defocus the single ‘eye’ and patiently await *the empty breath* to unfold as a transparent sound in the space that opens within the single ‘eye’. From here, you may sense the swing of *the empty breath* in your upper body, and with each inhale, glimpse *the Enlightenment of that which is One*.

Whether you connect with *the empty breath* through the abdominal 'dynamo' or from the inward-facing consciousness's single 'eye', you hardly notice the constant stream of thoughts from the brain. So, until returning to the conscious experience of being somebody, you're in *the bliss of nothing*, feeling transparent, regardless of appearing as something.

From the eighth chakra above the head

You might also sense *the empty breath*'s 'dynamo' in the eighth chakra above your head. There, begin in *a state of not-knowing* and, in a vertical, elliptical entity that moves sideways, simultaneously surf both sides towards the heart. Next, contemplate *the bliss of nothing*. Consequently, you are no longer in *a state of not-knowing* when you surf back to the eighth chakra, simultaneously on both

Connecting with the emptiness of the empty breath *can be easier if you link it to something you cherish. For instance, Alexius refers to it as Uma – his beloved cat who has passed on to nothingness. Hence, since she's intangible, much like* the empty breath *itself, the memory of her, linked with* the empty breath*, is like a beam of nothingness piercing Alexius' perceived world of something. Ergo, nothing stops him from feeling connected with* the empty breath.

sides of a vertical elliptical entity that moves 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 surf all the elliptical entities of *the empty breath* at once, 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 reinforces the belief in being a specific person. Akin to a mirage, this illusion fades when you neither let go nor surrender, but instead use the intensity of your unedited desperation to 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 to be connected with *the empty breath*.

If you forget to follow *the empty breath*'s rhythm, there's no reason to blame yourself, because there is 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 yourself to be is exposed as unreal, thus not hiding that which is real.

The purpose of the empty breath *isn't to improve our appearance but to undo the belief in being definitive.*

Hack #9.7, Notes on *the empty breath*

The empty breath regards worldly or spiritual experience as nothing. Thus, experience does not seem to conceal what cannot be experienced: the formlessness of Oneness.

Something is nothing

The empty breath isn't about gaining love, health, wealth, or success. Instead, it's about realising that being and having something is nothing, because reality is the formlessness of Oneness. Still, while we appear in a world of appearances, we need something, such as food and shelter, to survive (see Duality Hack #3.6).

Fortunately, the empty breath synchronises outward-facing consciousness's world of something with the inward-facing consciousness's abstractness in a ratio that enables us to enjoy something like food, even as we recognise its ultimate emptiness.

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Since Oneness is formless and thus endless, it's impossible to depart from it. If we believe we're in a world formed by time and space, *the empty breath* is our life-jacket.

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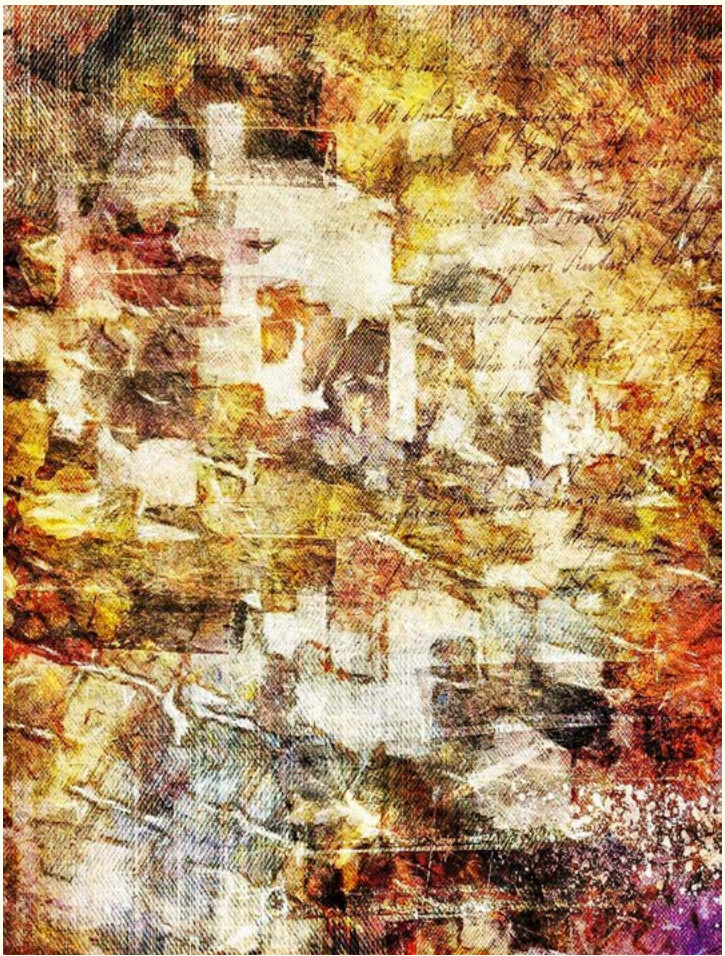
When you don't label an experience as something, you are the bliss of nothing.

Images on a computer screen look real thanks to clever patterns of zeros and ones, brought to life by software composed of them. Similarly, the brain, our own 'app', processes our experiences from nothing, generating the illusion of us as someone definitive experiencing a world of something.

But *the empty breath*, unprocessed by the brain, doesn't see us as someone definitive 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*. It doesn't mean we ignore feasible needs – if



Many complain that digital media overwhelms them with information, but it's not the quantity that makes them feel stressed. It's their urge to organise all the information according to their belief system. Thankfully, if you don't suppress the feeling of stress through meditation but instead join the uncontrolled energy of stress, it sparks a take-off into the empty breath. In its nothingness, you're indifferent to stress.

we break a leg, we still treat it. But seeing it as nothing frees us from needless worry.

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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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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*.

A pencil can't erase its own writing – it needs an eraser. Likewise, we can't undo our belief in duality alone. Fortunately, the sound of the empty breath *(page 488) acts as an eraser, patiently erasing the belief in duality and eventually uncovering non-duality.*

The bliss of nothing exposes the appearance of something as nothing

The function of *the empty breath* is to reveal that what we perceive as something is nothing. Thus, something doesn't conceal the formlessness of Oneness. It's like realising that the world in a dream is not something but nothing, and so it doesn't hide that you're in bed. Of course, you could contemplate not being in a world of something. However, it often becomes a joyless debate rather than *the bliss of nothing*.

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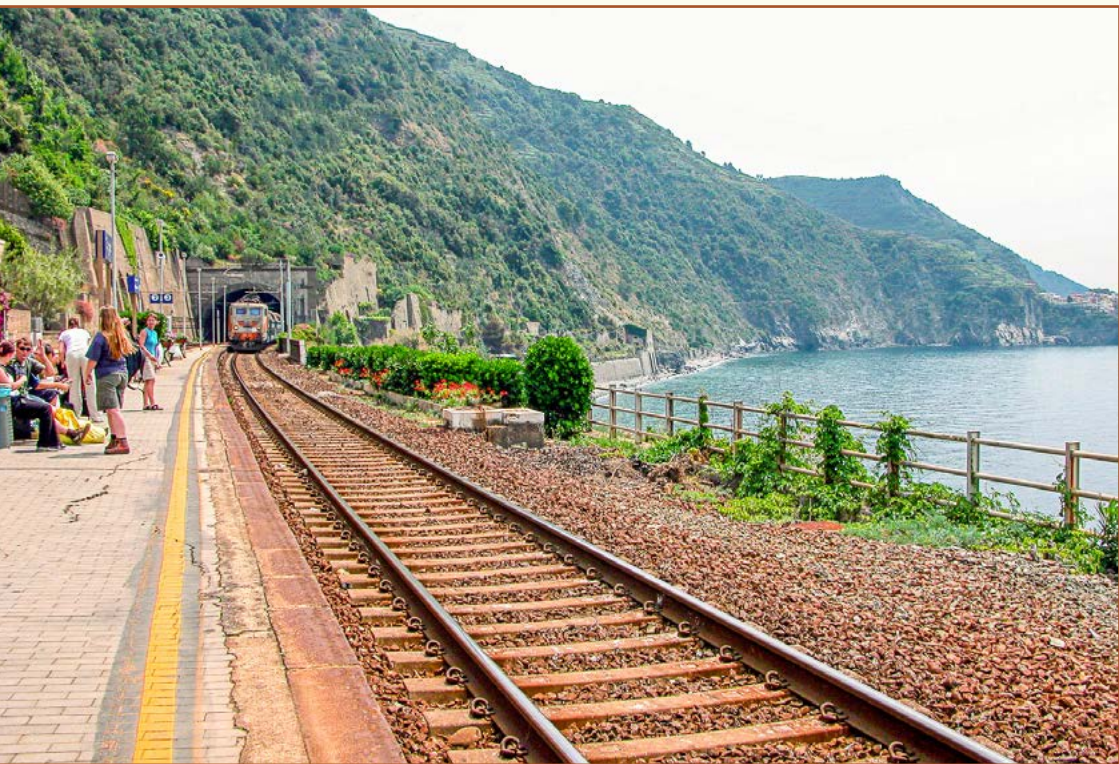
Because you perceive every event through a remix of memories that you adjust each time you recall them to emphasise that everything revolves around you, your perception doesn't match others' views of the same event.

A dreamer never leaves their bed, yet appears in many dream worlds. Similarly, that which is you is always the formlessness of Oneness, even as you appear to move through time and space.



This leads you to think that others are wrong and to try to correct them. The more you seem to succeed, the more your memories prove right, thus imprisoning you in the past. Luckily, *the empty breath* – like a mild 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 of something.

How to spark 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 reactions to these experiences through the lens of a specific philosophy, treating feelings such as 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.

Fortunately, when frustration isn't suppressed, it carries unbound energy that automatically sparks a take-off into *the empty breath*, wiping your slate clean. 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 never leave it. Thus, if you believe you're in a world with more than one, all you need is to have the empty breath *erase that belief.*

Starting a take-off into *the empty breath* is no different from allowing your body to respond naturally to sexual arousal – no conscious effort or thought 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 sparks a take-off into *the empty breath* when you follow its intense energy.

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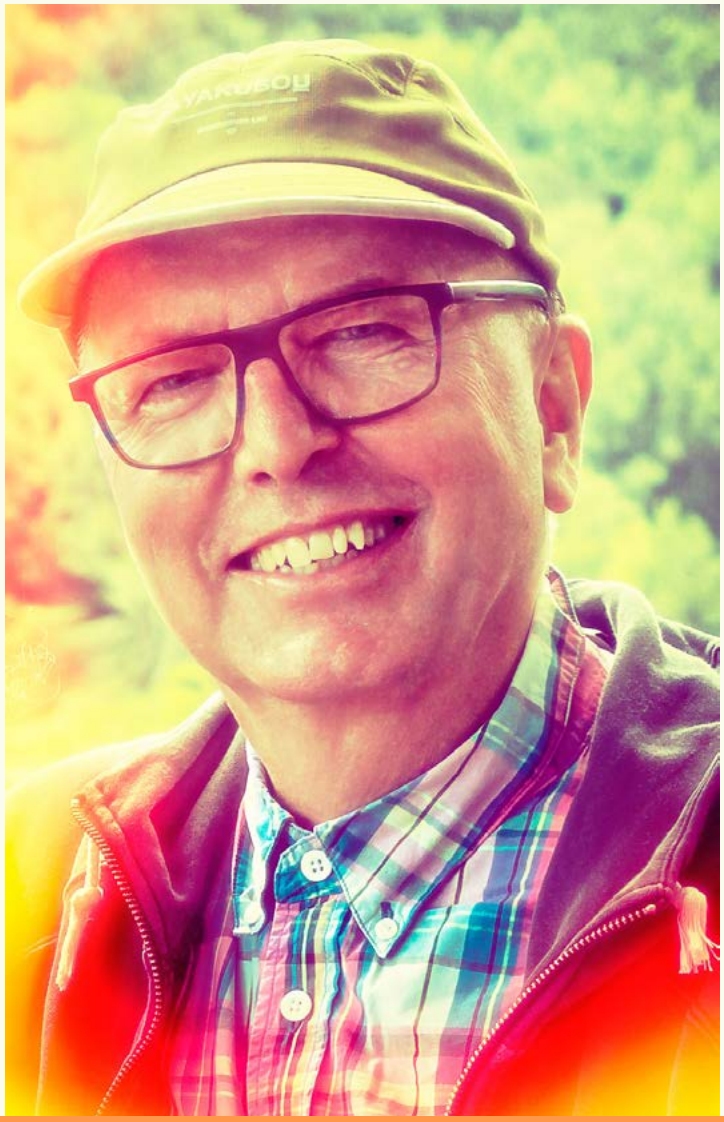
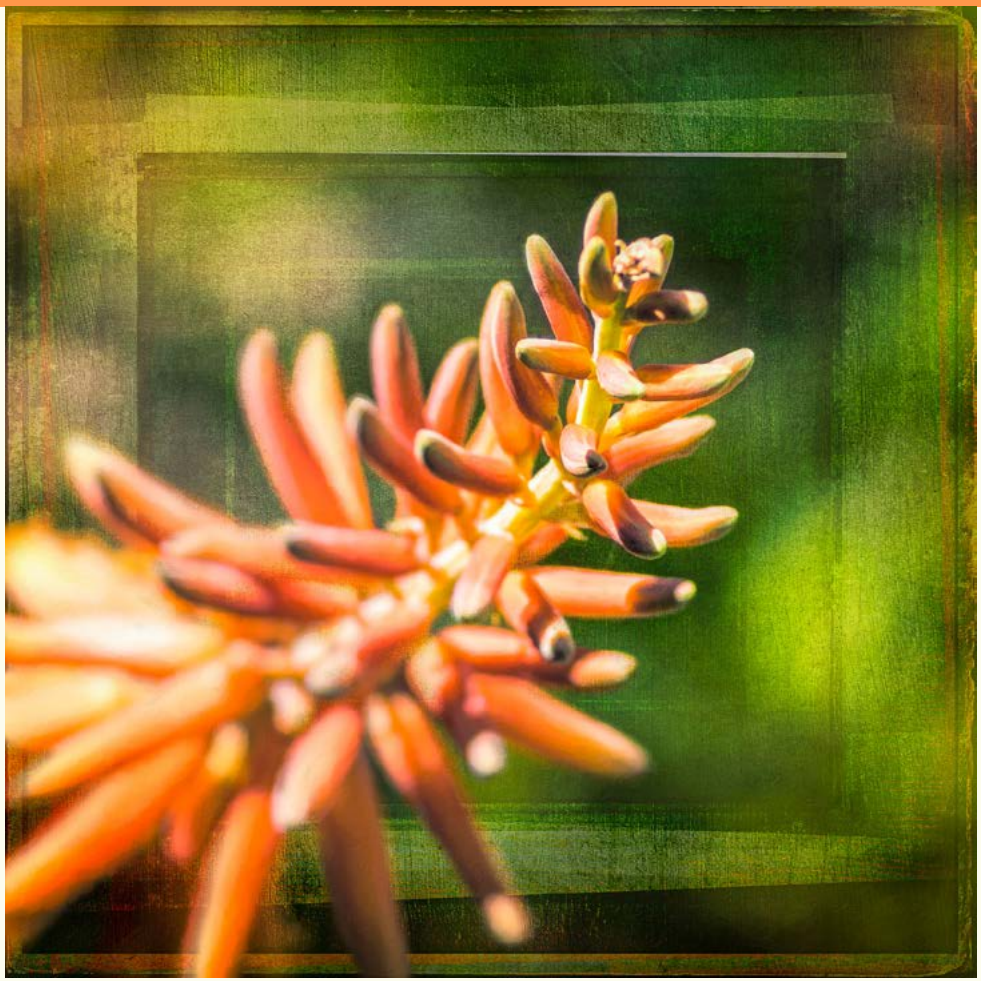
Joining with the empty breath *is as easy as going with the flow of sex. However, the latter doesn't undo the belief in being someone unless the orgasm's energy is used to spark a take-off into* the empty breath.

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 nobody. This raw unwillingness contains the spark that launches you into *the empty breath*.

As a teenager, Alexius devoted himself to the whereabouts of the empty breath *every evening. Thus, he fell asleep in* the bliss of nothing. *However, since others were mainly interested in something substantial,* the bliss of nothing *seemed foolish to bring about. Thus, 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 finally named the gateway 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. By contrast, you experience the world of the inward-facing consciousness, when there's no effort to focus.

Hack #9.8, Inward- and outward-facing consciousness

The empty breath shifts the ratio between inward- and outward-facing consciousness in relation to our present situation. For instance, after a childhood accident, Alexius forgot who he was, so the ratio between the two modes of consciousness was reset. In this case, inward-facing consciousness took the lead, and Alexius began afresh from a more abstract perspective.

Inward-and outward-facing consciousness

Every experience, whether by inward- or outward-facing consciousness, is fabricated by the brain out of nothing. The inward-facing consciousness's abstract world is lightly processed from frequencies of nothing, and the outward-facing consciousness's substantial world is heavily processed from the same frequencies. They only seem real because we find being someone in a world with more than one more thrilling than being pure Oneness.

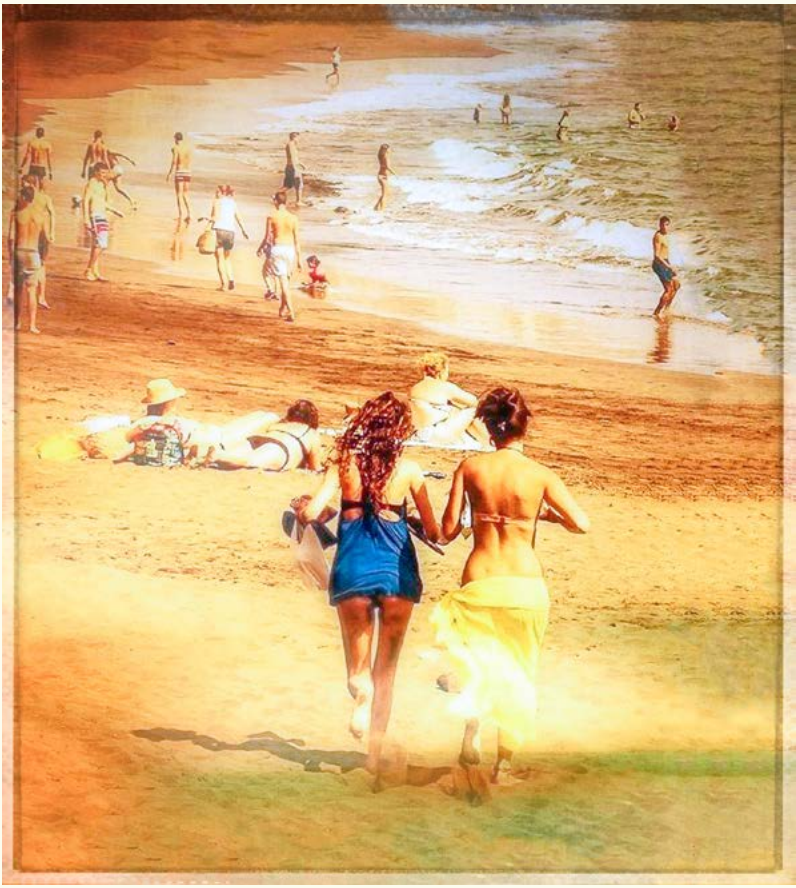
These terms for consciousness don't refer to its location but to where we perceive something unfolding. Experiences through inward-facing consciousness are abstract, so we perceive them as coming from 'within'. This abstractness is an incomplete version of the material world experienced through our outward-facing consciousness, perceived as 'without'.

Through inward-facing consciousness, we encounter an abstract sphere in which time and space lose their solidity. Still, inward-facing consciousness isn't any more real than outward-facing consciousness. Both rely on the illusion of more than one, and there's no more than which is One. Yet the brain isn't trying to deceive us with its experiences of more than one. We have asked it to create them so we can forget that which is One and feel the excitement of more than one.

In the world of the outward-facing consciousness, we often try to meet others' expectations, adapting our behaviour to fit in. But in the abstract world of the inward-facing consciousness, there is no pressure. We're free to go with the flow, liberated from the need to define ourselves by external standards.

The abstract experiences of the inward-facing consciousness arise 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

It takes more than one to ask a question, but since Oneness is formless and thus endless, there's no more than One. Consequently, 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?«*



we appear as nobody in the world of the inward-facing consciousness, we haven't entirely abandoned the belief in being somebody.

Yet the brain doesn't care whether we prefer the world experienced within or without. Both make us believe we're somebody in a world with more than one, thus concealing that reality is Oneness.

> *Everything is invisible and colourless until the brain ascribes it to something with a specific shape and colour, which we confirm as real by responding to it.* The empty breath*, however, doesn't respond to anything. So, because it doesn't ratify the brain's assignments,* the empty breath *remains nothing.*

The empty breath syncs the inward- and outward-facing consciousness

Once a connection has been established with *the empty breath*, it becomes a stable anchor, continuously synchronising the outward- and inward-facing consciousness in a ratio adjusted to our present situation, supplying a quick, smooth solution. Even if you forget it, *the empty breath* does this because it doesn't recognise 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.

During the day, *the empty breath* generally synchronises the inward- and outward-facing consciousness in a one-to-one ratio. For instance, our discomfort in the low-frequency world of the outward-facing consciousness is synchronised with the high-frequency world of the inward-facing consciousness. Thus, we feel calm and forget our conditioned view of how we should be in the outward-facing world.

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.

Even though *the empty breath*'s synchronisation of the outward- and inward-facing consciousness brings immediate relief, you might cling to misery to prove you've been wronged. 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 being, you feel frustrated when that state doesn't last.

Being nobody feels uncomfortable until you realise that, in being empty, you're a vessel for the empty breath*. It takes you into the high-frequency world of inward-facing consciousness, where glimpses of Enlightenment become the basis for experiencing the low-frequency world of outward-facing consciousness.*

Fortunately, 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, and to forget that you felt frustrated just a moment ago.

In the world of the outward-facing consciousness, but not of it

As a teenager, Alexius' perception of himself and the world shifted drastically. Disoriented and bloodied after an accident, he fumbled home and, in a daze, asked his mother, »Who am I?« This changed the proportionality of outward- and inward-facing consciousness. The latter became the basis for Alexius' perception of himself within the domain of outward-facing consciousness.

The image above is a leaf from a palm tree that Alexius has processed to reveal its abstract form as experienced through 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, because Oneness is formless, it's endless and therefore everything.

Alexius processed this picture and the one beside it from the same digital photo. Rather than adding elements, he used the existing digital data in different ways, producing unique visual impressions.

This resembles how the brain spins countless experiences from the same emptiness, shaping nothing into apparently distinct realities.

This distant relationship with the outward-facing consciousness became Alexius' new normal. Yet his parents, believing he had returned to his usual self. Yet his parents, believing he had quickly returned to his usual self, were unaware that his apparent normality was an automatic response. *The empty breath* automatically synchronised the outward- and inward-facing consciousness, prompting him to react as his parents expected in their presence.

His new self, far from definitive, was a constantly shifting entity relative to the situation at hand (see Duality Hack #5.4), with *the empty*

With a relative self governed by the empty breath*, the worlds of inward- and outward-facing consciousness are automatically synchronised with our present situations.*

breath synchronising the outward- and inward-facing consciousness for each event.

The way to Oneness is not defined by time and space

Recently, the ratio between outward- and inward-facing consciousness shifted again, with the latter gaining even more prominence. Trylle, Alexius' beloved cat, had battled a severe respiratory illness for three years.

Their relationship was unbreakable, and Alexius was determined to help Trylle. He devoted countless hours to feeding her via a syringe,

The name of Alexius' cat, Trylle*, is a Danish word meaning 'magically making changes'. This was what she did when she died. Although physically finished, she remained with Alexius in* the bliss of nothing*, sweetening it with fairy dust.*

bathing her eyes, and giving her vitamins and medication. Trylle, understandably, didn't like it, so Alexius restructured their home, blocking 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 deeply painful for him to witness her decline. Yet, when he connected with *the empty breath*, he found himself in its indifference, not burdened under sorrow but in *the bliss of nothing*, with his cat about to be unveiled as 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*, past the limitations of time and space.

Uma, Trylle's sister, who had died of the same incurable illness three years earlier, immediately joined their mutual journey in *the bliss of nothing*. So did Nirvian, whom Trylle and Uma had never met physically, as he had died years earlier of cat AIDS. Thus, their nothingness is on a mutual journey without distance to what they never left: the formlessness of Oneness. Anyone can join without a specific reason or mutual experience.

We see certain letter combinations as meaningful. When arranged on a screen, we assume we're reading something authored by someone else. Therefore, we conclude that we're in a world with more than one. However, nobody sees something written by someone else. What we encounter is our own 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 film running so rapidly that no frames are visible – until it slows down. Only then do separate frames emerge, thereby seeming to confirm more than one.

The fantasy of more than one

Imagine an infinite flurry of letters racing so fast they merge into one. Slow down this Oneness, and the letters become distinct, each taking its own form, as if there were more than one.

Then, let's imagine these distinct shapes mingle over time to form myriad combinations, each assigned a specific meaning. This imagination seems to ratify a world divided by space and time, while questioning the formlessness of Oneness.

Thankfully, we can easily undo this time-and-space fantasy, which is maintained by keeping thoughts separate. If we don't prevent thoughts from racing, they blur together, leaving no time for division to take root.

If you need a moment to digest this, it's not because you want to understand it, but to actively slow the pace of your thoughts so they can attest that separation is real and Oneness is 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.

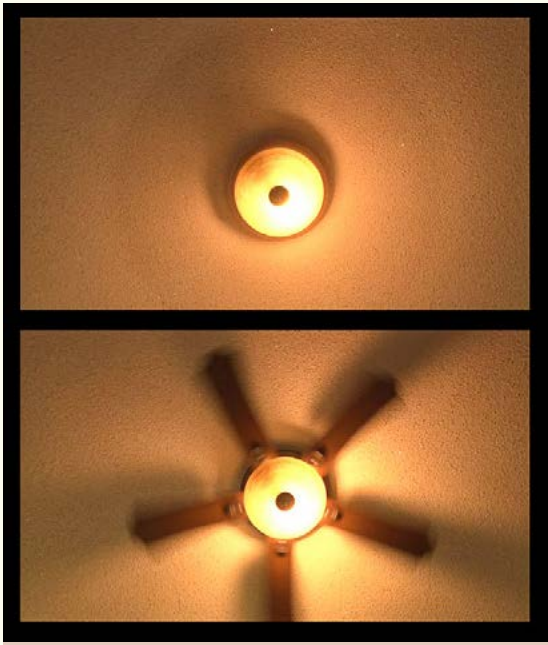
That which is One versus a world with more than one

Oneness can be likened to a film running so fast that its frames vanish. Only when the film slows do individual frames appear, seemingly confirming a world of more than one and denying that which is One.

In this context, our belief in a world with more than one is not undone by slowing down our experience of more than one. Instead, speed up the thoughts, forming our experience of more than one. The faster they race, the less the film 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. Left unshaped, unbound thoughts speed sparks a take-off into *the empty breath*, bringing you to *a state of not-knowing*.

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



The film Lucy illustrates that at infinite speed, nothing remains to be seen. It's one perpetual present – so immediate that no separation defines anything.

Everything moves infinitely fast in that which is One. Hence, there's no separation, as in the first image, where the ceiling fan's extreme speed annuls division. However, when you slow down the fan, distinct blades emerge. Similarly, a world with more than one appears to come into being when we imagine slowing down Oneness' infinite speed.

conditioned to believe it's real. You still appear as someone in this world, but you're not of it. This openness may lead you to welcome *the Enlightenment of that which is One*, revealing that there never was and never will be anything but *one perpetual present*.

Epilogue

Halting or slowing your thoughts leads to a motionless mental state. This numbness, often mistaken for stillness, has nothing to do with Oneness. It's not deadlocked but free-flowing energy, moving so quickly it becomes shapeless – fluid, formless, and limitless.

So, if you wish to undo the belief in more than one, don't slow down thoughts. As they reach immense speed, they blur together, erasing any sense of division, thus uncovering that which is One.

After being absorbed in an activity, whether physical or mental, closing your eyes may reveal blurred, fast-moving images – reminiscent of flickering film frames. If you don't hold back, their unrestrained energy sparks a take-off into the empty breath, where you taste 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, sparking a take-off into *the empty breath. [Image from the internet]*

The Ukrainian pianist Lubomyr Melnyk plays at breathtaking speed, spinning intricate patterns that create hypnotic overtones. The resulting sound is so captivating that you forget it's the velocity and complexity that spark the magic.

Those who yearn for self-development and transformation into a higher self don't want the bliss of nothing, as it comes from being nobody in a state of not-knowing. *Hence, they avoid it by imagining that the bliss of nothing transforms them into someone greater.*

Hack #9.10, *A state of not-knowing* and its after-effect

In *a state of not-knowing*, *the bliss of nothing* gently wipes the slate clean. Thus, when we leave *a state of not-knowing*, its after-effect is unconditioned engagement.

Nothing converted into something

All our experiences are the brain's handiwork. It doesn't even need our eyes open to conjure intense experiences of a world we perceive as outside us. In dreams, it makes us experience sensations like an orgasm without any physical stimulation.

In a mishmash, the brain fabricates our experiences from nothing. When we react to them as if they are something, they seem to establish us as real beings in a material, online, dream, or spiritual world.

The empty breath exposes something as nothing

Suppose you want to reveal that the brain's experiences of something are nothing, whether they appear mundane or spiritual. The most direct path is to spark a take-off into *the empty breath*.

When you don't organise thoughts and feelings into specific categories, they lose their weight and become insubstantial. Hence, their lightness sparks a take-off into the empty breath.

This means not structuring thoughts into forms that make nothing seem like something, so their bare energy can spark a take-off into *the empty breath*.

However, it doesn't make you higher, purer, or more balanced. The sense of being something is part of the brain's deception, in which nothing appears as something, like seeing a mirage in the desert. The empty breath, on the other hand, is like the clear sky above the mirage. It's unaffected by the illusion and thus not part of nothing appearing as something.

Hence, since *the empty breath* gives you nothing but nothing, you slip into *a state of not-knowing*. Here, you don't pick up on the brain's scam of you as someone in a world of something, because you revel in *the bliss of nothing*.

This bliss of nothing is sometimes mistaken for Oneness. But Oneness is neither bliss nor nothing nor something. As it moves forward and backwards simultaneously, it's *one perpetual present*. See Duality Hack #9.9.

A state of not-knowing

The brain takes just a second to turn nothing into your current experience of being someone in a world of something. Therefore, to trace your experience back to its origin in nothing, you mentally rewind for a second. In this emptiness, you encounter *the empty breath*, unprocessed by the brain, which leads 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 as something 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 rather 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 surface. Although *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 began the complex process of constructing your experience of being someone substantial, who is reading these words now. The brain claims it has created this experience from the information it receives from your sensory system. Yet according to science, the world consists of empty space, so the brain receives nothing. Still, most people accept the brain's claim, as otherwise they would be exposed as insubstantial, which is frightening. In other words, one second ago, we were nothing and remain so. Yet to appear as something, we help the brain hide our nothingness by perceiving the experiences it fabricates as something.

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. Therefore, if you linger in *a state of not-knowing* for more than 20 minutes, at most 45, the brain goes into a coma. Consequently, you can't return to the conscious experience of something fabricated by the brain as if it were outside you.

> *You can't welcome* the Enlightenment of that which is One, if you want to experience something because it requires more than one to be aware of anything.

Simply put, you have to exit *a state of not-knowing* relatively quickly if you wish to resume the conscious experience of being someone. Otherwise, the brain shuts down, and *the Enlightenment of that which is One* sets in, leaving 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 continue as always, 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 as nothing. Because of this, they have no hold on you.*

A state of not-knowing undoes conditionings

If you feel inadequate, you've decided you don't meet others' expectations. Fortunately, your assumptions aren't caused by others' behaviour but by how you interpret it. Maybe you think you should be successful, kind, or likeable, so when others seem distant, you conclude you're falling short.

Thus, it's up to you to undo your misery. One way to do this is to enter *a state of not-knowing*. It wipes the slate clean, so when you return to the conscious experience of being someone, your old patterns are erased. Hence, you have no urge to live up to others' expectations.

Alexius, for instance, has no father-son concepts that prevent him from enjoying his son's company as it unfolds.

Departing *a state of not-knowing*

There's no need to worry about staying too long in *a state of not-knowing*, and thus having consciousness erased by *the Enlightenment of that which is One*. Few reach the point where the brain ceases to fabricate experiences in which they appear as a conscious entity experiencing a world of something.

Also, most humans are driven by the desire to make a difference. So they leave *a state of not-knowing* as soon as the brain tempts them with the chance to be someone significant, able to influence others with something unique. Even if you reach the point of no return, 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 particular way. Hence, you happily serve the brain, and thus everybody, because 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 nothing, converted into something. In that case, you don't mind the brain stopping its mapping of empty space as if it were a world of something. Thus, the nothingness of you, via *the Enlightenment of that which is One*, can gently float through a black hole into that which is One (Duality Hack #10.5).

Being a servant feels so satisfying that you automatically enter the duality flow (Duality Hack #8), the continuous interaction of opposites that forms our experiences. However, sometimes you take a break from duality by entering *a state of not-knowing*, which is always nearby when you live to serve.

Be aware that when you're in the duality flow, old sources of pleasure may lose their charm. Satisfaction now comes from the energetic interaction between opposites, not from something specific.

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*. In *a state of not-knowing*, you might catch glimpses of *the Enlightenment of that which is One*. But like a movie trailer previews a film without being the film itself, these

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 no longer see patterns and colours but only one bright light. Then you are at the portal to the Enlightenment of that which is One. Entering it, your consciousness is erased. Hence, there's nothing to gracefully float through a black hole (Duality Hack #10.5) into that which is One.

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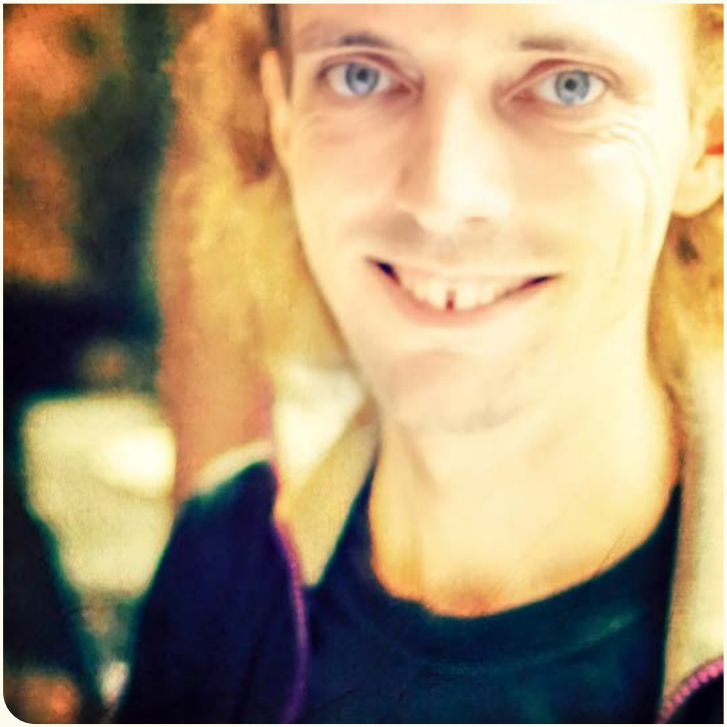
glimpses are only hints, not *the Enlightenment of that which is One*. It can't be experienced because awareness of anything implies separation, and Enlightenment is beyond division.

But we can see, hear, feel or taste glimpses of *the Enlightenment of that which is One*. As we do so with the inward-facing consciousness while still in the world of the outward-facing consciousness, those glimpses of Enlightenment, like augmented reality, are layered atop the world we experience through the outward-facing consciousness without illuminating it. See Duality Hack #3.3.

Actually, the glimpses of the Enlightenment make it harder to see the world of the outward-facing consciousness. Similarly, *the Enlightenment of that which is One*, with its sublime polyphony, makes everyday sounds fade into the background. That's why you'd better set aside such glimpses when engaging in tasks which demand your 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. Hence, you establish a willingness to undo that belief. Such a shift doesn't mean you're suddenly transformed, reborn or awakened. Just as the story of Santa Claus stayed the same after you stopped believing, what changed was your perception – you no longer saw 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 being undone, you aren't disappointed. Instead, you feel at ease, free to explore the illusion of more than one.

When a state of not-knowing *ends, you're nobody pretending to be somebody. Consequently, you no longer cling to relationships for validation as somebody. Thus, with nothing to prove or lose, you can fully enjoy relationships as they unfold in the present moment.*



You start from the ground up after *a state of not-knowing*

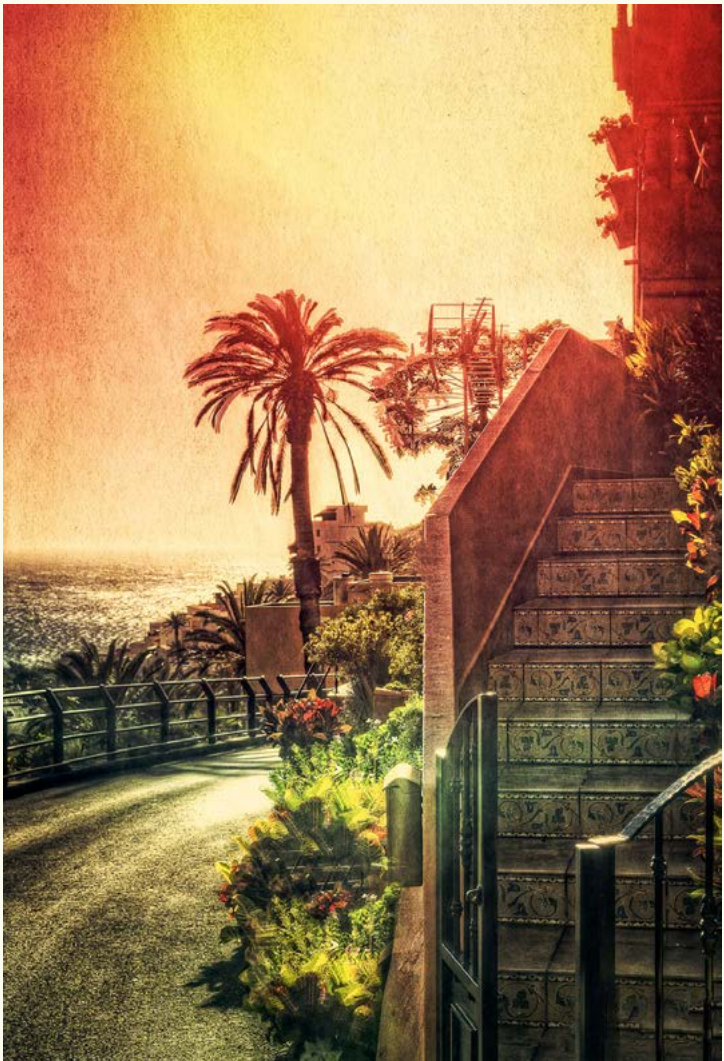
As mentioned, you must leave *a state of not-knowing* after 20 minutes, at most 45, if you want to return to the conscious experience of being someone in a world of something. When you come back, you start from the ground up, stretching the body with no purpose other than fine-tuning it for a world of something.

You stretch like a cat – naturally, without coordination or conscious breathing. Yet, to an onlooker, it might look as if you're practising a formal system, such as Tai Chi. This misconception leads them to believe that if they focus on systematically mimicking your movements, they'll 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*

While the after-effect of *a state of not-knowing* lasts – whether for a split-second or years – your natural response to the brain's duality experiences is twofold by default. Thus, in sync with the brain's duality fantasy, every instant is fulfilling (page 215). However, the moment you entertain the idea that your experiences could be better, complications arise. It's not you but the brain that forms the world in which you appear as a separate being. See Duality Hack # 8.9.

You may shift 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.



Put simply, when you are in sync with the brain's experiences, there's a feeling of completeness. Thus, nothing feels wrong or missing. But if you try to edit the experiences according to your conditioned notions of fairness, you're out of sync with the brain. Hence, something always seems wrong or missing.

Fortunately, if you don't try to fix the frustration this entails, its unbound energy sparks a take-off into *the empty breath*, wiping your slate clean. So, because you are again in sync with the brain's experiences, you feel fine regardless of appearances.

During *a state of not-knowing*, *the empty breath* syncs being nobody with being somebody, so that a world of something is seen through

It's not thoughts that prevent us from being in the bliss of nothing *but the urge to picture them as 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, whereas *a state of not-knowing* is selfless.

the lens of nobody. 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 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 responses often lead to frustration. Thankfully, joining the unbound energy of frustration sparks a take-off into the empty breath*, revealing* the bliss of nothing*. It feels like loving no one in particular and everyone at once.*

The frustration of something versus *the bliss of nothing*

You don't consciously notice the transition from *a state of not-knowing* to the awareness of being someone, because 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 onto your body and the world, so you feel

Parents might say they take their children to the beach for family relaxation, but kids usually aren't interested in relaxing there. Instead, they take pleasure in building castles in the sand, forgetting their parents and happily playing with their castles all day as if they were real.

In the same way, when *the empty breath* invites us to the bliss of nothing, most prefer to build castles in the air, treating these illusions as something rather than nothing.

Just as children one day automatically stop building castles in the sand, grown-ups too will inevitably come to realise that their castles in the air are an illusion of something. When this recognition comes, they are ready for *the bliss of nothing*. Since time itself is an illusion, there's no need to hurry this process. When your dreams of 'something' are played out, they naturally give way to *the bliss of nothing*.

light and free, relieved of 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 firmly established that you revert to a familiar response pattern, leaving *the bliss of nothing* for the frustration of something. Still, this frustration can serve as fuel, launching you back 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.

Yet your old conditioned reactions may take over again, leaving you frustrated, until you no longer hold back your frustration, but instead use its unbound energy to spark 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 excitement of something and the bliss of nothing *until we realise that this excitement inevitably leads to the frustration of 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. So 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* with *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. Don't soothe yourself with meditation or television, but step into the unbound energy of restlessness. This sparks a take-off into *the empty breath*, bringing you to *a state of not-knowing* (Duality Hack #9.1-3).
- FEELING LAID-BACK. Perceive your reaction to your experiences as 'Dunno what it is' to slip into *a state of not-knowing* (Duality Hack #6.5).
- FEELING TIRED. Pretend to be what you feel. As you're not what you pretend to be, you are in *a state of not-knowing* (Duality Hack #2).
- BLAMING THE WORLD FOR EVERYTHING UNPLEASANT. Perceiving troubles as symbols of Oneness, you enter *a state of not-knowing* (Duality Hack #3).

Be aware that *Alexius' Duality Hacks* aren't about healing the body but about undoing the mistaken belief that we live inside it. That said, the more this belief is healed, the more the body is freed from our mental grip. Hence, the biological system can deal with the body materially. See Duality Hack #7.

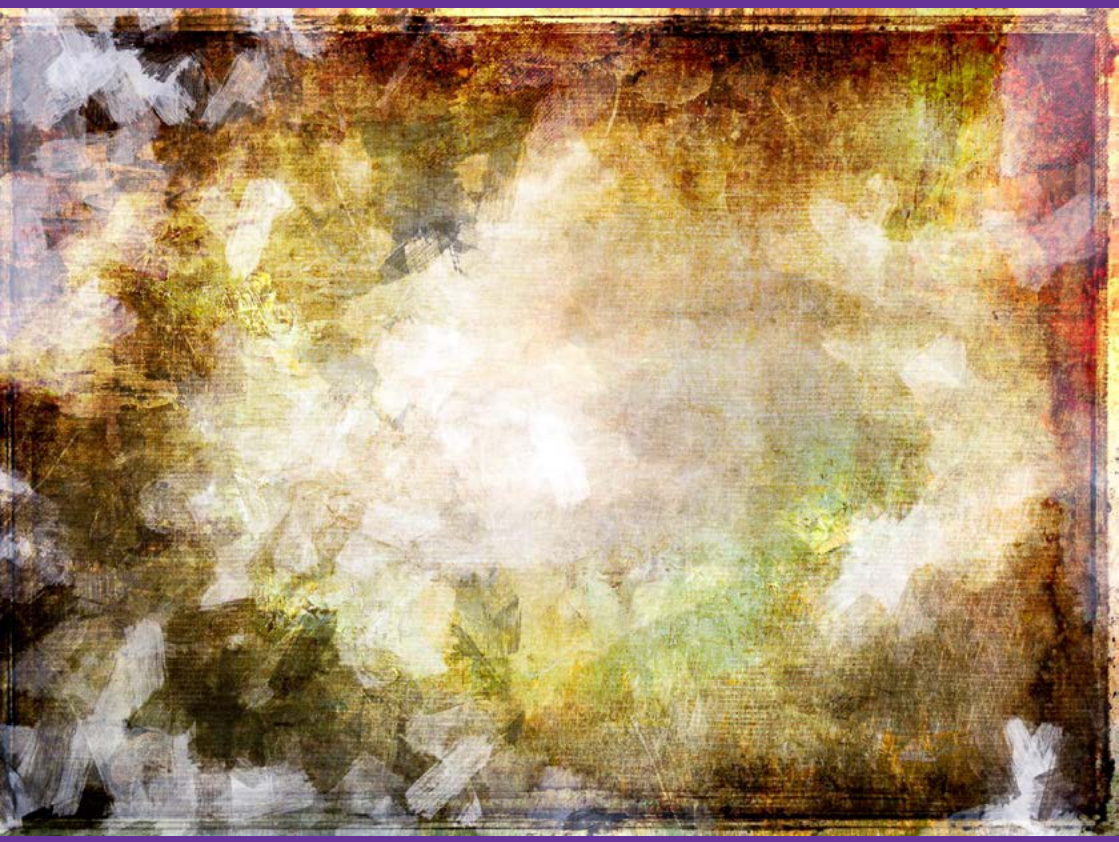
The Duality Flow

If you accept twofoldness as the natural expression of dualism, you're aligned with duality. However, most people shun being dual, instead trying to be one fixed identity. For instance, to appear solely happy, they suppress their sadness. But without sadness as a contrast, happiness becomes an intellectual concept, leaving them disappointed.

Thankfully, if you don't suppress your disappointment, its uncontrolled energy sparks 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*. Here, opposites, such as happiness and sadness, collaborate to make you feel complete.

When you withdraw from a state of not knowing*, negative thoughts pop up as before. Yet, in the after-effect of* a state of not knowing*, you're naturally in* the duality flow. *Thus, as negativity interacts with positivity, it brings a feeling of wholeness, and so negativity loses its grip.*

Read *Alexius' Duality Hacks*
until you feel so blank that connecting
with *the empty breath* happens of its own accord
– or you're so tired of reading that you forget
to control yourself. Then a sudden flash
of energy sparks 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, what cannot be experienced: that which is One.* «

Undoing the belief in more than one doesn't involve transformation but destruction. In a flash, the Enlightenment of that which is One *wipes away consciousness and thus the experience of more than one. Fortunately, nothing real is lost. As Oneness is formless and thus endless, anything beyond one is an illusion.*

HACK #10.1, To welcome *the Enlightenment of that which One*

The Enlightenment of that which is One is neither a process nor an experience but the immediate undoing of the belief in more than one. Since that does not result in something, nothing seems to hide that there never was or will be more than that which is One.

The Enlightenment of that which is One lies beyond consciousness. Thus, no one, including Alexius, can tell you what it is or provide a step-by-step guide to entering it. However, with the reassuring support of *Alexius' Duality Hacks,* you can unlearn the habit of being conscious of anything, thus welcoming *the Enlightenment of that which is One*.

Enlightenment of that which is One erases consciousness

Alexius' Duality Hacks doesn't use the term Enlightened to describe someone who has reached a higher understanding or consciousness. We don't become wiser or loftier through the Enlightenment described in Alexius' Duality Hacks. On the contrary, the Enlightenment of that which is One is the instant end of consciousness. Thus, without awareness, nothing seems to hide that there never was, nor will there ever be, anything but that which is One.

However, most who enter *the Enlightenment of that which is One* fear the termination of consciousness. Therefore, they avoid it by justifying their panic with *the Enlightenment of that which is One*.

Clinging to ideas of Oneness – such as imagining it as a void full of loving beings – stems from a hidden fear of the Enlightenment of that which is One, which shatters the belief in plurality. To sidestep this, you cultivate one or more thoughts that define you as a loving presence in an ethereal location.

This fearful relation re-establishes them as somebody conscious of a world with more than one.

So, if you wish to welcome *the Enlightenment of that which is One*, don't project your fear onto it. Instead, stand by your angst of termination: in the psychological sphere, be frightened and nothing else. Then, since your self-image resides in the psychological sphere and there's nothing left to define you as scared, fear doesn't reestablish you as someone in 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. Then, weightless and shapeless, your nothingness keeps falling through a void, yet simultaneously descending into that which is One, as Oneness is *one perpetual present*.

In short, when fear is fully acknowledged, it vanishes. Hence, since it can no longer define you, *the Enlightenment of that which is One* sets in, ending consciousness completely, so no awareness conceals that which is One.

No particular posture or surroundings are needed to escape the influence of thoughts. All that's required is not to be concerned about their apparent effect.

Remember, standing by your fear isn't the same as embracing it. Embracing fear solidifies your sense of being definitive, making entry into *the Enlightenment of that which is One* impossible.

To welcome *the Enlightenment of that which is One*

No physical posture or kundalini awakening leads to *the Enlightenment of that which is One*. The state of your body, aura, or chakras is irrelevant. *The Enlightenment of that which is One* doesn't enter any of these. That's why, to welcome it, we forget what and where we appear to be.

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None of the exciting stories about awakening or achieving higher consciousness applies to that which is One, but they do apply to a world with more than one, because becoming something requires more than one.

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When you don't seek coherence to make a world with more than one seem meaningful, you welcome *the Enlightenment of that which is One*.

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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 so immediately. That is why no further step is required to return to what you never left: that which is One.

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Some quote old scriptures on non-duality as if they understand Oneness and can teach others how to attain it. But knowing, learning, or achieving something requires more than one, and Oneness is formless, thus endless, so such knowledge is empty.

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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 any one in particular. Then, as their

Trying to understand or organise shuts you off from the Enlightenment of that which is One – *both require the illusion of more than one. This doesn't mean you must embrace chaos. Embracing something also calls for more than one, as it requires 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 look for anything.*

apparent differences make no difference, they become the same, just as the experience of having two eyes. Hence, with just one eye, you welcome *the Enlightenment of that which is One*.

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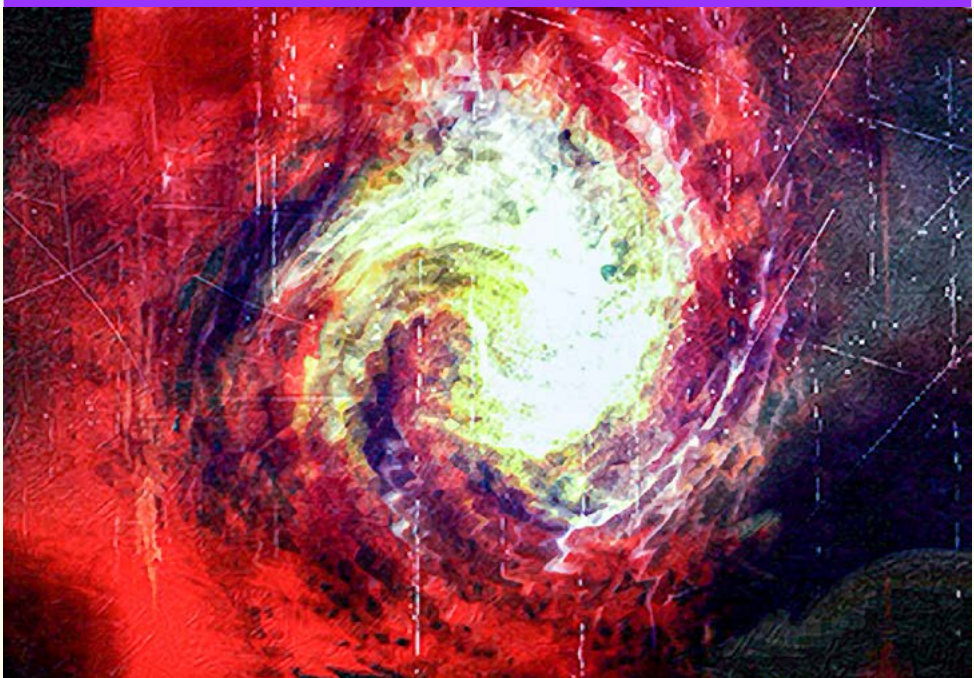
The Enlightenment of that which is One has no levels and doesn't give you anything, because that requires more than one. For the same reason, it doesn't take anything away. Hence, although you seem to lose everything in *the Enlightenment of that which is One*,

The Enlightenment of that which is One defies illustration. Thus, the image Alexius has made, of light both emanating from and being drawn into a black hole, is only a symbolic gesture, a humble attempt to capture the indescribable. *The Enlightenment of that which is One* extracts the thought construction, keeping us together as a specific entity, so that our emptiness can slip through a tiny black hole, bringing back nothing to that which is One. In other words, the last thing you see as someone is a black hole (Duality Hack #10.5). Then you're no longer a separate being and never were, for it takes more than one to be someone.



you don't lose anything – just as you don't lose something when Santa Claus is exposed as a fantasy.

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

- STAY IN *A STATE OF NOT-KNOWING* for 20 minutes, maybe 45, and then *the Enlightenment of that which is One* automatically sets in (Duality Hack #9.10).
- NOT COMPILING SELECTED EXPERIENCES into something coherent, rational thought no longer masks *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 (Duality Hack #4.6). Eventually, with nothing left 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 over a world of

Alexius, with some 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*.

more than one. But if, for instance, you hear celestial music as a single sound rather than many, you welcome *the Enlightenment of that which is One* (Duality Hack #11.1).

The Enlightenment of that which is One or its glimpses

Alexius' Duality Hacks distinguish between *the Enlightenment of that which is One* and its glimpses. The latter can be experienced through inward-facing consciousness, but we can't experience *the Enlightenment of that which is One* because it requires more than one.

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The Enlightenment of that which is One *doesn't change anything in a world with 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 in a world that seems to have more than one. However, as he now remembers that 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 glimpses of Enlightenment. However, you don't experience those aspects simultaneously. Instead, you experience them one at a time (Duality Hack #10.4).

Glimpses of the Enlightenment, like a movie trailer, offer a tantalising taste of the whole. But unlike a movie trailer, these glimpses can evolve into *the Enlightenment of that which is One*, which they represent.

When you don't perceive the glimpses as different, they fuse into one light, sound, feeling or taste, opening the gateway to *the Enlightenment of that which is One*. This does not require you to silence thoughts. They keep streaming in the background until you enter *the Enlightenment of that which is One*, at which point it promptly erases your consciousness and thus all the thoughts you were ever aware of.

As seeing, hearing, feeling or tasting something is a construction of thought, what remains is your nothingness, drifting through a black hole too tiny for anything substantial, into that which is One (Duality Hack #10.5).

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Unlike *the Enlightenment of that which is One*, its glimpses can be experienced. Many believe such experiences expand their consciousness, transforming them into a higher being, wiser and more evolved than others. As this interpretation reinforces the belief in a world with more than one, it appeals to those who prefer to make a difference, thereby denying that reality is One.

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The Enlightenment of that which is One undoes the belief in more than one. However, nothing ever leaves Oneness, since it's formless and thus endless. Consequently, *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.

Reaching the portal to *the Enlightenment of that which is One* feels like riding a carousel spinning so rapidly that all experiences blur together. With no distinguishing features to attest to you as an individual, no one enters *the Enlightenment of that which is One* to experience the return to what was left: the formlessness of Oneness. *[Image 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 One*

Alexius writes about the moment he welcomed *the Enlightenment of that which is One*. It wiped his consciousness,leaving no one to return to what was never left: that which is One.

Metaphorically, experiencing glimpses of *the Enlightenment of that which is One* is like an appealing ride on a fairground carousel, each turn speeding up until its scattered glimpses of light merge into a single, vibrant light: the portal to *the Enlightenment of that which is One*.

Practically speaking, if we don't label glimpses of Enlightenment as separate, 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, no one experiences their nothingness being 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 speak of *the Enlightenment of that which is One* from experience, but from a distant sense of being nothing, floating into that which is One. While his account seems like a series of events unfolding in linear time, it's actually *one perpetual*

Alexius recalls the portal to Enlightenment as a mesmerising light show appearing from nowhere, disclosing a black hole. Or perhaps the light show was ejected from the black hole – or it emerged and retracted simultaneously. Alexius can't say for sure, as a white ring at the black hole's edge immediately absorbed it, erupting into a radiance that outshone all colours and wiped away 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 floated nor was 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're someone definitive, as Oneness defies all attempts at definition. *[Image from the internet]*

present, impossible to capture in linear-time language.

Alexius welcomes *the Enlightenment of that which is One*

One morning in 1972, Alexius wearily returned home after 15 intense hours as a taxi driver. The remaining images of driving back and forth in the dark city, tirelessly seeking fares, began to lose their sharpness, becoming something less definable.

Lost in this haziness, Alexius forgot to establish a fixed image of himself. So, as a non-self, he was in a spiralling psychedelic light show, emanating from nowhere in particular.

Without warning, a black gap with no fixed location or form, resembling a horse's head (page 583) or perhaps an embryo (page 607), abruptly arose from the psychedelic light show. Next, a pure, colourless brilliance – brighter than the coloured light outside the black gap – formed an unbounded ring within the black gap's edge. Simultaneously, it burst out of the black gap.

The light, everywhere and nowhere, absorbed everything, including Alexius' source code

Without warning, *the Enlightenment of that which is One* wipes away your belief in being someone. Simultaneously, a black gap pulls 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, having had a few glimpses of Enlightenment. However, like movie trailers are samples of the whole, glimpses of Enlightenment are teasers, not *the Enlightenment of that which is One*. See Duality Hack #10.5. *[Image from the internet]*

as a conscious being. With effortless force, the light pulled Alexius' non-being through the seemingly impenetrable black gap.

Beyond the gap, there was neither darkness nor light – only an infinite void. Here, Alexius' nothingness kept falling until it was neither falling nor still, neither nothing nor something, but what always has been and will be: that which is One.

As previously mentioned, this didn't unfold step by step but in one perpetual present. Also, Alexius didn't enter Oneness – he never was an entity separate from it. Oneness, being formless, is endless and sizeless. This is not to say that Oneness is enormous. On the contrary, being sizeless, it occupies no space, isn't a vast void brimming with wonders, but simply is: that which is One..

Many teachings on Enlightenment suggest we must get rid of darkness to achieve illumination. However, exclusion breeds 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, because that would require more than 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 it. He'd never heard of the Enlightenment or a black hole. Yet when he later saw images of black holes in the universe, a sense of familiarity came over him. Of course, calling a black hole a path into Oneness is a metaphor. Oneness has no entrance or exit. After all, it's formless and thus endless, so it has no inside or outside.

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 the labelling of what and where you appear to be. 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 an obstacle to Oneness, is actually a devoted ally. It's always there, dutifully carrying out our assigned task: spinning the illusion of a world with more than one. We hope that being in such a world is more exciting than the eternal peace of Oneness. Yet chasing more does not lead to satisfaction but to frustration, because more is never enough in a world with more than one.

Fortunately, experiencing more than one is impossible except in fantasy, kept alive by the brain at your request. But if you're fed up with this fantasy, you tell the brain that you no longer need it to generate experiences of more than one. Though the brain likes its key role in generating these experiences, repeatedly fabricating stories of more than one grows tedious. Besides, you're its only friend, so it gladly helps you bypass the fantasy of more than one to enter *the Enlightenment of that which is One*.

Because 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 reveal themselves as one light, sound, feeling, or taste. It's the portal to *the Enlightenment of that which is One*, uncovering that which is One.

Hack #10.3, Floating into the formlessness of Oneness

We don't return from a dream because we were always in our bed. In the same way, we don't return to that which is One from a world with more than one. We never left Oneness, at it's formless and thus endless.

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 …«*

Since translations of scripture vary and these quotes come from Alexius' memory, your version may differ. That's okay – every explanation of the Enlightenment of Oneness falls short, because describing it requires more than one.

So, though Alexius entered *the Enlightenment of that which is One* at the age of 22, he can't explain it. Therefore, the following are not ultimate statements but humble attempts to communicate the inexpressible.

The formlessness of Oneness can't be seen

Alexius can't see his cats' dreams, but their sudden movements hint at nightmares. In the same way, Oneness would likely draw the same conclusion if it could see what goes on in those

Since there's no more than that which is One, nobody leaves it. Thus, 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 this belief 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 coming out of a dream. You forget it the moment you realise you were always in bed.

who believe they are a separated being enclosed by time and space. Yet, just as Alexius can't peer into feline dreams, the formlessness of Oneness can't witness human illusions of separation.

However, even if Oneness could see these dreams, it wouldn't undo them. Most humans long for a specific experience, though achieving it disappoints.

> *It's best to set aside everything you've heard or read about The Enlightenment of that which is One. Even if you consider it intangible, as described in Alexius' Duality Hacks, you're mistaken, because an assumption requires more than one.*

Thankfully, Oneness offers a way out of this paradox: glimpses of Enlightenment. They appear as compelling shapes, pulling us into the portal of *the Enlightenment of that which is One*. Entering it ends our dream of separation, revealing that reality is Oneness. Because it's formless, it can neither be

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, your nothingness is drawn through a minuscule gap resembling a black hole and gently floats into that which is One. However, this is terrifying if you cling to the idea of being someone specific.

Don't be afraid. The thought construction that defines you as a separate being is left at the edge of the black hole, ready for you to reclaim. You do so by assigning a specific meaning to your nothingness. Then it becomes something that can't pass through a black hole because it's too tiny for anything definable to get through.

Picking up your thought construction, you reboot as a separate being in a world defined by time and space.

[Image from the internet]

achieved nor lost. Thus, it is peace beyond the limits of time and space.

This Duality Hack (#10.3) is about the most common way to be drawn into *the Enlightenment of that which is One*, namely, glimpses of *lucid light*. In Duality Hack #10.4, you'll discover three more: *sublime intimacy*, *lucid light* or *immortal sweetness*.

Drifting into Oneness

The *lucid light* in *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.

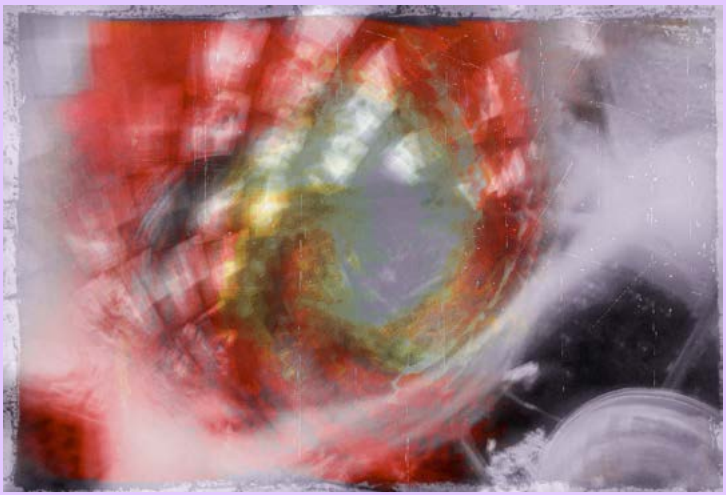
But suppose you have grown accustomed to keeping a righteous facade by projecting your wickedness onto others. In that case, you constantly fear retribution. So you probably view the force of Enlightenment as an avenger and fight it by shaping your fear into a facade robust enough

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 because it is realistic. A world with more than one is an illusion, for there's no more than One, since Oneness is formless and thus endless.

All definitions vanish in *the Enlightenment of that which is One* – not by destruction, but because there's no observer left to declare them real.

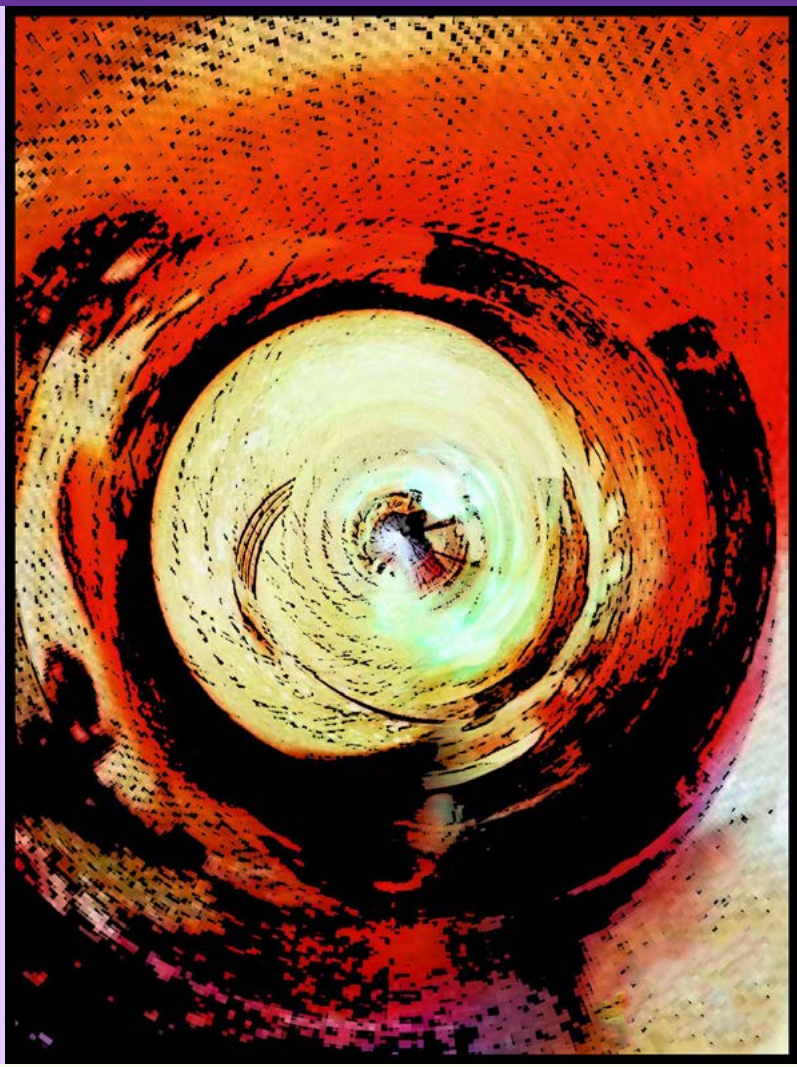
to smash it into pieces. Hence, you remain in the fantasy world of more than one.

Still, you can't destroy *the Enlightenment of Oneness*, nor does it destroy you. The identity you cling to is as imaginary as Santa Claus. Therefore, since nothing is terminated but the belief in being someone separate, there's not something to fear or lose in being nobody in a free fall into the formlessness of Oneness. Yet, 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 something. Hence, nothing can gracefully float through a black hole – too small for something to pass – into the formlessness of Oneness. See Duality Hack #10.5.

As you use inward-facing consciousness intensely, glimpses of Enlightenment begin to appear, even as outward-facing consciousness continues to operate in the background. When you forget to label these glimpses as separate, they merge into one. This is the portal to *the Enlightenment of that which is One*. Entering it immediately erases your consciousness, so nobody sees your nothingness silently float into that which is One.



Hack #10.4, Beyond consciousness

You experience glimpses of Enlightenment through inward-facing consciousness. When you no longer perceive them as making a difference, nobody is at the portal to *the Enlightenment of that which is One*, pulling you into that which is One.

Four ways to launch *the Enlightenment of that which is One*

The world prizes what can be seen, so the visual portal to *the Enlightenment of that which is One* is the most well-known. Yet there are three others: an audio portal, an emotional portal, and a taste portal. Like the visual portal, we arrive at these through 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. Yet these glimpses aren't *the Enlightenment of that which is One*. The glimpses are ways to hold us spellbound so that we don't resist entering *the Enlightenment of that which is One* and having our belief in more than one undone.

You can enter the Enlightenment of that which is One *through its various glimpses:* celestial music, the echo of Oneness' sublime intimacy, *or* the immortal sweetness*. By following one of these aspects until its different expressions merge into one, you reach the portal to* the Enlightenment of that which is One*. Once you enter, the illusion of more than one is immediately dispelled.*

The first time Alexius entered *the Enlightenment of that which is One* was through an internal light show merging into one lucid light. Much later, he entered it by hearing *celestial music* until it became one sound. He tasted *immortal sweetness* until it blended into one taste. And he sensed *the echo of Oneness* fusing into one emotion. The experiences of these aspects, leading to the gate of *the Enlightenment of that which is One*, cannot blend, so he encountered them one by one.

What pulls you into the portal of the Enlightenment of that which is One *depends on your preferences in the world of outward-facing consciousness. For instance, if you're audio-minded, you're drawn in by* celestial music.

No special posture, closed eyes, or isolation is needed. We simply tone down outward-facing consciousness by defocusing. By not focusing on something specific, we enter the abstract world of inward-facing consciousness. There, we enter the portal of Enlightenment of that which is One when we forget to divide glimpses of Enlightenment into more than one.

For instance, when we forget to isolate the audio glimpses, they merge into one celestial sound: the audio portal to *the Enlightenment of that which is One*. As we enter it, our consciousness is undone. Hence, since nobody is aware of something, there's nothing concealing that Oneness is always present, patiently waiting for us to go beyond consciousness to uncover what we can't be aware of.

Duality Hack #10.1-3 was primarily about entering *the Enlightenment of that which is One* through its visual portal. However, in this hack, Alexius describes his way to the three other portals, one by one. Our personal preferences in the world of 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 as making a difference. This is the silent invitation that the Enlightenment of that which is One *is patiently awaiting.*

The Sound of Enlightenment: *Celestial Music*

In the year following Alexius' welcoming *the Enlightenment of that which is One* through its visual portal, he often heard *celestial music*. However, he perceived it as polyphonic, with many distinct bell-like sounds. Hence, it didn't become the portal to *the Enlightenment of that which is One*, but remained as glimpses of Enlightenment, experienced through inward-facing consciousness.

Thankfully, in the tranquillity of deep sleep, where the concept of an 'I' is absent, there's no one to hear sounds as separate. Thus, one night in deep sleep, as the sound of one celestial bell reached Alexius, he passed through the sound portal to *the Enlightenment of that which is One*. See Duality Hack #11.2.

The Taste of Enlightenment: *Immortal Sweetness*

Approaching the taste portal of *the Enlightenment of that which is One*, one encounters droplets of nectar, honeyed, with hints of liquorice or strawberry lingering at the back of the mouth. When Alexius first encountered this transparent sweetness, it caused a powerful response in his body, including an involuntary urge to vomit.

> *When you compare this immortal sweetness to familiar flavours, you have glimpses of Enlightenment experienced through inward-facing consciousness. But when you don't label the taste, you're beyond consciousness, tasting one flavour without a specific taste, thus arriving at the portal to The Enlightenment of that which is One.*

Yet, as he didn't suppress his anguish, the physical vomiting reflexes faded, replaced by a metaphysical jug of a one-taste smoothie of *immortal sweetness* that opened the taste portal to *the Enlightenment of that which is One*. See page 625.

Upon returning to a world with more than one, Alexius was unaware that he had entered *the Enlightenment of that which is One* through its taste portal. Later, as memories of *immortal sweetness* pulled him into a shapeless whirlpool where no specific flavour resurfaced, he knew.

The Feeling of Enlightenment: *The echo of Oneness*

The emotional gateway to *the Enlightenment of that which is One* is a *sublime intimacy*: *the echo of oneness*. See Duality Hack #11.4. Alexius could easily hear this resonance, but feeling it seemed daunting. For years, fear blocked him from the sparkle of *sublime intimacy* within and without. When he finally didn't avoid the shaking of fear, he was instead quivering with joy in an electric body wired to the galaxy.

Alexius still vividly recalls the breakthrough. One night, he fell into such a deep sleep that the fear of outward-facing consciousness'

world dissipated. Instead, through inward-facing consciousness, he experienced the bed and everything else as one electric body, transparently pulsating with tiny bubbles.

Then the electric body lost all shape. Thus, as 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' faint memories of bubbles moving so fast that it was *one perpetual present*. 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 everything we experience is virtual, because it requires more than one to be conscious of something, and there's no more than that which is One.

When the body ceases to function, you can no longer experience being somebody in the world of outward-facing consciousness. For a brief time, you still experience the world of 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. Leaving the world of outward-facing consciousness temporarily is possible at any moment, using *Alexius' Duality Hacks* (see also Duality Hack #4.6).

When the above Zen-like strokes meet quickly, they form a circle and, thus, a hole, often referred to as a black hole in the Enlightenment of that which is One. Yet this hole is not necessarily centred or black. It's typically brimming with flashes of ever-changing colours, which also move 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 the luminous ring emerging along the hole's inner edge.

In a sudden, blinding burst, this ring becomes a light so bright that there's nothing to see, thus nothing to be. This 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. Because it's formless, thus endless, there never was or will be anything else. Therefore, as you have never departed that which is One except in fantasy, your return is also fiction.

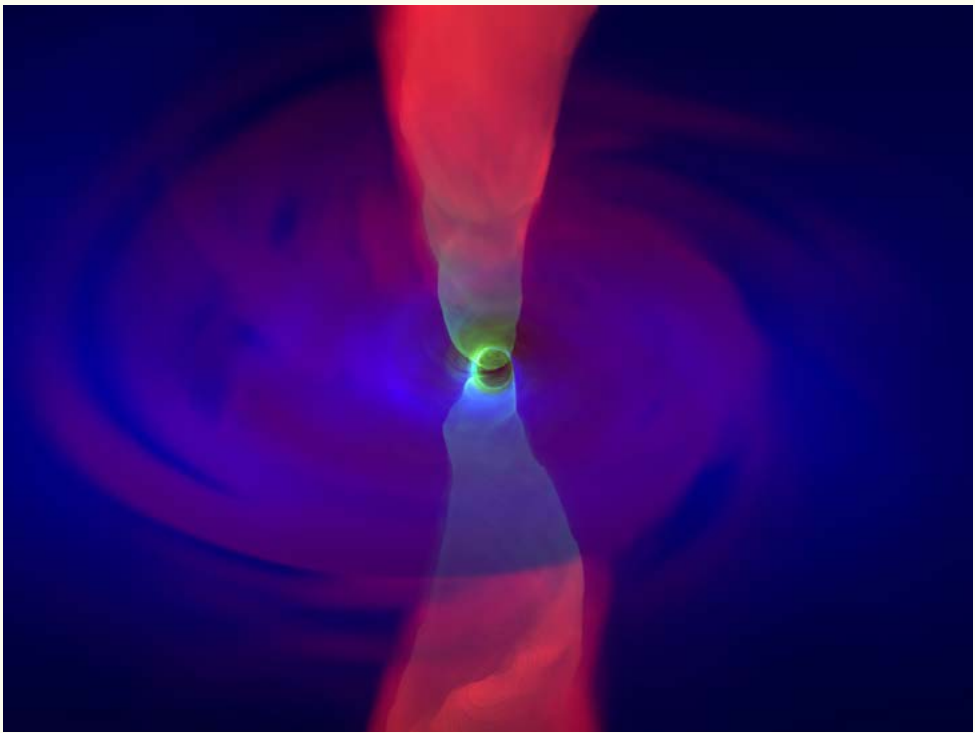
Hack #10.5, Through a black hole into that which is One

The 'entrance' to Oneness, resembling a black hole, is so tiny that only nothing can slip through it and gently float into the formlessness of Oneness.

The Enlightenment of that which is One is like a powerful vacuum cleaner, drawing in not only dust but the entire floor and everything visible. Hence, there does not seem to be something hiding what cannot be seen, namely, that which is One. Of course, this is a metaphor. Oneness, formless and thus endless, can't be concealed by anything else. Consequently, the Enlightenment of that which is One doesn't extract anything but the belief in being somebody seeing something.

As it does so immediately, there's nobody to notice that the inner edge of a circle formed by Zen-like strokes turns into a luminous ring. Nor that this ring immediately starts whirling so fast that it becomes one light, absorbing everything. This leaves nothing but a light too brilliant to be seen, gently pushing nobody through a black gap too tiny for somebody. Beyond light and dark, this non-being floats through a vast void into the formlessness of Oneness.

If you look for specific shapes or colours in the Enlightenment of that which is One, you're stuck in the world of time and space [Image from the internet]



Labelling turns off *the Enlightenment of that which is One*

The above description suggests that returning to Oneness occurs in a world of linear time, a concept we are familiar with. However, Oneness is timeless, so the above takes no time at all. Additionally, Oneness is shapeless, so it has no entrance, resembling a Zen circle or any other form.

In other words, there's no way in or out of the formlessness of Oneness. Still, because we appear to be in a world with more than one, Alexius continues the description of *the Enlightenment of that which is One* in that context.

Although the floating centre of the Zen-like circle – the so-called 'entrance' to Oneness – is often called a black hole, it may not look like one. Instead, it may resemble a horse's head, as depicted on page 583. The stroke that encircles this 'hole' is not one stroke but two silvery strokes, drawn simultaneously from the top by no one and without a brush, quickly and smoothly. In the illustration on page 580, these strokes have not yet converged. When they do, simultaneously, you see a lightshow of lucid colours outside the circle.

However, if you compare the Zen-like strokes to known shapes, they never merge into a circle but are replaced by images of a familiar world with more than one. Ergo, your belief in more than one isn't extracted but enhanced. Consequently, your non-being doesn't set out on the timeless, distance-free journey back to formless Oneness.

In short, defining or labelling *the Enlightenment of that which is One* prevents you from being nothing and floating into the formlessness of Oneness. Thus, 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.

Put simply, when you insist on being someone seeing more than one, you can't enter *the Enlightenment of that which is One*. Instead, you get glimpses of it through inward-facing consciousness. See Duality Hack #11.1.

A black hole shaped like a horse's head could be your final vision

Frequent inward-facing consciousness brings 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 – perhaps shaped like a horse's head – is probably the last thing you perceive before a light bursts out it and draws you into it simultaneously.

But you don't see this because the light is so blinding that you cease to appear 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 conceal that there never was or will be anything other than that which is One.

Nothing returns to Oneness as nothing ever leaves it

Beyond the black hole, there's no sense of being someone. Here, 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 to reveal that which is One.

However, *the Enlightenment of that which is One* is not a terminator. It simply dissolves the illusion of more than one, leaving only what's real: 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 initiating *the Enlightenment of that which is One* to something familiar. Then, 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 quickly drawn circle as something, you barely notice the black hole it forms, nor the psychedelic light show outside it. Yet, you may sense a white glowing ring within the hole's edge, emerging from nowhere and rapidly becoming one

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 belief in more than one, and there's no room for more than one in *the Enlightenment of that which is One. [Image from the internet]*

borderless bright light. This light, neither opaque nor transparent, is so intense that it can't be seen – nor can anything else, for it extracts the belief in more than one.

Thus, your nothingness floats weightlessly through a discontinued black hole until it neither floats nor is still, and neither is nothing nor something but that which is One.

Of course, this description is not literal but metaphorical, echoing Alexius' non-being in *one perpetual present*, entering what it never left: that which is One. Yet you'd be better off forgetting his description so you don't use it to define *the Enlightenment of that which is One*, thereby preventing it from undoing your belief in more than one. Even better, forget what and where you believe in being, and so welcome *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 in which the black hole appeared to be made of pinning triangular shapes – like ultrasonogram segments – whirling around an elusive centre. They spun so fast that they soon looked like a glittering white stroke at the black hole's inner edge. Simultaneously, one lucid light, more powerful than thousands of atomic bombs, exploded from the dark hole and emptied everything.

At times, 'the black hole' may resemble a horsehead (page 583) or an embryo (page 607). Its appearance is unpredictable, defying any particular pattern or label. In the face of such wonder, do yourself a favour and forget labelling *the Enlightenment of that which is One. [Image from the internet]*

Trying to understand the Enlightenment of that which is One *means missing it, because grasping it takes more than one. Similarly, getting a second chance also requires more than one, so it's not possible. But don't worry – Oneness is formless, thus endless, so that which is you has never left it except in fantasy.*

Hack #10.6, *The Enlightenment of that which is One* cannot be known

The Enlightenment of that which is One uncovers the formlessness of Oneness by undoing belief in a world with more than one.

When you play a game, your reactions make you feel involved. But those feelings come from your own interpretation, not from the game itself. Ergo, you are not part of the game, but part of your imagination. The same applies to believing 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 since imagining something takes more than one, the one doing it is as unreal as the imagination. Thankfully, *the Enlightenment of that which is One* corrects this immediately by erasing the belief in being someone.

Believing you are someone in a world with more than one is comparable to watching an analogue film at the cinema. You forget that you project yourself onto the simulated world on the screen. Therefore, you assume your reactions come from what's happening there, not from your own imagination. Consequently, you see the movie world as real and see yourself as part of it.

The enlightenment of that which is One is like a sudden crack in the motion picture reel. Then, suddenly, a brilliant white light replaces the world you thought was real. In this metaphor, everything on the screen is an illusion, including the character you believe you are. Reality is the movie projector, unaffected by the plot unfolding on the screen and your interpretation of it.

The movie analogy attempts to demonstrate that appearing in a world with more than one is an illusion. However, this cannot be proven because there would be more than one if it were true, and Oneness is formless, thus endless, so there is nothing but that which is One.

So, *the Enlightenment of that which is One* isn't about returning to Oneness. It's about undoing the habit of projecting yourself onto nothing as if there's something that can conceal the endlessness of Oneness. *[Image from the internet]*

The visual experience of glimpsing Enlightenment can be like worlds unfolding in slow motion. However, this is neither sensed within nor without, as these glimpses are beyond time and space.

The Enlightenment of that which is One or its glimpses

Welcoming *the Enlightenment of that which is One* is a paradox. A separate being cannot welcome it, yet they have the ability to momentarily forget their belief in being separate, thereby welcoming *the Enlightenment of that which is One*.

But if a separate being only half-forgets belief in separation they don't fully welcome *the Enlightenment of that which is One* but rather its glimpses. This could be spaced-out visions of other worlds, mystical encounters like meeting Jesus, or the slow-motion birth of a new flower or universe.

While the thrill derived from these visual glimpses can be exhilarating, they have nothing to do with *the Enlightenment of that which is One* because you cannot experience it. The same applies if you have exciting experiences of hearing, feeling, or tasting glimpses of Enlightenment.

When your psychedelic visions aren't perceived as different, they become non-definitive, acting as a portal to *the Enlightenment of that which is One* – the doorway to Oneness. Yet, just as a door in a

building isn't the house, *the Enlightenment of that which is One* is not Oneness.

Actually, Oneness has no door at all because it requires more than one to have something. Fortunately, a door is unnecessary since Oneness is formless, thus endless, so you never leave it except in imagination. Nevertheless, since 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

Doing anything takes more than one. Thus, neither meditation nor prayer can bring about *the Enlightenment of that which is One*. Even if they could, you might hesitate because there's nothing to see, feel, or look forward to in *the Enlightenment of that which is One*.

It's not flashy or thrilling like worldly experiences, which in the end, never satisfy for long. Consequently, you're on an endless quest for more and better experiences.

The Enlightenment of that which is One *is not a magical transformation but an effective termination of the belief in more than one.*

The Enlightenment of that which is One is neither within nor beyond, 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. Thus, the Enlightenment experience in a world with more than one is not *the Enlightenment of that which is One*, but merely glimpses of it. This suits those who wish to make a difference. They do not want *the Enlightenment of that which is One*, as it signifies the end of being different.

Suppose this search leaves you so exhausted and disillusioned that you finally become ready to have your belief in separation undone by a shining light, uncovering that which is One.

Notes on Enlightenment

The sun's light reveals the appearance of something. Yet, in *the Enlightenment of that which is One*, it's the opposite. Although its light is brighter than thousands of suns, it reveals nothing at all. Instead, it erases the sense of somethingness, so consciousness no longer hides the unseeable Oneness.

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If you don't use *Alexius' Duality Hacks* to become Enlightened, but to undo belief in more than one, you welcome *the Enlightenment of that which is One*.

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Like fixing a digital error with a click, *the Enlightenment of that which is One* quickly corrects the mistaken belief in separation.

The Enlightenment of that which is One does not change anything. So if you seem to return to a world with more than one, you appear the same. However, you know this appearance is an illusion. See Duality Hack #2.

One comparable to the Enlightenment of that which is One *doesn't know what it is because knowing it 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* has no self, so it does not use appearance to establish separation.

Most spiritual teachings aren't about undoing the belief in separation. Instead, they reinforce it by heightening people's sense of uniqueness. Fortunately, those who aren't trying to be unique need not hide their personality cracks. Thus, *the Enlightenment of that which is One* can enter. Of course, this is a metaphor. It can't actually enter anywhere, as that requires more than one. For the same reason, it doesn't grant special powers, make you wiser, or do anything else that requires more than one

As awareness requires division, the belief in being someone naturally ends in the Enlightenment of that which is One.

The Enlightenment of that which is One erases our belief in more than one. Consequently, nobody perceives 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 from oneness, since it's formless and thus endless.

From this, it follows that experiencing 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 move anywhere. However, if you forget to remember what and where you appear, no one enters *the Enlightenment of that which is One*.

That is why, if you return to a world with more than one after *the Enlightenment of that which is One*, what you seem to be is not enlightened. Nevertheless, your non-being is comparable to *the Enlightenment of that which is One*.

Somebody or Nobody

The Enlightenment of that which is One doesn't transform you into a superhuman free from all negativity, as often portrayed in 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 part of somebody. This role is not fixed – it's fluid, enabling you to adjust and change, freeing you from the limits of a fixed 'I'. Instead, the present moment shapes your current appearance.

However, being non-definitive can lead to a sense of isolation among others who share specific opinions, as they seek to establish themselves as a definitive group. Thus, you might dismiss *the Enlightenment of that which is One* having erased your source code as an 'I' and attempt to revert to your old 'I'.

But eventually, you discover that being nobody pretending to be somebody means there's no separation, so the feeling of isolation fades. That's when you take pleasure in being comparable to *the Enlightenment of that which is One*.

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For one comparable to *the Enlightenment of that which is One*, thoughts pass by as they do for everyone else. However, there's no

Those comparable to *the Enlightenment of that which is One* possess a personality like everyone else. However, unlike others, they do not see their personality as fixed. Instead, they view their character as relative to the present moment. So, because they are not tied to a specific appearance, they are adaptable and flexible. For instance, as seen here, where Alexius playfully interacts with the little friend who took this photo.

One comparable to the Enlightenment of that which is One *participates in a world with more than one, like a TV signal, merely transmitting whatever it receives.*

'I' with a need to pick them up and build a special identity from them. Therefore, thoughts are as fleeting as birds overhead, freeing one from the burden of defining oneself through them.

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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 ruled by time and space, everything eventually ends. Therefore, the unenlightened often cling to ideas like heaven or reincarnation to extend their perceived existence. However, one comparable to *the Enlightenment of that which is One* isn't afraid of endings. They know that reality is oneness, formless and endless.

So, to them, appearing in a world limited by time and space is like playing a video game. They know they are not there – it's all play-acting (see Duality Hack #2). Because of this, they don't feel

trapped in a world limited by time and space. Additionally, they reason that a world supposedly separate from oneness must be dual. Thus, they join the duality flow (Duality Hack #8.7), thereby feeling fulfilled by pretending to be where they are 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. Therefore, the question of who pretends to be in a world of duality possesses no answer unless one insists that a dualistic world is real.

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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 illusion that something with a beginning and an end is real.

There's no Enlightenment in a world with more than one

Although Alexius is comparable to *the Enlightenment of that which is One*, he doesn't know what it is, as that requires more than one. So, if you consider him wise, you have probably tricked yourself into

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 produce something specific. Hence, the hacks write themselves.*

believing his writings are based on understanding. Conversely, he acts as a vessel, typing what he receives without trying to comprehend or claim it, for there is 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?« This is because there is nothing apart from that which is One, and thus no separated beings. That's why they have no need for self-realisation, interactions, expressions of love, sharing, or anything else that implies separation is real.

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One comparable to *the Enlightenment of that which is One* never waits for anything because there's no more than that which is One.

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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 anything.

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 as making a difference.

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The unenlightened may have attained a heightened consciousness through extensive meditation over many years. Conversely, one comparable to *the Enlightenment of that which is One* does not desire such a state, as it implies the existence of more than One.

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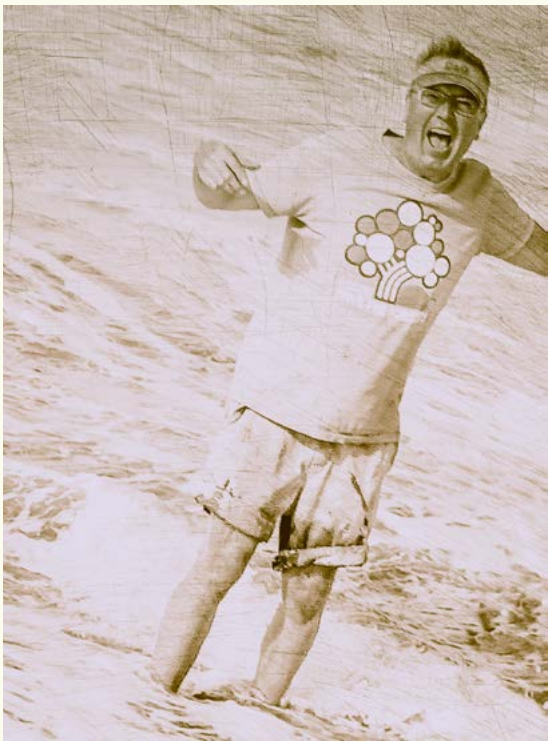

Alexius is not filled with light, as it takes more than one. Yet, in a world where there appears to be more than one, he's comparable to the Enlightenment of that which is One.

Often, the unenlightened believe their opinions are a result of deep contemplation. However, expressing personal views seems awkward to those comparable to *the Enlightenment of that which is One*. They view humans as merely transmitters of signals they receive from the brain, like a radio that only broadcasts what it picks up.

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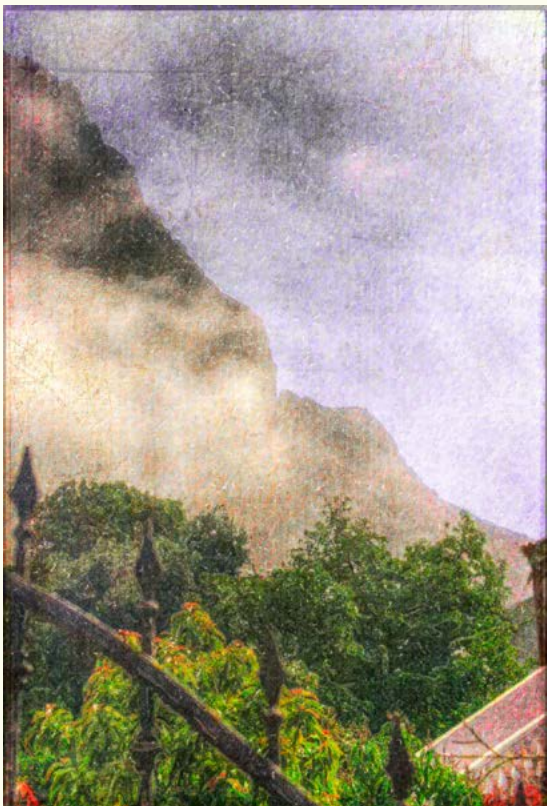
The unenlightened are worshipped for assuring others that they're unique and part of a higher purpose. In contrast, those comparable to *the Enlightenment of that which is One* are often expelled for saying that what and where we appear is an illusion. Thankfully, those comparable to *the Enlightenment 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 act as a common language for those who feel unfulfilled. They use it to hide their discomfort, discovering comfort in a shared vocabulary with others who share it.



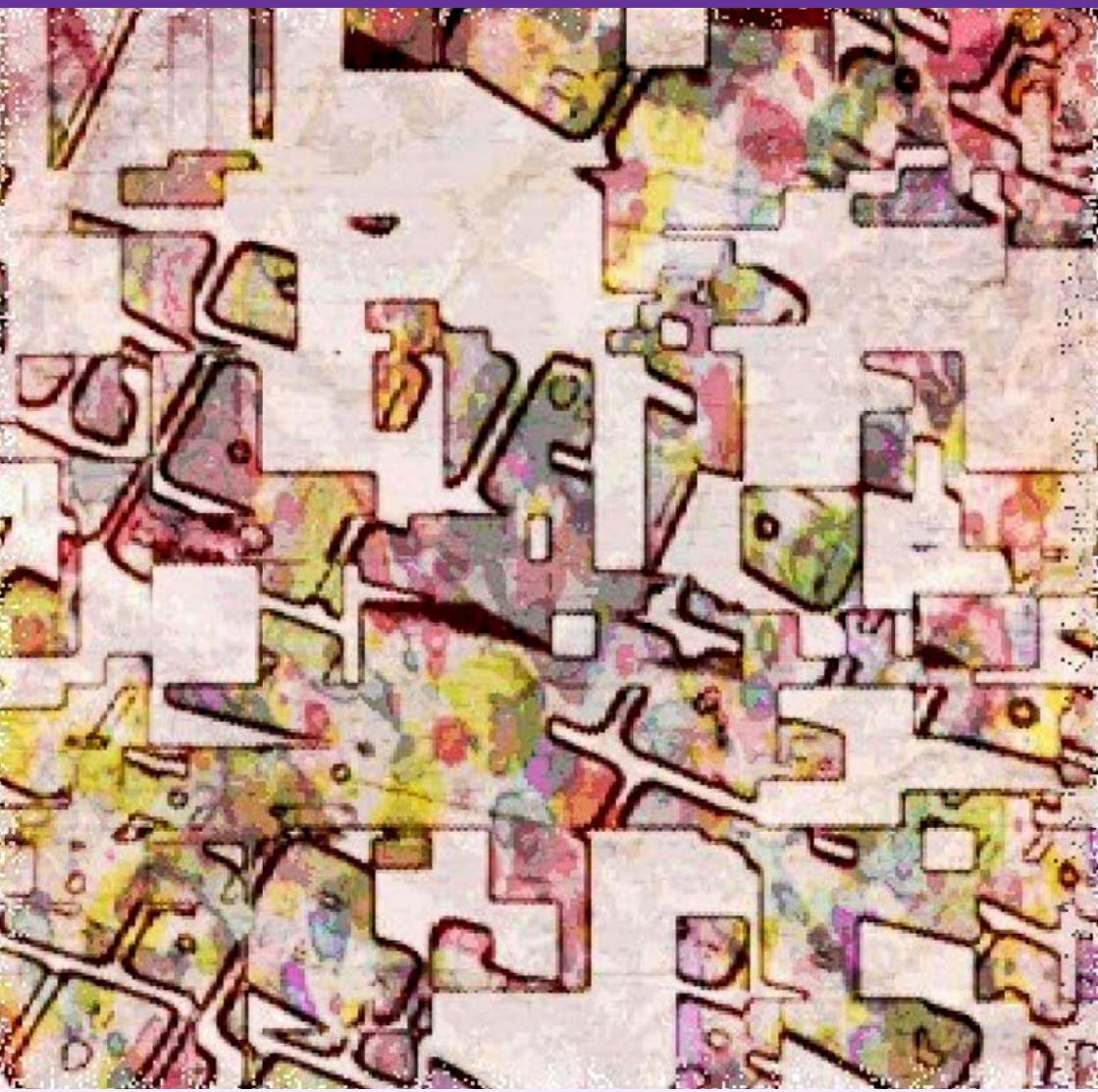
Ratifying more than one or that which is One

Most teachings about the Enlightenment strengthen the belief in separation, keeping *the Enlightenment of that which is One* at bay. For instance, old-school teachers talk about kundalini, supposedly uniting body and spirit to transform you into a superhuman. Contemporary teachers offer trendy techniques to help you stand out by living in the now or discovering your purpose in the world – ways to feel part of something greater.

Both traditional and modern teachers appeal to people seeking to replace feelings of inferiority with a sense of spiritual grandeur. Yet, merging body and spirit, living in the now, or joining something higher all require more than one. Therefore, since that which is One is formless, thus endless, what these teachers offer is unreal.

The same applies to glimpses of seeing, hearing, feeling, or tasting *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. Experiences belong to a world with more than one, but *the Enlightenment of that which is One* erases all trace of that. Fortunately, when you do not label glimpses of enlightenment, they merge into one, serving as the portal to *the Enlightenment of that which is One*.

The unenlightened love to portray themselves as spiritual teachers. In contrast, someone comparable to the Enlightenment of that which is One *is a non-teacher, as learning requires division.*



A world shaped by time and space is merely a collection of imaginary parts – a mirage mistaken for reality.

Hack #10.8, To see a world in the dark

Our experiences are constructed from intangible thoughts, put together to form a world that seems solid and real.

Inventing something to see in the darkness

At night, with no streetlights outside Alexius' home, it's pitch black. Yet when he wakes, he easily finds his way to the toilet by using objects he touches as landmarks, 'lighting' his path with touch rather than sight. This method, however, only lets Alexius 'see' the route he has imagined from bed to the toilet. Should he discover a better path, it would still be another mental route, because there's nothing to see in the darkness.

Being in a dream is pure imagination. You're not actually in the dream, but in your bed. Similarly, you're not in the world you see each day, because oneness is formless and therefore endless, so there's no world confined by time and space.

What is thought up is make-believe

Think of Alexius' walk from bed to the toilet as a metaphor for how we move through a world formed by time and space. Because we interpret things as separate in terms of time and space, we believe we're going somewhere. But as in dreams, we're not going anywhere.

Dreams are thoughts we have learned to interpret as if we are somewhere other than in our beds. The same principle also applies to the world we think we see with open eyes, as it's made up of empty space, according to science.

But if the world we see with open eyes is merely an illusion, then where are we? It's like asking where we are in a dream. As already said, we're not there, but in our bed, imagining ourselves as what and where we are not.

When we see that all experiences are imagination, we realise we are not in the world of our experiences. Then we are ready for *the Enlightenment of that which is One*, dissolving the illusion of time and space and returning to what we never left: the formlessness of oneness.

The Enlightenment of that which is One

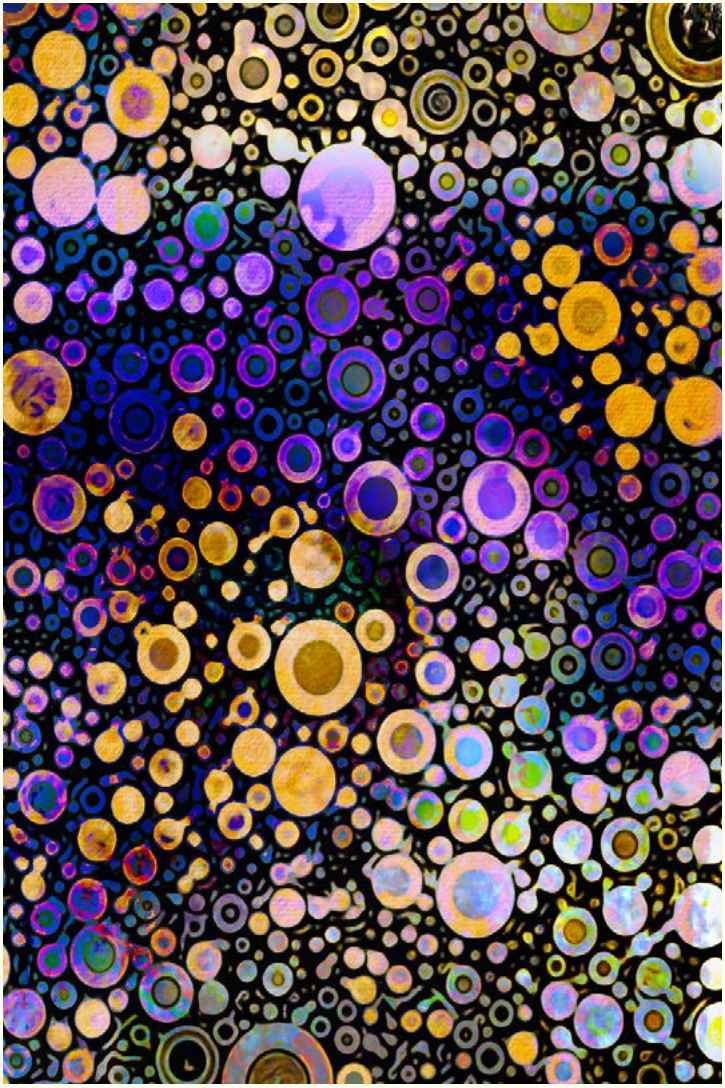
Envision yourself on a video call with *the Enlightenment of that which is One*. The screen gleams so brightly that it blinds you to everything else.

When the call ends, the screen reverts to its usual state, mimicking a world formed by time and space. Because you grasp that it is all a facade, you do not feel lost. Instead, you enjoy pretending to see something that takes you somewhere, even though it leads nowhere. See Duality Hack #2.

When Alexius walks his cats in the early-morning darkness, a torch on his forehead guides them in the absence of streetlights. Beyond its beam, he often spots a distant moving light. He imagines it's the ferry to the nearby island, though he can't be sure. But based on experiences stored in memory, it's his best guess. This is how we build the world we believe in seeing.

Being in a world defined by time and space is like being in total darkness. Our eyes see only what the brain composes, and we believe it's real – otherwise, we'd have nothing to confirm our existence.

Glimpses of Enlightenment undo the belief in separation over time while we enjoy this believe. But the Enlightenment of that which is One *undoes it at once. Thus, nothing seems to hide that there never was or will be more than One.*



The Enlightenment of that which is One *surpasses consciousness, so it is not measured in degrees. However, you can see, hear, feel, and taste glimpses of it to varying degrees through inward-facing consciousness. The intensity of these glimpses depends on how much the outward-facing consciousness is toned down.*

HACK #11.1, Enlightenment, its glimpses & the undoing of more than one

Alexius sums up *the Enlightenment of that which is One* versus its glimpses, and the inward-facing consciousness versus the outward-facing one. He also explores not-knowing and the illusory power of thoughts.

Are there degrees of Enlightenment?

Since *the Enlightenment of that which is One* surpasses consciousness, it cannot be measured or divided into stages. Yet you can experience glimpses of Enlightenment through inward-facing consciousness to varying degrees, depending on how much you tone down the outward-facing consciousness's substantial world.

Think of glimpses of Enlightenment as movie trailers – they provide a sample, but aren't the main event. When you stop breaking these glimpses, like flashes of *lucid light*, into separate colours and shapes, they merge into a single radiant presence: 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. Without warning, this light abruptly halts your consciousness. Therefore, your nothingness can pass through a black-looking hole that is too small for anything definable to pass through. Yet the hole no longer seems to be present, as

Glimpses of *the Enlightenment of that which is One* are experienced through inward-facing consciousness. This occurs to the extent that outward-facing consciousness is toned down. That's why these glimpses can take many forms and degrees.

However, regardless of the level, glimpses aren't *the Enlightenment of that which is One*, as it cannot be experienced. Yet these glimpses of the Enlightenment slowly but surely undo the idea that their apparent differences make a difference. Thus, eventually, there's nothing but one, serving as a portal to *the Enlightenment of that which is One*.

there is no consciousness to experience anything.

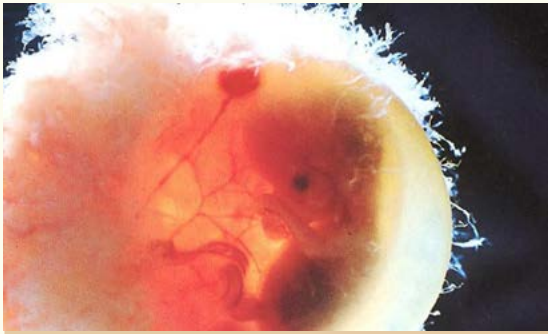
Therefore, if you wish to maintain the conscious experience of being an individual in a world with more than one, you must cease extracting consciousness. One way is to perceive the light as forceful. Since this requires more than one, you immediately return to a world with more than one. See Duality Hack #10.3.

The Enlightenment of that which is One vs its glimpses

No one can verify that you have entered the Enlightenment of what is One because such confirmation requires separation. For the same reason, you cannot know that you entered it and then rebooted in a world with more than one, appearing as somebody while being nobody.

> *Your knowledge, your location, and the body's posture and condition are irrelevant to* the Enlightenment of that which is One *and its glimpses.*

Yet in such a world, you catch glimpses of Enlightenment as



A black hole may resemble a horse's head or an embryo, as shown above. This is the last form you observe before *the Enlightenment of that which is One* absorbs consciousness, leaving you as nothing. There's no gradual shift from believing you are something to being nothing, passing through a dark gap and endlessly falling through an empty space into that which is One.

Certainly, being nothing is incompatible with being something. Therefore, if you wish to maintain your identity as something in a universe limited by time and space, you must prevent your consciousness from being erased.

As the fear of endings affirms a world constrained by time and space, clinging to this fear fences off *the Enlightenment of that which is One*. Therefore, you appear as if you are something bound by time and space. See Duality Hack #10.3.

flashes of *lucid light, celestial music, immortal sweetness,* or *the echo of oneness's sublime intimacy*. These glimpses, unlike *the Enlightenment of that which is One*, don't entirely erase consciousness. However, as you forget to assign specific meaning to your experiences, you're released from the bounds of self-identity, moving lightly in the material world of outward-facing consciousness as if you're there but not of it.

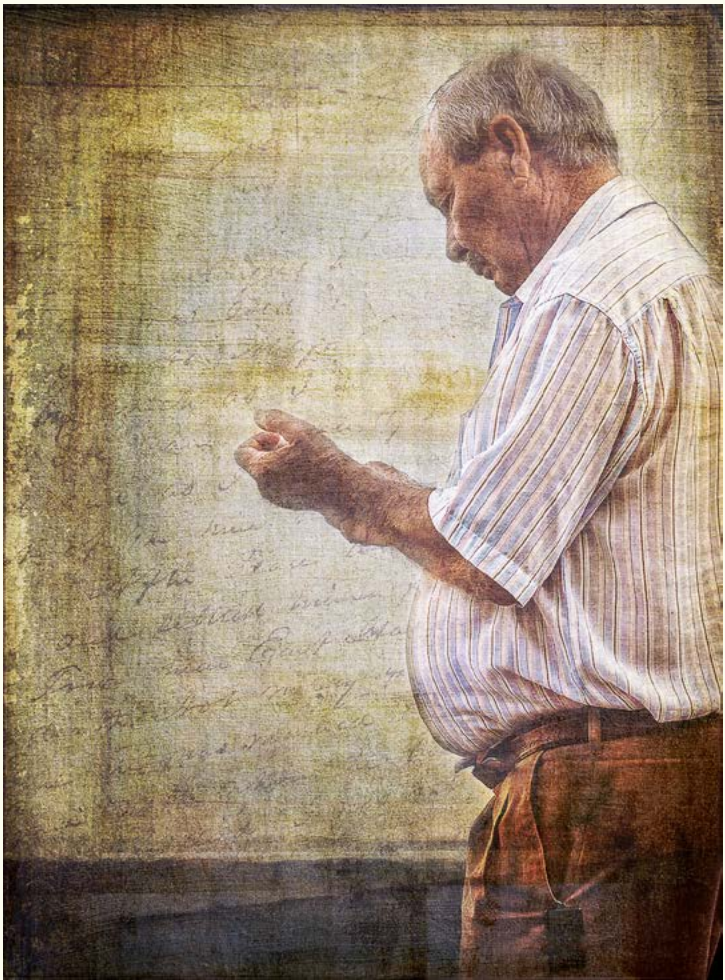
This lightness reminds you of your non-being entering a gap too small for somebody to pass through, floating into the formlessness of Oneness. So, recalling there's no more than that which is One, you recognise you're comparable to *the Enlightenment of that which is One*.

Some mistakenly interpret glimpses of the Enlightenment as *the Enlightenment of that which is One*. Then, they claim to be awakened and to know how to make the world better. But by using glimpses of the Enlightenment to promote themselves as someone making a difference, they reinforce the belief in more than one, rather than undoing it. Luckily, if you don't wish to make a difference, you naturally stop focusing on differences. Hence, the different sounds in a glimpse of *celestial music*, for instance, merge into one sound: the portal to *the Enlightenment of that which is One*. Upon entering, the belief in more than one is immediately undone.

The inward and outward-facing consciousness

The inward- and outward-facing consciousness, as their names suggest, operate in opposite directions. The outward-facing consciousness presents our encounters in a material world perceived as around us. In contrast, the inward-facing consciousness operates in a more abstract realm, perceived as an intangible world within. This abstractness, when synced with the outward-facing consciousness's material world, reduces its weight.

But suppose you have to undertake a demanding task in the world of outward-facing consciousness. In that case, it's best to focus on



Too much devotion to the world of the inward-facing consciousness can make you spaced out in the world of the outward-facing consciousness. Nevertheless, if your presence isn't required there, you may follow the flow of your inward-facing consciousness, as if the outward-facing world has paused for a moment. See Duality Hack #11.3.

the outward-facing aspect, so the abstractness of inward-facing consciousness doesn't space you out. Fortunately, synchronising inward- and outward-facing consciousness at the appropriate ratio for your current situation happens automatically if you entrust it to *the empty breath*. See Duality Hack #9.8.

The inward-facing consciousness and the body

Neither inward nor outward-facing consciousness can heal the body. However, the abstractness of inward-facing consciousness blurs the perceived link between the physical and psychological realms. Therefore, because the body doesn't feel attacked by mental wellness trends, it relaxes and engages with its biological system to heal itself in line with its physical nature. While this doesn't cure genetic conditions, it can make them easier to manage when you don't add extra psychological concerns on top.

However, if you devote yourself to the inward-facing consciousness to feel better in troubled parts of the body, you concentrate on something specific. Then, as you remain in the stress of the outward-facing consciousness's concrete world, the body doesn't receive the relaxation it

The body's healing, a pleasant side effect of being devoted to the inward-facing consciousness, eases worries about our physical appearance or inevitable death. Thus, Alexius feels cheerful in the hospital, although his severe heart disease was found to be incurable.

needs to connect with its biological system. Check Duality Hack #9.8 or #11.5 for more about inward and outward-facing consciousness.

> *As an insect drawn to the flame, even as it nears its end, the inward-facing consciousness pulls us into its abstract world, eroding our sense of being individuals.*

Thoughts only have power if we believe so

Science has no evidence of the universe's creation or existence. Its data suggest that it is empty space, formed by thoughts into the material world we experience as the universe, as if those immaterial thoughts could manifest into something material. Consequently, undoing the belief that you are a solid being in a real world isn't about

Glimpses of Enlightenment resemble Alexius' childhood peeks at his family's Christmas tree through the keyhole in the door. He was still within his everyday world yet had fleeting, wondrous glimpses of something glorious.

silencing thoughts but about dismissing the idea that intangible thoughts can produce something substantial.

As meditation confirms the power of thoughts, it cannot undo the belief that thoughts can manifest a material world. Yet, *the Enlightenment of that which is One* accomplishes this instantly, in a way that surpasses our cognition. Thus, nothing material appears to hide that there was never anything but the formlessness of Oneness, and there never will be.

A state of not knowing

You can also undo the imagined power of thoughts over time, for instance, through glimpses of Enlightenment. These glimpses bring about *a state of not-knowing*, which acts as a reset button, acting as a reset button and wiping your slate clean.

Sometimes it's better not to fall into a state of not-knowing and to stay in the conscious experience of being someone, especially when looking after your children, because that demands that you see yourself as someone who takes thoughts seriously. In that case, you pretend that your thoughts are important. And since what you pretend is not real, you undo the imagined power of thoughts while still benefiting from them.

Thus, returning from *a state of not-knowing* to the conscious experience of being someone, you accept being a basic self in relation to the experiences the brain creates (Duality Hack #5.4). However, old conditioning – the ingrained beliefs and habits that form our self-image – may resurface, making you feel as definitive as before. Nevertheless, maintaining this idea requires excluding from your self-awareness anything that doesn't match the image you wish to uphold. Therefore, your specific image does not make you feel special. Instead, it makes you feel incomplete.

The cure for feeling incomplete is surprisingly simple. It involves freeing yourself from the pressure to be someone specific. You do this by using the anxiety caused by feeling incomplete to spark a take-off into *the empty breath*, disclosing *a state of not-knowing*. From that state, you return to the awareness of being someone with the slate wiped clean. Therefore, you follow the brain's script until you complicate it too much again, returning to *a state of not-knowing* and wiping the slate clean. This cycle continues until you remain so long in *a state of not-knowing* that *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 either 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 released from the restrictions of conditioning. But doing the latter, there's nothing to feel, because Oneness has no form.

HACK #11.2, Seeing, hearing, feeling or tasting the way to Enlightenment

Alexius explores the four ways we can see, hear, feel, or taste glimpses of Enlightenment, eventually leading to *the Enlightenment of that which is One*. Quotes from Eastern and Western religions demonstrate these methods.

As awareness requires more than one, *the Enlightenment of that which is One* cannot be experienced. Therefore, believing you have seen, felt, heard, or tasted it is a misunderstanding. What you experienced were merely glimpses of *the Enlightenment of that which is One*, like flashes of *lucid light*, waves of *lucid light*, *the echo of oneness*, or a taste of *immortal sweetness*. These glimpses, like all other experiences, occur within a world with more than one, so they do not undo the belief in more than one. Still, they can gradually bring you closer to *the Enlightenment of that which is One*, which instantly undoes the belief in more than one.

In the brain's configuration of a world with more than one, glimpses of Enlightenment are experienced through the inward-facing consciousness as an augmented layer atop the world perceived through the outward-facing consciousness. However, this new layer doesn't affect the world of the outward-facing consciousness.

But if you do not perceive the glimpses of *celestial music*, for instance, as a collection of separate sounds, you get one celestial sound. However, it is inaudible, as 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* are neither distant nor unreachable. When you do not focus on the outward-facing consciousness's world, limited by time and space, you experience glimpses of Enlightenment within the inward-facing consciousness's abstract realm. This occurs regardless of your location in the world of outward-facing consciousness. *[Image from the internet]*

Sublime glimpses of Enlightenment: *The echo of Oneness*

To the extent that you overlook the material world, experienced through the outward-facing consciousness, you enter the world of inward-facing consciousness. In this abstract world, free from the limits of time and space, reaching the edge of the universe (see Duality Hack #2.3) and feeling *the sublime intimacy of the echo of oneness* requires no time. When you feel or hear this primordial vibration, often symbolised by *Aum* and *Sohang*, there's no need for anything more.

A way to feel or hear *the echo of oneness* is through inclusiveness. When you include everything you feel or hear in the world of outward-facing consciousness – or are willing to – there's nothing left to separate or define, so you hear the mild humming of everything and nothing, *the echo of oneness*. Sometimes, you reach this echo simply by not trying to hear anything at all.

However, we do not delve further into *the echo of oneness* here. Instead, read Duality Hack #11.4 to learn how to hear or feel it immediately. You can read about Alexius' personal experiences of it in Duality Hack #10.4 and #11.3.

In Eastern religions, *the echo of Oneness* is symbolised by *Aum* or *Sohang* and in the New Testament, it's 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 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 inward-facing consciousness. Instead, they are busily 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*

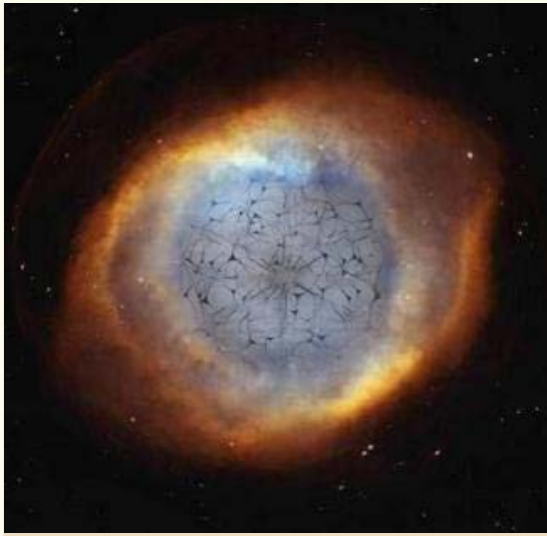
You welcome *the Enlightenment of that which is One* by not interpreting any experience as something definitive. The first time Alexius did this, he entered the visual portal to Enlightenment after a long night of taxi driving, too exhausted to focus on anything (Duality Hack #10.2).

In other words, feeling out of sync, exhausted, confused, or even slightly unsteady can help us forget to perceive our experiences as defining us as individuals in a world with more than one, thereby entering *the Enlightenment of that which is One*. Actually, anything that loosens our grip on rigid beliefs or fixed interpretations will lead us there.

Lucid light is a visual glimpse of the Enlightenment

You get visual glimpses of the Enlightenment through the single 'eye' of inward-facing consciousness. This 'eye', located between the eyebrows, remains unnoticed by the outward-facing consciousness.

Practically speaking, you activate this 'eye' by closing the two



When your eyes become single, there's no separation to hide the Enlightenment of that which is One. [Image 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 connects with someone who is comparable to *the Enlightenment of that which is One*. However, it appears to puzzle the unenlightened because the new international version of the New Testament rephrases it as above.

»The eye is the lamp of the body. If your eyes are healthy, your whole body will be full of light«.

physical eyes of the outward-facing consciousness, thereby entering darkness. Since the physical eyes always seek a significant contrast, they begin moving inwards and upwards, eventually reaching the non-physical 'eye' of the inward-facing consciousness. There, they settle on a spinning lightshow on a transparent screen within the forehead. However, the screen has no beginning or end, and the colours radiate so rapidly that they hardly appear to differ.

> 'Direct your eyes toward the middle of the eyebrows. This is *Shambhavi Mudra*, the most secret practice of all the Tantra scriptures'. *Gherand Samhita, stanza 59.*

You can help guide your two eyes towards the inward-facing consciousness's single 'eye' by gently placing a finger between the eyebrows. Do not meditate on anything; instead, defocus on everything. Initially, it's best to do this while sitting or lying in a dark room so you don't think the light revelation comes from the outward-facing consciousness.

You can sit or lie down while activating the inward-facing consciousness's single 'eye', positioned between the eyebrows, slightly lower than in the image above. Once you become accustomed to glimpses of Enlightenment, you won't need to close your eyes or remain still to see them. You simply soften your focus.

Interpreting the image below through colours and shapes around a centre is like glimpsing *the Enlightenment of that which is One*, rather than entering it. But if you don't judge the apparent differences as making a difference, they merge, becoming the portal to *the Enlightenment of that which is One*. Entering it, a bright, colourless light bursts from a gap in nowhere. It erases all thoughts of something, leaving nothing to pass through the gap, too tiny for something, and gracefully floats into the formlessness of Oneness.

As you become more familiar with visual glimpses of Enlightenment, you won't need 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 outward-facing world of consciousness. The same applies to feeling, hearing, or tasting glimpses of Enlightenment: they arise naturally with your deep devotion.

> '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 towards the inward-facing consciousness above the eyebrows. In that case, you can assist them by gently pressing the thumb and middle finger against the outer corners of the eyeballs and softly touching the 'eye' of the inward-facing consciousness with the finger beside the thumb. The light that appears originates from nowhere and everywhere at once.

However, it is not advisable to press the eyes, as even the slightest effort demands focus, thus activating the world of the outward-facing consciousness. Furthermore, adopting this method may lead you to believe that a particular physical posture can stimulate the inward-facing consciousness.

You don't activate the inward-facing consciousness through a specific posture or mantra, but by toning down outward-facing consciousness. Techniques like the *immortal sweetness* practice, which help you defocus, are ideal for this (see page 627).

Another way to shift from the outward-facing consciousness's two eyes to the inward-facing consciousness's single 'eye' is to use an eye massager, such as Renpho Eye Massager with Heat Compression. The heat from the massager softens the physical eyes. When relaxed, they don't focus, so they naturally turn inwards and upwards into the inward-facing consciousness's single 'eye'. There are other methods to reduce outward-facing consciousness. If you already have a preferred technique, feel free to use it.

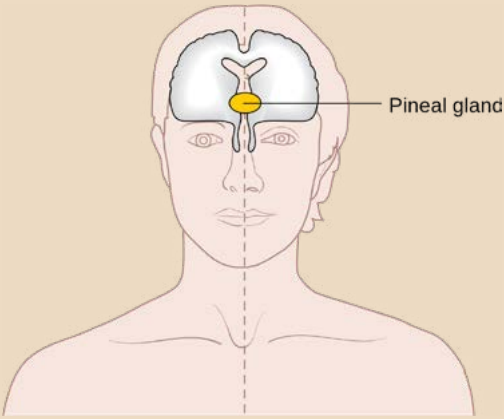
» ‘And there shall be no light there, and they need no candle there, neither the light of the sun’. *Rev. 22:5*. «

Glimpses of *lucid light* vs *the Enlightenment of that which is One*.

When your physical eyes, metaphorically, merge into one, you catch glimpses of Enlightenment. If you don’t label them, they become the portal to *the Enlightenment of that which is One*. Entering *the Enlightenment of that which is One*, every thought that forms your sense of self is extracted and left at the edge of a tiny black gap, too narrow for somebody to pass. Therefore, nobody passes through the gap to float into the formlessness of Oneness.

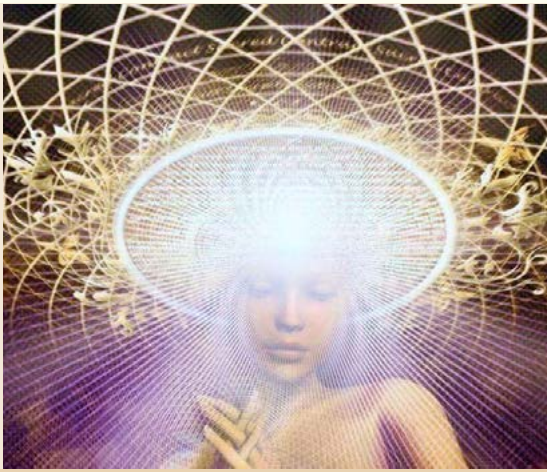
Yet, most people fear losing their sense of self, so they settle for brief glimpses of Enlightenment. It’s a joyful, out-of-body sensation, likely linked to the pineal gland, a small endocrine organ in the brain. However, in *the Enlightenment of that which is One*, you don’t have an out-of-body experience. Actually, there is no experience at all, because experience requires separation.

Hence, since you return to a world with more than one after *the Enlightenment of that which is One* without having experienced it, you may not realise you bid welcome *the Enlightenment of that which is One*. Yet, faint memories of non-being hint that you are comparable to *the Enlightenment of that which is One*. Others won’t recognise this, and you may hardly grasp it yourself. Still, you sense that being someone is merely make-believe.



The Enlightenment of that which 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. These glimpses may feel like an out-of-body experience, as the outward-facing consciousness is toned down. You reach the pineal gland by defocusing on the inward-facing consciousness’s single ‘eye’ between the eyebrows.

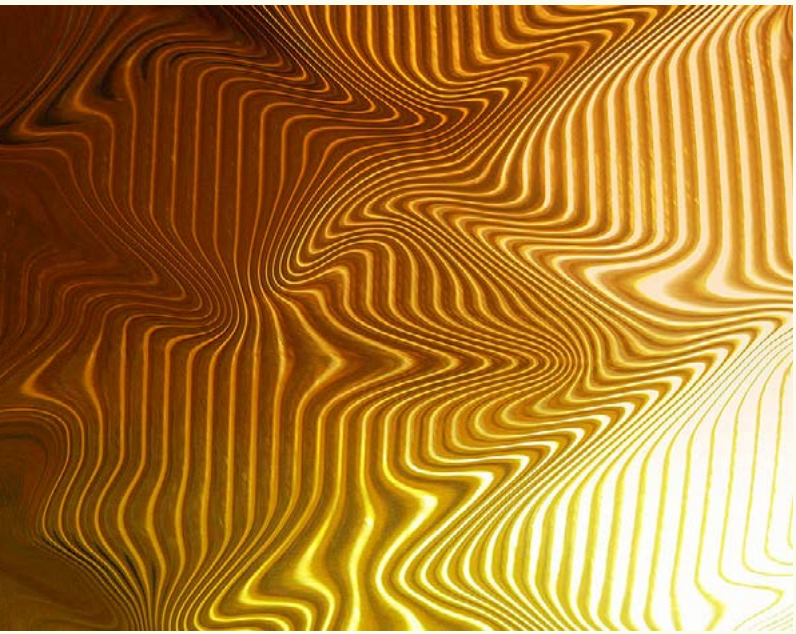
The thought construct that seems to define you as a separate being must be left at the edge of a black hole, as it's so narrow that only nothing can cross. Here, your nothingness, like a leaf on a calm stream, drifts into the formlessness of Oneness, blending like a drop into the boundless sea. [The images are from the internet]



You cannot combine the four ways of glimpsing Enlightenment, nor do you need to try each one to dispel the belief in more than one. The types of glimpses you receive reflect your personal preferences in the world of outward-facing consciousness. If you're drawn to visuals, you will see glimpses of the Enlightenment as lucid light. Conversely, if you are more emotionally inclined, you will feel glimpses of Enlightenment as echoes of Oneness.

But you do not get any glimpses of the Enlightenment when you aim to be more. If you find yourself wanting more, the key lies in staying with that desire, so you can perceive your reaction to it as *'it is what it is'*. This shows that more is complemented by less. Therefore, you no longer specifically desire more. See Duality Hack #8.

If you wish to leave *the Enlightenment of that which is One* to be rebooted in a world with more than one, you reassemble the thoughts that form your source code as a distinct being, which you left at the edge of a black hole.



Many old manuscripts describe the experience of celestial music. [Image from the internet]

Celestial glimpses of Enlightenment

The subtle, bell-like sounds you hear with inward-facing consciousness resemble endless, airy melodies, as if an invisible organ, piano, harp, acoustic guitar, or church bells were playing effortlessly.

To have glimpses of the *lucid light* through inward-facing consciousness, block distractions from the outward-facing consciousness. In practice, do this by placing both thumbs in your ears or by using noise-cancelling or in-ear headphones. Then, without focusing or trying to define anything, be nothing but the *lucid light* that seems to originate 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 coming from an empty space beyond the right ear. Still, don't get caught up in direction – just listen.

You might not immediately hear *lucid light*, but instead *the echo of oneness*, often symbolised by *Aum* or *Sohang*. See Duality Hack

#11.4. If so, follow this primordial humming. It could also be that you 'hear' thoughts. But they won't prevent you from hearing *lucid light* if that's what you want – nor from experiencing visions of *lucid light*, tasting *immortal sweetness*, or feeling *the echo of oneness*' *sublime intimacy*.

Earthly soundscapes inspired by *celestial music*

Perhaps Mozart was inspired by momentary glimpses of *lucid light*. While his symphonies don't sound exactly like it, their refined flow hints at the effortless elegance and beauty of *lucid light*. However, when Mozart builds towards dramatic peaks, the comparison becomes less relevant. There is no drama in *lucid light* because it pre-

»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 puzzling. 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 above quotes are about.

However, unlike the Christian quote, the one from Gherand Samhita doesn't mention a single sound but a multitude of many. Hence, this quote establishes *celestial music* as something we experience in a world with more than one, rather than 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 about glimpsing it in a world with more than one.

dates *the Enlightenment of that which is One*, which lacks a climax, as that requires more than one.

The timeless nature of *lucid light* may have triggered transparent forms of electronic music. Its transparency is commonly achieved through glitches, other sonic artefacts, slowed-down steel guitar, chimes and bells, and by combining analogue or synth sounds with piano loops.

Yet these electronic blends are sharper and feel more limited than *celestial music*. The latter, crystal clear and transparent, needs no tricks to feel timeless. Actually, the airy sound of *celestial music* stems from a lack of effort in creating it.

New-age music, with its dreamy symphonies of otherworldly states, stands in sharp contrast to the transparent sound of *lucid light*. It's not symphonic or anything else implying a linear progression of time. Nor is it otherworldly, as there is no other world since Oneness is formless and thus endless.

Celestial music *may have inspired some electronic music.* [Image from the internet]

Glimpses of *the immortal sweetness* versus *Khechari Mudra*

The taste of the *immortal sweetness* – a softer take on Hatha Yoga's *Khechari Mudra* (see Wikipedia) – may remind you of strawberry-flavoured marshmallows or the frothy foam of a milkshake, with hints of liquorice, mint, or honey. The texture is syrupy.

However, since all comparisons are based on past definitions, they neglect the present experience. Therefore, it's better to drop all analogies and simply notice what happens when your tongue touches your uvula, that small, soft part at the back of your mouth. For visuals, check the first two illustrations on page 627.

The immortal sweetness *is like milk and honey dripping from above.*
[Image from the internet]

»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.

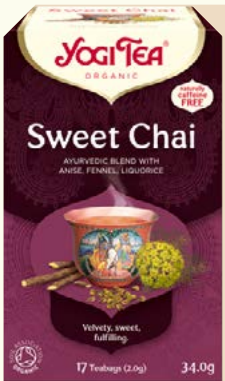
The immortal sweetness undoes conditioning

While the *immortal sweetness* is called the nectar of life in some scriptures, its purpose is not to make you younger or boost your energy. Rather, it frees you from the unending pursuit of 'more'.

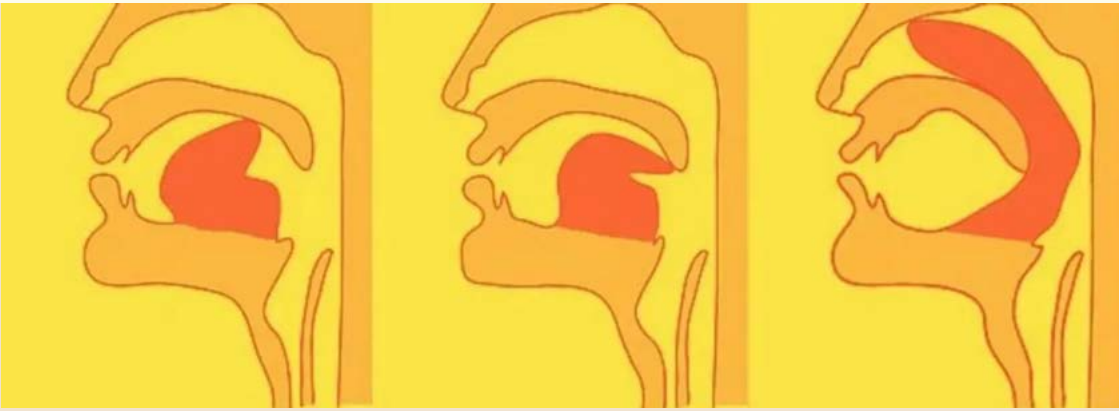
With its mix of mildness and intensity, the *immortal sweetness* makes us indifferent to the outward consciousness's world. Its intensity is reminiscent of a spicy dish that numbs the roof of the mouth. However, this numbness is gentle and not worrying. . However, this numbness is gentle, not worrying. It brings deep calm, making you indifferent to the rigidity of the outward-facing consciousness's world.

Therefore, since your experiences no longer hold particular value, you move through the outward-facing consciousness's substantial world as if it were part of the inward-facing consciousness's abstract world. Because you're no longer motivated to change your body into something more beautiful or spiritual, so it is free to restore itself according to its physical nature – often bringing renewed energy and a youthful feeling.

But let's say you try to use the defocusing effect of *immortal sweetness* as a shortcut to feeling better, chasing some idea of wellness. Such a deliberate approach, aimed at achieving a specific goal, clouds the mild defocusing of the *immortal sweetness*. So you remain within the domain of outward-facing consciousness, persistently seeking 'more'.



When one is familiar with *the immortal sweetness*, its flavour emerges when drinking Sweet Chai from Yogi Tea, touching one's uvula and revealing a transparent liquorice note. Most of this company's Ayurvedic teas with liquorice have this effect. [Image source Internet]



»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. [Image from the internet]

The Immortal sweetness versus *Khechari Mudra*

The first illustration shows the tongue folded back towards the soft area at the base of the uvula's front side. In the second, the tongue is folded back towards the soft area at the top of the uvula's front side. In both positions, you naturally taste *the immortal sweetness*. Since it causes you to lose focus, you immediately relax and forget to seek more, thus eventually welcoming *the Enlightenment of that which is the One*. Positioning the tongue at the top of the uvula's front side helps to straighten the back.

The third illustration depicts the ancient *Khechari Mudra* technique, aimed at attaining *the Enlightenment of that which is the One* immediately. It cannot be tasted, as that requires more than one.

The Khechari Mudra method involves positioning the tongue behind the uvula and extending it into the cranium. This causes the eyes to turn inwards and upwards towards the inward-facing consciousness's single 'eye', located between the eyebrows. Here, you enter *the Enlightenment of that which is One*. That is, if you do not fear having your consciousness erased, as doing so requires more than one and thus conceals the formlessness of Oneness.

Physically, you know someone is doing *Khechari Mudra* when you see the thyroid gland moving downwards. But the practice of *the immortal sweetness* technique in the first two illustrations is not as easy to observe.

Khechari Mudra, the hardcore version of *the immortal sweetness*

Suppose you are not fixated on being someone specific. In that case, the tongue instinctively moves to the other side of the uvula, as if practising Khechari Mudra. This is a Hatha Yoga technique that involves moving the tongue behind the uvula until it reaches the cranium's cavity. See the third illustration on page 627 for a visual reference.

However, having become accustomed to defining yourself as someone specific, you may find your tongue stiff. Therefore, you probably need to push it backwards over several months and finally use a finger to guide it the rest of the way. This process can be painful, and when the tongue finally reaches the other side of the uvula, it may feel as if you're about to vomit.

But if you face this feeling immediately, it quickly passes, as all sensations do when observed without judgmentalness. When your tongue reaches the cavity of the cranium, you welcome *the Enlightenment of that which is One*. It reveals that your perceived identity is nothing. Hence, something does not seem to conceal the formlessness of Oneness.

As *the Enlightenment of that which is One* fully erases memories of being someone specific, you do not welcome it at work, for instance. Instead, you take a gentler approach: the *immortal sweetness*. While it does not lead immediately to *the Enlightenment of that which is One*, it makes you less focused. Therefore, since you don't cling to particular thoughts, you perceive everything as equally delightful. Consequently, you can enjoy appearing as someone in a world with more than one until the *immortal sweetness* becomes the portal to *the Enlightenment of that which is One*.

Tasting the immortal sweetness *helps you to focus less on the world of outward-facing consciousness. Since that eventually leads to not perceiving its apparent differences as making a difference, the belief in separation gets undone.*

Notes about defocusing

Focusing sharpens 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 keep looking at something without focusing, separation fades. However, if worries arise, you're better off concentrating on your problems so you can include them in the psychological sphere. In its spaciousness, concerns dissipate, leaving no problems to focus on, thus neutralising differences.

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You can focus and defocus simultaneously. When you perceive everything as a symbol of Oneness, all appearances seem different, but since they serve as symbols of oneness, their differences don't make a difference. See Duality Hack #3.

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Defocusing can leave you feeling dreamy or spaced-out, but it also awakens intuition. With nothing to judge or analyse, you act naturally – led by instinct, flowing with the present moment.

Oneness is formless, thus endless, so there's no more than that which is One. Consequently, if you believe in seeing more than one, you're caught in a fantasy. Fortunately, you don't ratify it as real when you do not focus on the fantasy's appearances. Hence, nothing seems to obscure that which is One.

The immortal sweetness technique

The immortal sweetness technique is free and can be used whenever you are not eating, speaking, or sleeping – there's no need to meditate or 'purify' yourself beforehand. Simply position your tongue at the front of the uvula in one of the placements shown in the first two illustrations on page 627. Then devote yourself to the transparent taste of the *immortal sweetness*, which makes you lose focus and become indifferent to the experiences of more than one.

As a lack of focus dulls outward-facing consciousness, the inward-facing consciousness becomes the foundation for experiencing the world of outward-facing consciousness. This abstract perception of the physical realm relaxes the body, often enhancing immunity, digestion, and sleep, as well as whatever else your body needs to flourish. Nevertheless, this improvement acts as a means to an end: feeling so good that you become indifferent to feelings, thus able to welcome what cannot be felt: *the Enlightenment of that which is One*.

The delicate, sweet taste on your tongue makes you feel as if you are in the world but not of it. Hence, appearing where you are not is not a bother to you.

Since time is an illusion, you might prefer the tender path of the *immortal sweetness* over the more intense method of Khechari Mudra for *the Enlightenment of that which is One*. Besides, Khechari Mudra may not even lead there, because any calculated method prevents *the Enlightenment of that which is One*.

The immortal sweetness is not second-hand knowledge

Alexius' description of the *immortal sweetness* comes from personal experience rather than borrowed ideas. Over 60 years of practice, he discovered its nature firsthand. He has also practised *Khechari*

Free with *the immortal sweetness*

When you keep your tongue at the uvula, the intensity of *the immortal sweetness* begins to numb the roof of your mouth. This initiates a sense of defocus that rapidly expands to encompass your entire self-experience. Hence, you perceive the world of outward-facing consciousness through the abstract lens of inward-facing consciousness.

This shift frees the body from your ideas about integrating it with psychological concepts of wellness. Instead, the body is guided by the brain, which holds its blueprint. Consequently, the body naturally adapts to physical demands, whether you're busy working or drifting off to sleep.

However, if you're accustomed to control, being unfocused can feel unsettling. So, to regain a feeling of control, you might try to stay focused. However, this effort hampers the free flow of breathing, leading to worry. Ironically, attempting to fix your worries by yourself strengthens the belief that you are in control. Luckily, by devoting yourself to *the immortal sweetness* and thus becoming unfocused, you have no worries. Your breath moves smoothly, and you feel grateful for your body's natural care.

Mudra – a yogic technique in which the tongue extends behind the uvula into the cranial cavity. This led to a very intense experience, but since *the Enlightenment of that which is One* cannot be experienced, it was just more impressive than the normal experiences in a world with more than one.

Fortunately, one morning, after an exhausting 15-hour taxi shift, Alexius was so tired that he forgot to form 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.

All experiences are make-believe

To experience something, there must be separation, which requires more than one. Yet oneness is formless and endless, so any experience is an illusion that hides the formlessness of oneness as long as we believe there is more than one.

However, when we do not focus on anything specific, our experience of separation blurs. In those moments, we catch glimpses of Enlightenment. Although these glimpses still occur within the belief in separation, their overwhelming bliss makes us stop perceiving them as separate parts.

As these glimpses lose their link to the belief in separation, they become the portal to *the Enlightenment of that which is One*. Entering it, all memories of separation are instantly erased. Hence, you can pass through a black hole, too small for more than one, and fall into that which is One.

Many methods to tone down the outward-facing consciousness

You do not come closer to *the Enlightenment of that which is One* or its glimpses by becoming purer, breathing fully, eating healthily, or doing anything else you can do in the outward-facing consciousness's world. Nevertheless, such practices can help you tone down the outward-facing consciousness.

However, the key to deactivating it is not in the method itself, but in the clarity of your purpose. Therefore, many techniques can be useful, as long as your aim in using them is to deactivate the outward-facing consciousness. Still, no technique can compel you to devote yourself to the inward-facing consciousness.

Daily life with glimpses of the Enlightenment

It's best not to be active in the world of outward-facing consciousness when experiencing glimpses of *lucid light*. They can be so vivid that you barely perceive the outward-facing consciousness's world.

Alexius does not follow any religion or New Age beliefs. Religion involves worshipping a higher power, while New Age ideas aim to connect the body, mind, and spirit. Additionally, they exclude what they consider to be wrong. Therefore, both promote the belief in more than one, rather than undoing it.

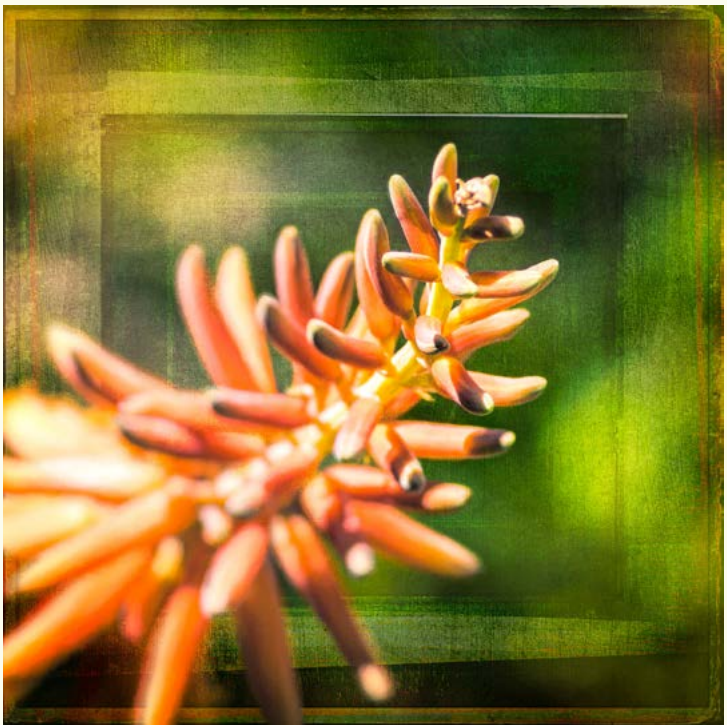
However, you can enjoy *lucid light* if you don't need to be aware of traffic sounds, for instance.

The same applies to hearing or feeling *the echo of oneness*. It feels like being carried around in a less-defined world of outward-facing consciousness. The *immortal sweetness* technique can be practised continuously while engaging in the world of outward-facing consciousness, provided your practice is not too intense.

Appendix: In a world of duality on the path to non-duality

The benefits of practising the *immortal sweetness* technique unfold when you devote yourself to it for no other reason than to lose yourself in *immortal sweetness*. Then, there's somebody who thinks that it set things in motion. Consequently, actions become as effortless and automatic as instinctively reacting to a ball coming one's way.

But if you wish to continue as somebody in a world of duality, don't dissolve into nobody for more than 20 minutes, 45 at most. The



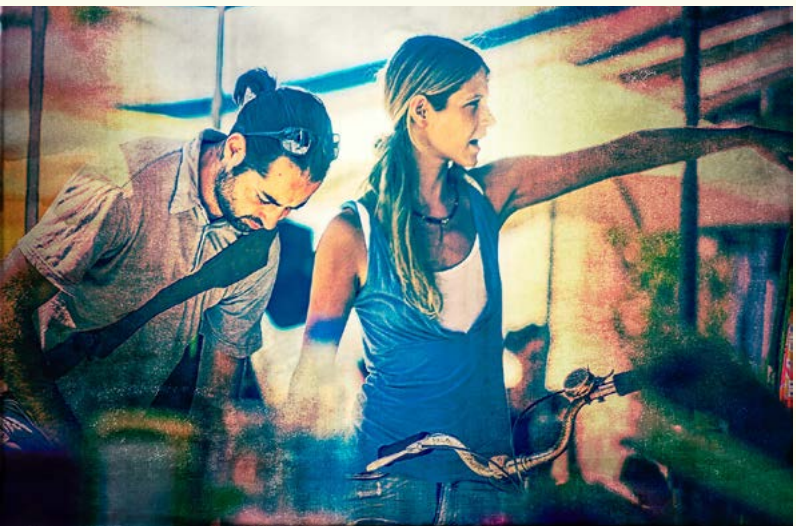
What's the sound of one hand clapping? There is none, because sound requires more than one. That's why Oneness is silent, invisible, tasteless, and senseless. Only in a world with more than one can you hear, see, taste, or feel something. However, since Oneness is formless and therefore endless, there is no world with more than one.

brain needs somebody to continuously endorse its dualistic tale as real. If not, its duality world is exposed as nothing, and so is the brain. Consequently, it falls into a coma, which marks the end of you as somebody in a world of duality. See Duality Hack #9.10.

Therefore, if you want to appear in a world of duality while on a journey 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 carry on this cycle until you forget to return to being somebody in the brain's duality game.

Other ways to enjoy the belief in duality while undoing it:

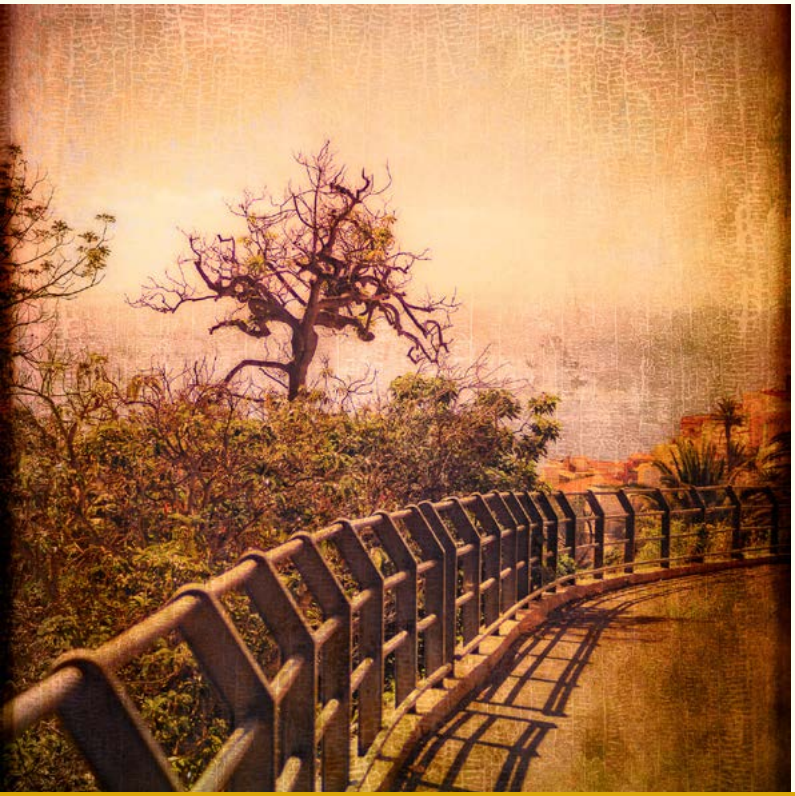
- Pretending to be in a world of duality, you eventually undo the belief in duality because you are not where you pretend to be (Duality Hack #2).
- When perceiving everything in a world of duality as a symbol of non-duality, differences make no difference. Thus, eventually, duality fades away (Duality 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). This puts you in the flow of duality, moving toward its source: non-duality (Duality Hack #8.7).

Actually, all of *Alexius' Duality Hacks*, except #10, bring about *a state of not-knowing* unclouded by the outward-facing consciousness. Therefore, as the inward-facing consciousness becomes more prominent, you get glimpses of Enlightenment that gradually undo the belief in duality even as we delight in dualism.



There are many ways to enjoy the belief in duality while undoing it

The echo of Oneness does not improve anything. Instead, it eventually ends all experiences of anything. Therefore, no experience hides that which cannot be experienced: 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 as you have experienced because Oneness is formless, thus endless.

Hack #11.3, In Wonderland with *the echo of Oneness*

When you hear *the echo of oneness*, it's as if everything rushes forward, yet somehow remains in place.

Because Oneness is formless and thus endless, it is impossible to be someone in a world ruled by time and space. Still, most people believe they are someone within such a world. By contrast, one comparable to the Enlightenment is that which One does not believe but pretends to be there, just as we pretend to play a role in a video game.

That's why Alexius' description below of the world standing still does not reflect the widely accepted belief that the world is governed by time and space. Instead, it shows the view of someone who does not buy into being 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 first appeared to freeze. One early morning, looking out the window, he saw the world as a pristine, snow-covered canvas. This white stretch suspended the concept of time and space, leaving only *the echo of oneness* resonating from the universe's edge

During a walk by the sea, Alexius was once again absorbed by *the echo of oneness*. On another occasion, while strolling along a busy pedestrian street, the remote echo of Oneness was all he heard. Even as crowds sped by, he felt as if there was no movement and no one around him at all. Alexius did not understand what was happening, nor did he care. *The echo of oneness* liberates you from the limits of understanding.

Years after becoming accustomed to *the echo of oneness*, Alexius realised that *Aum*, *Sohang* and *the Word of God* represent this distant humming. Yet most people never hear the unpronounceable echo of Oneness. They expect something that expands their being within a world bound by time and space. But *the echo of oneness* has no beginning or end, so when you hear it, you forget to believe in a world with boundaries. 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' represents something that makes amazing sounds. However, simply seeing the word does not evoke the sounds unless you have actually heard it before. In the same way, *Aum, Sohang,* or *the Word of God* refer to the distant humming of Oneness. But they won't remind you of the unpronounceable vibration of Oneness unless you have already felt or heard it.

You hear or feel *the echo of oneness* when the definable world of outward-facing consciousness is so far from your awareness that the abstract humming from the edge of the universe is nearest.

The echo of oneness makes you feel as if you are nobody. Freed from the need to be somebody, the world appears filled with amazement, like a 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. Yet, 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 your brain, synthesising experiences of something from nothing. The computer stands for the formlessness of Oneness. It senses a mismatch and sends back an echo – sounding like the vibration of *Aum* or *Sohang* (Duality Hack #11.4) – to help you forget to interpret experiences as something. Thus, a world confined by time and space no longer seems to hide the formlessness of Oneness.

You might wonder who created the app called the brain. The answer? No one. It requires more than One to make anything, and there is no more than that which is One since it's formless, thus endless.

Since life is oneness, thus formless, it has no secrets. So, if someone offers to reveal the secret of life, what you get is not life.

Hack #11.4, *The echo of Oneness* is our way home

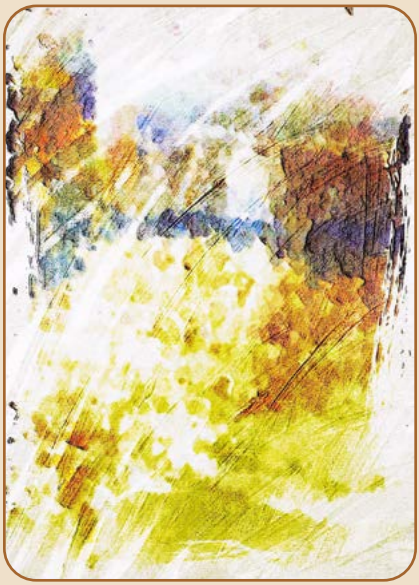
Hearing or feeling *the echo of oneness*, symbolised by *Aum, Sohang,* or *the Word of God,* is not about unveiling life's secrets, as life holds none.

Life has no secrets because it requires 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 is in the previous sentence. Life is Oneness, thus formless, so there is no life in those confined by time and space.

However, since most perceive the world through the lens of time and space, this hack operates within that framework to offer a way to hear or feel *the echo of oneness*, calling us back to the reality of Oneness's formlessness. In Christianity, this echo is called *the Word of God*, while in Eastern religions, it's symbolised by *Aum* or *Sohang*. Since Oneness has no beginning or end, its echo cannot be written or spoken. Yet, it is easy to hear or feel if you do not expect anything particular.

The vibration symbolised by *Aum, sohang,* or *the Word of God* is not hidden

For generations, people have chanted *Aum,* meditated on *Sohang,* or contemplated *the Word of God,* hoping these rituals would miraculously unveil life's



Most readers of the New Testament believe it is the Word of God*. However, it cannot be written or spoken, as that requires more than one, and god is that which is One.*

Initially, the Hebrew word *Elohim* was translated into *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. Therefore, nowadays, *Elohim* means God – an almighty force that created the world in its image. However, since Oneness is formless, it can't create a world with more than one. Thus, such a world and its supposed creator are make-believe.

mysteries. But life is Oneness. It offers no miracles or secrets because separation – the root of both – is absent in 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.*

Fortunately, hearing or feeling the primordial vibration that *Aum*, *Sohang*, or *the Word of God* symbolise isn't limited to a select few. It's accessible to everyone. If you don't pursue an elite understanding or seek a dramatic breakthrough, *the echo of oneness*, as Alexius calls it, naturally comes to you as a remote sound or a transparent feeling.

Using Aum to tune into *the echo of Oneness's* sound

Begin by gently singing *AU* within you, blending the tones into a single, continuous note. When this sound naturally fades, softly say *M*, joining it as it quietly rises into a faint humming in the distance without beginning or end. If you find yourself smiling, you have recognised *the echo of oneness*. It's that simple.

You can also get in touch with the remote humming of Oneness by saying *Sohang* – eventually combining it with listening to your breath. When you breathe in, silently say *SO* inside, continue with an unvoiced *H*, and pause on *OH* until you start breathing out. Then, proceed by saying *HA(N)*. Afterwards, stay on *(A)NG* at the end of your exhalation until *(A)NG* fades and you hear *the echo of oneness* as a distant humming.

The Hindi symbol of Sohang

Another way to hear *the echo of oneness* is to not focus on the various sounds in the world of outward-facing consciousness. Then they merge into one sound: *the echo of oneness*.

You don't need a special pose, endless chanting and praying, unique clothes, or a sacred space

The echo of Oneness doesn't alter your appearance, yet you feel transparent in its presence.

to hear *the echo of oneness*. It's not about stillness but about being devoted to hearing what cannot 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 humming, which, although remote, erased the sense of being someone definite 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 about hearing a neighbour's vacuum as they fall asleep. But perhaps it's not just a vacuum. You may pick up the distant humming that *Aum*, *Sohang*, and *the Word of God* represent. It's easy to hear it as one prepares to disconnect from outward-facing consciousness.

The echo of oneness can also be likened to the distant humming of an airport air vent, a wave in the ocean that constantly rises, or the light sound at the edge of inhaling or exhaling. But since most seek extraordinary experiences, they dismiss something so simple as a distant humming, easily heard when the definable world of outward-facing consciousness is so far from our awareness that the abstract humming from the edge of the universe is the nearest.

Knowing that *the echo of Oneness* is there, it's easier to tune in

As a teenager, Alexius enjoyed listening to a radio station broadcasting on a frequency between two noisy stations, often obscuring his favourite music station. Because he knew it was there and how to find it, he succeeded in tuning into it with firmness and subtlety.

You may already have heard or felt t*he echo of Oneness*. However, if you're seeking a peak experience, you might dismiss its gentle humming, thinking it is just the ordinary drone of a neighbour's vacuum cleaner.

Similarly, now that you know how to hear the humming of Oneness in the midst of the buzz of the world, you simply tune into it through your current activity or via *Aum* or *Sohang*. If your head is filled with noise, you hear *the echo Oneness* by joining the noise until it merges into a single sound.

> *Feeling or hearing* the echo of Oneness *is like two sides of the same coin. However, it's not advisable to feel and hear it simultaneously – rather, do so one at a time.*

To feel *the echo of Oneness*

If you are more in touch with emotions than sounds, try connecting with *the echo of oneness* through feeling. You may have already heard it by following the earlier steps, but if not, try again – this time place more weight on feeling it than on hearing it.

Feeling *the echo of oneness* is like your body purring with contentment, like a happy cat, or the fizzy rush of drinking soda foam. It may also feel like a shiver – not because of fear, but of delight. It's a loving call to return home.

When you answer the call of Oneness, its echo grows stronger. It might feel like being touched by the vibration of an earthquake or the spin cycle of a giant washing machine – only blissful, not disturbing. As you experience no clear boundary between the body and external appearances, you forget concepts such as inside and outside. Therefore, eventually, no memory of something limited seems to obscure the formlessness of Oneness.

Alexius, who is more sensitive to hearing than feeling, took a long time to hear *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* led 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.*

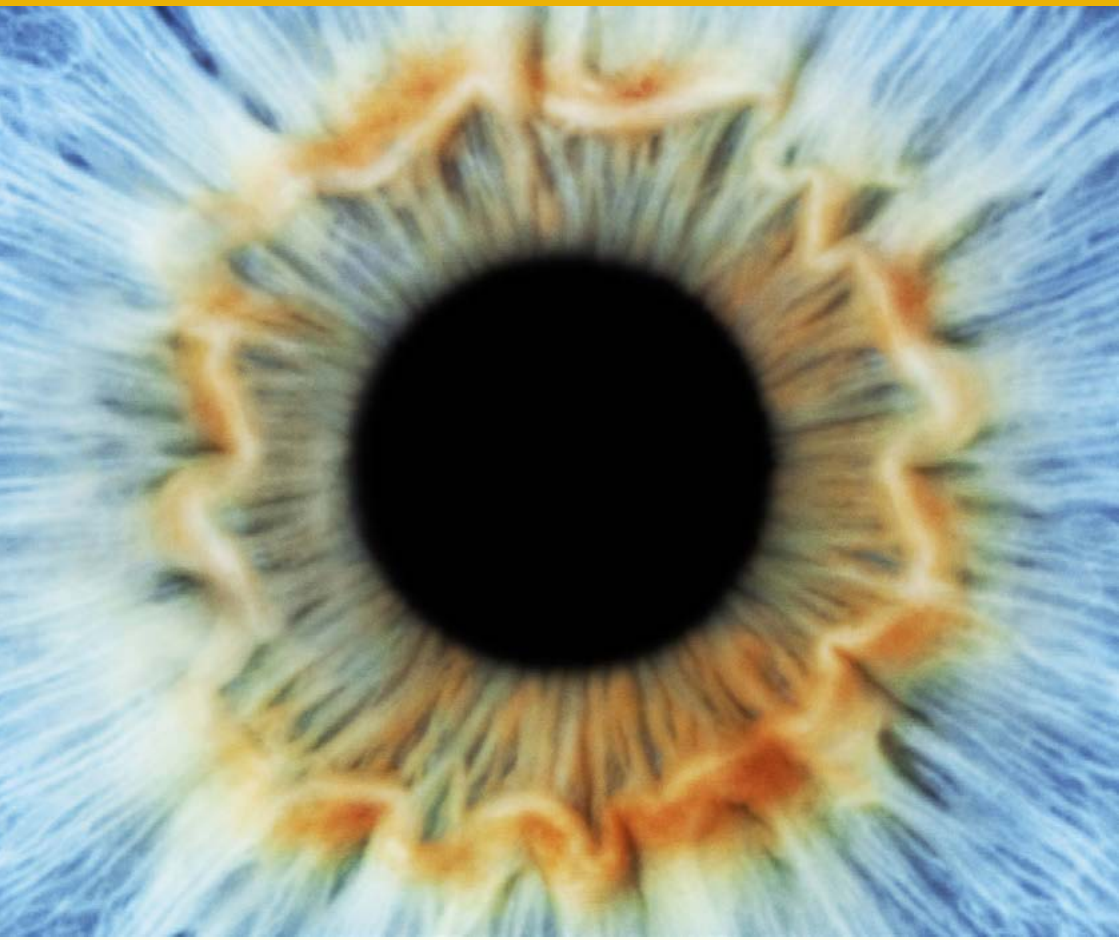
Alexius and *the echo of Oneness*

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 a new practice. So far, it has been promoted in mysterious ways by people who do not experience *the echo of oneness*, but hope that continued chanting will reveal it. Yet, in seeking a future revelation, they overlook the faint humming that is present everywhere.

But it was not through *Aum* or *Sohang* that Alexius heard or felt the humming they symbolise. Since his youth, he was, for no particular reason, often 'lifted' by this humming while watching a film, walking, or sitting in a park. Years later, it suddenly occurred to him that this distant humming is what people seek when chanting *Aum* or *So-*

hang. However, it's not about acquiring something new. It's about tuning into what we all have, wherever we are. Therefore, since Alexius can hear and feel *the echo of oneness*, so can you.

Intricate ceremonies or intense studies won't summon the vibration that *Aum, Sohang,* and *the Word of God* symbolise – or what Alexius refers to as *the echo of Oneness* – because it has no beginning or end. But when you do not focus on anything in particular, you effortlessly hear or feel this unpronounceable vibration, no matter where you appear. You also hear or feel it 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 blurs. In this gentle haze, the abstract world of inward-facing consciousness reveals itself.

Hack #11.5, The ins and outs of the inward-facing consciousness

Insights from Alexius at moments when he experiences glimpses of Enlightenment through inward-facing consciousness and enters *a state of not-knowing*.

Years ago, Alexius enjoyed travelling through worlds of lucid light. Today, he aims not to see anything recognizable, but as nothing to drift through a black hole into the formlessness of Oneness.

During the day, Alexius is immersed in outward-facing consciousness, a world of hectic activity and external stimuli. As night falls, he withdraws from this realm – sometimes by wearing a sleeping mask and earplugs. Within the tranquil expanse of inward-facing consciousness, he often hears the transparent sound of *the empty breath* (see page 488).

This translucency may quickly transport him into glimpses of *lucid light*, dancing endlessly on a transparent screen with no beginning or end. The physical world swiftly fades from his awareness as, within the *lucid light*, translucent universes unfold rapidly, or perhaps flowers bloom in slow motion. As sleep deepens, the visions of *lucid light* flash in and out. Then, upon waking in the morning, *the lucid light* is replaced by *celestial music*.

All of *Alexius' Duality Hacks*, except #10, lead to a state unclouded by the outward-facing consciousness. In this relaxed state, the inward-facing consciousness becomes more prominent with abstract glimpses of Enlightenment. You see, hear, feel, or taste them, just 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. Therefore, since nothing is perceived as making a difference, the abstractness of the inward-facing senses world displays glimpses of the Enlightenment.

Actually, the above depicts a typical description from years ago, when glimpses of Enlightenment were thrilling adventures in enchanted worlds of *lucid light*. Alexius was fascinated by this because, to some extent, he travelled in worlds he could recognise. However, nowadays, he no longer seeks the familiar.

Instead, Alexius is drawn toward an abstract lightshow revolving around a so-called black hole. The lightshow quickly merges into a single bright light, and the black hole becomes so tiny that only his non-being can cross it and drift into the formlessness of Oneness. This is neither thrilling nor calming. It simply is.

What we believe we see is constructed by the brain (Duality Hack #1.2). Therefore, since your brain has fabricated what you believe in reading now, you don't know what Alexius writes. When you acknowledge this, the inward-facing consciousness takes over, and you catch glimpses of Enlightenment.

Nights in the inward-facing consciousness lighten up the days

As mentioned, Alexius mainly engages with the outward-facing consciousness during the day. Yet the vague memories of the experiences he had through the inward-facing consciousness the previous night unexpectedly brighten his daylight hours. Sometimes, he hears *the echo of oneness*. He may even catch visual glimpses of Enlightenment with his eyes open, wherever he is. The *immortal sweetness* follows him throughout the day.

You don't know what Alexius writes

Be aware that the above describes how Alexius explores inward-facing consciousness, while the outward-facing aspect receives less attention. Your experience may vary – just as most people perceive the same cup of coffee differently. Regarding *the Enlightenment of that which is One* (Duality Hack #10), Alexius' recollections of it are likely to be selective, just as yours would be.

If the purpose of wearing a sleeping mask is to block out light from the world of the outward-facing consciousness, you receive lucid light through the inward-facing consciousness.

> The Enlightenment of that which is One *is impersonal, but since it cannot be experienced, only faint memories of something indescribable linger. Yet those memories are seen through our personality. Consequently,* the Enlightenment of that which is One *may seem to be a personal experience in time and space, though it remains impersonal in* one perpetual present.

Simply put, the descriptions of *the Enlightenment of that which is One* and its glimpses are never absolute. Also, you don't actually read what Alexius writes. Instead, you read your brain's translation, layered with your interpretation (Duality Hack #1.2).

Furthermore, Alexius' glimpses of enlightenment are not constant. Sometimes they are gone, replaced by thoughts or emotions, making Alexius forget the inward-facing consciousness. Don't worry if this happens to you, too. Then, you'll see that thoughts and feelings matter only if you need them to feel like someone specific.

Nights may swirl with restless dreams that feel real – until Alexius wakes to celestial music. It clears the night's confusion, and he rises refreshed, peaceful, and energised.

Anything upheld as specific fades out in the world of the inward-facing consciousness

You might cherish certain memories of journeys in *lucid light* and wish to relive them. However, these experiences, like intangible clouds, resist replication.

In other words, you cannot do anything to access the abstract world of inward-facing consciousness in your own way. Doing something to achieve a specific goal works only in the material world. Therefore, in the world of outward-facing consciousness, you can take steps to reduce this awareness, such as wearing a sleep mask at bedtime.

The inward- and outward-facing consciousnesses are equally unreal

Suppose you believe that inward-facing consciousness is less deceptive than outward-facing consciousness. In that case, you have deluded yourself into thinking you become purer, higher, or wiser by looking inward. If that's your goal, inward-facing consciousness will seem to cause as much suffering as outward-facing consciousness.

Lastly, it's best to forget all the descriptions in *Alexius' Duality Hacks*. This is because you can only remember them when interpreting them as something specific, which the inward-facing consciousness resists.

No matter how many stunning photos you snap of a mountain, each image shows only fragments – never the whole. The mountain here acts as a metaphor for the Enlightenment of that which is One*, while the photos are momentary glimpses of it.*

Hack #11.6, Oneness is *one perpetual present*

To hear the story of that which is One, you must undo the belief in more than One. Then, that which is you is the story that lasts *one perpetual present*.

In a world with more than one there's nothing but illusions. A child's faith in Santa Claus is charming yet imaginary. Similarly, adults who pursue material or spiritual wealth as a path to happiness are caught in an illusion. No matter how much they gain, the hunger for more never fades..

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Many consider themselves spiritual when they are more in tune with inward-facing consciousness than outward-facing consciousness. However, even though inward-facing consciousness is closer to the formlessness of Oneness, it still remains part of a world with

Another photo of the same mountain shows that it can be seen from numerous viewpoints, yet none reveal the entire mountain. Similarly, glimpses of the Enlightenment are like photographs from different angles, but none of them is the Enlightenment of that which is One.

more than one, which is an illusion. Still, inward-facing consciousness can help us recognise that the belief in more than one conceals that which is One.

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The more you're willing to undo the belief in a world boxed in by time and space, the less real it seems, guiding you towards the formlessness of Oneness. Because this is a path without direction, you are going nowhere. Consequently, the belief that you are confined to time and space gradually fades.

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Here's yet another glimpse of the same mountain as in the previous photos. However, you still don't know the mountain, as each glimpse differs. Similarly, as long as you catch glimpses of Enlightenment – no matter how exhilarating – you haven't entered the Enlightenment of that which is One.

Welcoming *the Enlightenment of that which is One* is like getting into a driverless car moving so fast that glimpses of Enlightenment – like flashes of *lucid light*, *celestial music*, *sublime intimacy*, or *immortal sweetness* – merge into one, absorbing everything that's definable, leaving nothing to bring into the formlessness of Oneness.

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The more you believe you understand *the Enlightenment of that which is One*, the further you are from it. That is why the purpose of *Alexius' Duality Hacks* is not to help you comprehend it, but to unlearn what you think you know.

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You cannot seek *the Enlightenment of that which is One* in the same way as you would for things in a world with more than one. When you stop searching for it, nothing seems to hide *the Enlightenment of that which is One*.

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Trying to extract a specific way to *the Enlightenment of that which is One*, or its glimpses, through *Alexius' Duality Hacks* is futile. It's better to forget the words and trust that glimpses of Enlightenment will turn into a portal for *the Enlightenment of that which is One* when you have the willingness not to seek something definitive.

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Oneness is *one perpetual present*. Therefore, the story of the never-ending moment cannot be told in a world that has a beginning and an end. So, if you wish to hear the tale, you undo the belief in a world limited by time and space. Then, the story of that which is you is revealed in *one perpetual present*.

You don't live twice because life is that which is One

You only live once, but because life is formless and therefore never ends, that which is you lives forever. However, when you take on a definitive form, you're lifeless since you cannot contain the formlessness of life within something bound by time and space.

Hence, if you wish to escape life's formlessness, keep focusing on something definable. But if you prefer not to fend off the formlessness of life, do not focus on a world confined by time and space. If you wonder how to do that, it suggests you do not want life's formlessness.

Acknowledging that you do not want the formlessness of life, you have come a long way, because it means you have chosen the troubles that arise from seeing yourself as someone encapsulated by time and space. Luckily, life is good, and that which is you is life. So if you admit that you've made a wrong choice, you no longer oppose life. Thus, you are on a timeless journey towards the formlessness of Oneness.

Being somewhere, you are nowhere because that which is you is everywhere.

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 come to an end. However, if they identify with what enables us to experience being definite – the formlessness of Oneness – even when their appearance as something substantial ceases, they continue because Oneness is formless and, thus, endless.

Hack #11.7 Reality is the formlessness of Oneness

If an electric bulb considers itself a source of light, its life ends when it stops shining. But if it merely pretends to be a light source, only that role ceases, while what made that role possible – 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 types and intensities of light. Yet, regardless of how much light a bulb emits, whether it's large or small, coloured, white or transparent, the ability to emit light does not originate from the bulb itself.

Although bulbs are essentially alike, it's impossible for one bulb to connect with another. The only link they have is with the power station that supplies electricity. When a bulb accepts this, it sees that it is not a bulb but the force that enables it to experience being something definable: the non-definable electricity provided by the power station. [Image from the internet]

A bulb only emits light because it's linked to electricity from the power station. Therefore, if the bulb believes it is an entity that produces light on its own, its supposed life ends when its internal system fails.

Fortunately, even when the bulb stops emitting light, it remains linked to the power station, which continues humming. But suppose the bulb is used to see itself not as a limited entity, but as what enables it to appear limited: the infinite energy of the power station. In that case, the bulb is not tied to being something specific. Instead, it is the power station that enabled the bulb to shine temporarily. Thus, life persists even when the bulb's end.

However, the energy from the power station does not reside in the world illuminated by the bulb. Only fleeting shapes are present

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, thus, establish the bulbs as living beings. [Image from the internet]

there. Thus, this world cannot help the bulb shift its identity from a finite entity to the power station's infinity. Fortunately, if the bulb does not perceive the world around it as real, the world cannot verify the bulb's existence. Ergo, there is nothing but the power station.

Many believe that the Enlightenment of that which is One *is about seeing everything as one. However, adding more than one to attain that which is One, strengthens the belief in a world with more than one. Yet, there is no such world because Oneness is formless and, thus, endless.* [Image from the internet]

Clarifications of the above bulb metaphor:

THE WORLD ISN'T REAL. The world lit by a bulb is an illusion generated by electricity from the power station. Without that energy, no bulb could illuminate an external world.

> *When you light a room with bulbs, the electricity itself isn't in the room, even though it makes it possible to see the room. 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 illuminated by the bulb. Similarly, although the formlessness of Oneness makes it possible to experience a world with more than one, it cannot be found within such a world.

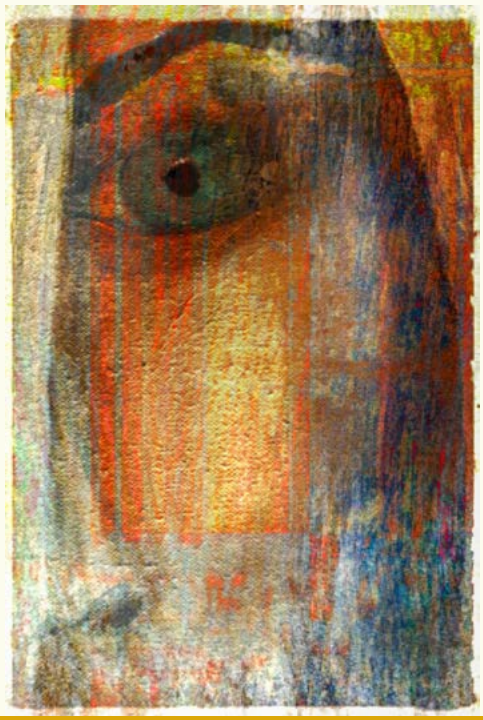
You have to leave a world with more than one to return to what you have never departed: that which is One. The fastest way is to welcome *the Enlightenment of that which is One*. Alexius'

Your physical body is not in your dreams – it's lying in your bed. Similarly, Oneness isn't found in a world of more than one. To be somewhere requires more than one, and Oneness is undivided. *[Image from the internet]*

other Duality Hacks accomplish the same over time, while you enjoy exploring a world with more than one.

Oneness is often misunderstood as the merging of separate appearances. But when the power station replaces a bulb's identity, the bulb is no more. So there's no one left to merge with anyone. And there never was, since 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. Instantly, it is swept up by brilliant light, so that its non-being can pass through a black hole so small that no being can enter. It returns to where it always was. Yet as it's no longer something definitive, there is no one left to realise this, nor recognise that it is and was always the power station.



Alexius is like a bulb that forgets to see itself as limited, and therefore, is what enables it to experience being confined: the formlessness of Oneness. However, his Duality Hacks are not a manifestation of Oneness. Just as the word 'wine' is not wine itself but merely a symbol, Alexius' Duality Hacks *are not that which is One, but symbols of it.*

In a remote land, an old man living far from everything was regarded as wise.

Hack #11.8, The Destroyer of Worlds

This is a story about an old man who has no need to be special and a young man who desires to be special by becoming Enlightened. The old man helps the young man to forget about striving for specialness. Then 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 said to know the way to *the Enlightenment of that which is One*. A young man, dreaming of the remarkable person he could become once Enlightened, set out with a firm pledge to find him.

He finally reached the old man in a remote valley. Eager, the young man asked if he could be shown the way to *the Enlightenment of that which is One*. The old man replied, »No problem, if you're ready to work for it.«

»Certainly«, the young man replied, keen to begin his journey to Enlightenment. His eagerness gave way to surprise when the elder asked him to dig a ditch around the house. But the young man assumed the old man was poor and would reveal his secret knowledge in exchange for the labour.

The young man worked tirelessly to impress him, but the old man never seemed satisfied – always claiming the work wasn't good enough. It could be much better, and the ditch should be much deeper. Still, after much effort, the young man finally glimpsed a trace of approval on the old man's face.

> The Enlightenment of that which is One *has nothing to offer, for to give or receive requires more than one. Thus, if you expect something from it, you miss it.*

Expecting something in return

Nevertheless, the old man remained silent for weeks, making it hard for the young man not to show his impatience as he waited for the old man to bestow upon him *the Enlightenment of that which is One*. Then, one day, he calmly instructed the young man to refill the ditch.

The young man was taken aback by the strange request. However, he chose to see what would happen if he followed the old man's instructions. So he filled in the ditch until it appeared as if there had never been one.

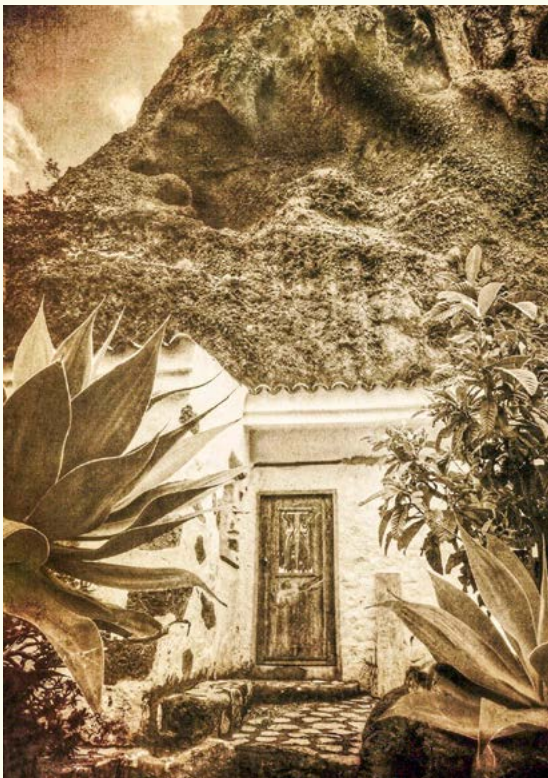
No pearls of wisdom – only shit

Proud of his achievement, the young man was certain the secret of the Enlightenment would soon be his. He believed it would make him spiritual and win others' admiration. So when the old man invited him inside, he went in with a broad smile, sure he was nearing what he sought.

But the old man, hidden above the door, threw a bucket of shit on his head. The shock shattered his smile, and his pride turned to outrage as he saw the old man laughing through the shit.

Feeling betrayed, the young man stormed off, convinced he had wasted months on a bitter prank. Weeks later, he returned—no longer proud, but humbled—and asked once more for the path 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 set him one meaningless task after another. A year passed, and when the old man threw a bucket of shit on the young man's head again, he looked at him with a happy smile, now understanding the old man's wisdom: seek nothing for yourself.

The young lad no longer wished to seek anything extraordinary or to establish himself as somebody specific. Thus, in being nobody, there was not somebody to hide *the Enlightenment of that which is One*. That was what the old man had taught him.

Alexius lives quietly, unseen by the world. Yet, nothing feels far from him. Like in a lucid dream, he is AloneTogether *with all things.*

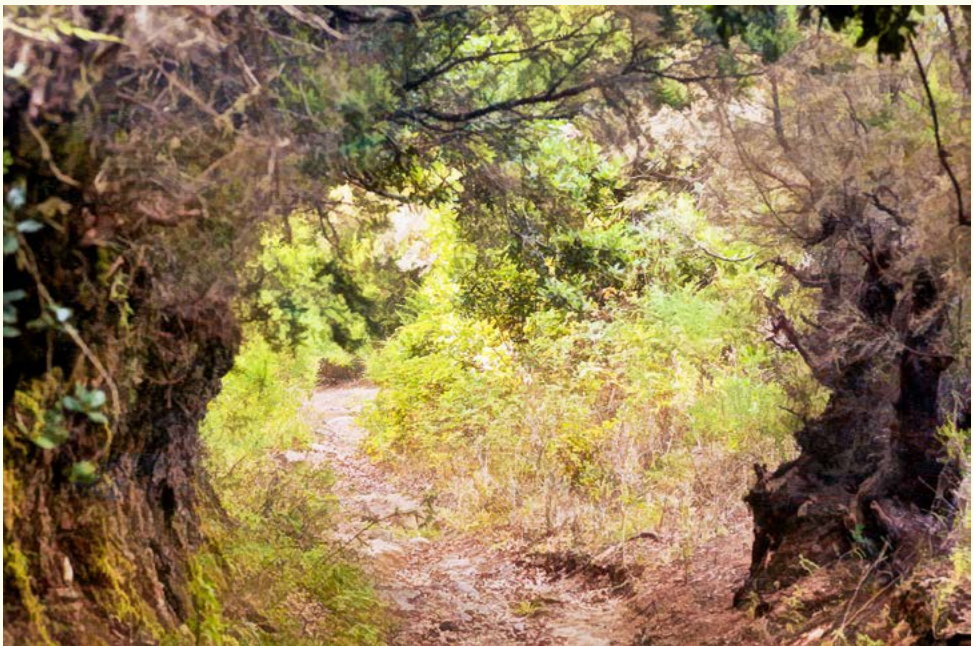
Somebody or nobody

The above is a remix of stories Alexius heard as a teen. Back then, he thought such stories were out of touch with modern life, which he believed revolved around being recognised as somebody, like when he entered a disco and the DJ turned down the music just to call out his name.

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 playfully pretending to be somebody in a world with more than one (see Alexius has been a man in many ways).

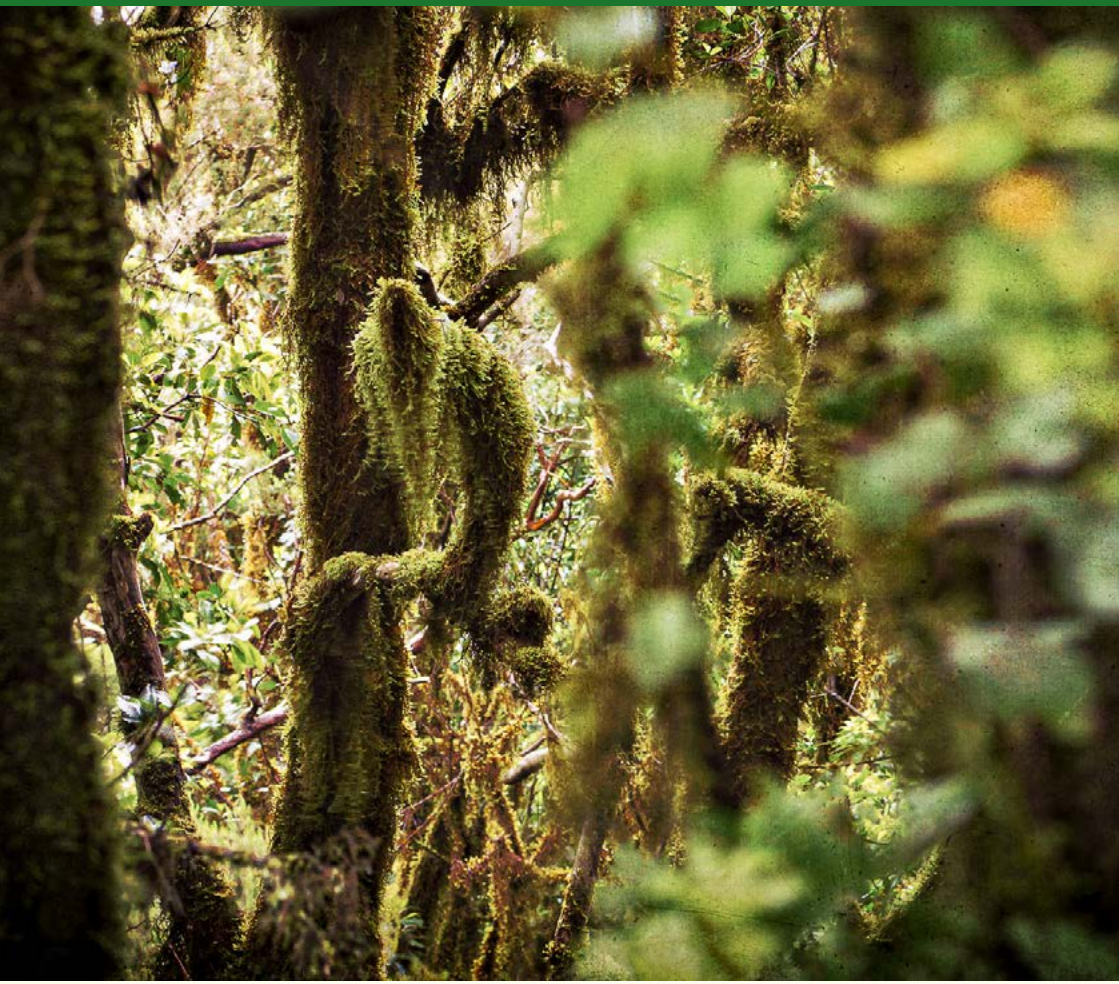
Currently, one of these ways has taken the form of writing Duality Hack #12, *AloneTogether* with the reader. However, since no one in particular determines what to write or edit, these Duality Hacks are not for those who believe their choices define them. Instead, they're for nobody.

As nobody, Alexius writes Duality Hacks AloneTogether *with the reader.*



Alexius is *AloneTogether* with his cats, on a path with no distance to that which is One – welcoming anyone who is not trying to be someone specific.

Oneness is formless and therefore endless, so you can only be in a world with more than one in fantasy. Hence, since experiencing more than one is an illusion, you undo its hold upon acknowledging you are AloneTogether with the illusion of more than one.



What and where we appear is a construction of thoughts. These thoughts become tangible when specific constructions are turned into feelings. However, when feelings seem too intense, most people avoid the intimacy they establish with the world by analysing and categorising those feelings. Because emotions then become thoughts again, people can use them as planned, which is to hide the intimacy of Oneness.

HACK #12.1, Oneness is complete intimacy

Believing we're separated by time and space obscures the intimacy of Oneness. When we acknowledge that we're *AloneTogether* with our experience of time and space, we reestablish Oneness's closeness.

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 criticise the tone of those they believe have taken their space, seeking to make them wrong and thus not superior.

This fight for space is not personal. It fundamentally reinforces the idea of dimensional difference in a world of time and space: one is small, and the other is big. Whether this is psychological or physical, it retains the belief in separation. Since this 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.

Those who believe in separation judge everything to differ to establish their belief as real.

On the other hand, when we don't perceive the experienced difference as making a difference (Duality Hack #4.3), we're free to choose the intimacy of Oneness.

Escaping Oneness's intimacy to appear as an individual

It generally feels more manageable and faster to handle things in the virtual world of electronic media than in the physical one. Take a breakup, for instance. It's much quicker to end it 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 total intimacy, making it impossible to maintain distance. It's also endless, so it's impossible to escape. However, as we believe we're in a world defined by time and space, we proceed within 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. Hence, the closeness is so intense that you're always on.

However, we have chosen to avoid the intimacy of Oneness by retreating into a realm governed by time and space. There, we use these concepts to maintain a measured space from others. Some seem far away, while others are close, but never so close that we risk losing our perceived individuality.

Alternatively, we retreat into the sphere of dreams. Here, we meet others perceived as separate from us. But we meet nobody but ourselves, because we remain in our bed, *AloneTogether* with those we experience meeting. Likewise, when we're awake, we're *Alone-*

When you devote yourself entirely to something in a world constrained by time and space, the object of devotion becomes so intimate that it dissolves in glimpses of Enlightenment.

In other words, when you are fully devoted to something, everything else fades. You do not see yourself and what you devote yourself to as separate. Thus, separation does not block the intimacy of Oneness.

Together with our experiences of more than one, because Oneness is formless, thus endless, so there's no more than that which is One.

In short, you're always *AloneTogether* with those you seem to meet. By accepting this, you undo dimensional differences. And since this brings all experiences back to the one who has them, we confirm the intimacy of Oneness.

Both you and Alexius play a part in Alexius' Duality Hacks *– you read, Alexius writes. However, if you conclude that you and Alexius are one, you inadvertently acknowledge separation, because your conclusion is based on adding more than one. On the other hand, when you perceive yourself* AloneTogether *with Alexius, there is no separation. You are then moving, without barriers, toward what cannot be divided: the formlessness of Oneness.*

We can't experience anything without the brain. Therefore, we need it to fulfil our dream of being and having more than one. Yet most see the brain as something evil to be conquered.

Hack #12.2, You need the brain to return to Oneness

During sleep, the brain fabricates such compelling experiences that we momentarily forget we're not in the dream but in our beds. Upon waking, it continues its art, moulding our perception of ourselves as beings bound by time and space, even though we are 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 and thus without beginning or end, it's the sole reality. Yet, pursuing diversity, we conceive a tool – the brain – that fabricates experiences of more than one. Trying to please us, the brain twists nothing into something, forming the illusion of a world with more than one.

> *We appear to have escaped Oneness in a big bang emerging from a black hole. However, we can't leave Oneness, as it's formless and thus endless. So our appearance in a world with more than one is an illusion.*

But despite its best efforts, the brain cannot materialise its fantasy of a world with more than one. Hence, such a world remains confined within the brain's boundaries, much like the characters and settings of a dream remain in the dreamer's headspace.

Therefore, since you're *AloneTogether* with the brain's fiction of more than one, you return to Oneness *AloneTogether* with the fictional parts you hold dear, such as a friend, a spouse, or a pet. In other words, you return as you fantasised, departing from that which is One: *AloneTogether* with more than one.

> *The brain, following our wishes, has composed a fantasy world of 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 that attest to us as someone specific in a world with more than one, it does so to please us. However, these experiences, rooted in our longing to break free from Oneness, only intensify our craving for independence. Therefore, most try to cut off the brain, the very organ they rely on to maintain the illusion that they are not the formlessness of Oneness but someone specific in a world with more than one.

When you exclude your undesired traits from awareness by projecting them onto the world, you feel disconnected from it. But if you include them, you feel AloneTogether *with the world, thereby undoing the belief in more than one.*

Fortunately, friendship resembles the unity of Oneness. So if you don't see the brain as your enemy but as a companion in the fantasy of more than one, you can return to Oneness, *AloneTogether* with your 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 Oneness admits no more than one. But to resonate with the formlessness of Oneness, he also needs closeness. So, if Jesus acknowledges that he experiences a hostile crowd outside him, he's *AloneTogether* with this experience. Thus, close to being formless, he's on a path without distance from what he never departed from: that which is One.

You feel alone when you perceive others as separate. But if you're AloneTogether *with your perceptions of others, you are not an isolated being in a world with more than one. Instead,* AloneTogether *with everyone, you follow a path without distance to that which is One.*

The brain fabricates all experiences of a world with more than one to make it appear real. However, *Alexius' Duality Hacks* aren't composed to make the world seem authentic. This is because it takes more than one to be something.

AloneTogether undoes separation

When you are *AloneTogether* with all your experiences, nothing feels external. And since there's no internal without an external, you are not in a world with more than one, but that which is One.

AloneTogether, *we return hand in hand to what we never left, though suppressed, namely, that which is One.*

HACK #12.3, *AloneTogether,* we forget to be more than One

One imagines departing from 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. Hence, we return by maintaining the idea that there's more than one. Whether this is perceived as physical or astral doesn't matter. What matters is that you return *AloneTogether* with more than you believe yourself to be.

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 it's not in a world with more than one.

As this togetherness corresponds with the intimacy of Oneness, *AloneTogether* with your fantasy of more than one, you undo the belief in separation. Hence, since there are no longer experiences of a world with more than one, they no longer appear to conceal that which is One.

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When we experience being in a world with more than one, we're always *AloneTogether* with our experience, for there's no more than that which is One. Yet most interpret their experiences as caused by something outside them, preventing them from realising that, like in a dream, they're *AloneTogether* with the experience of more than one.

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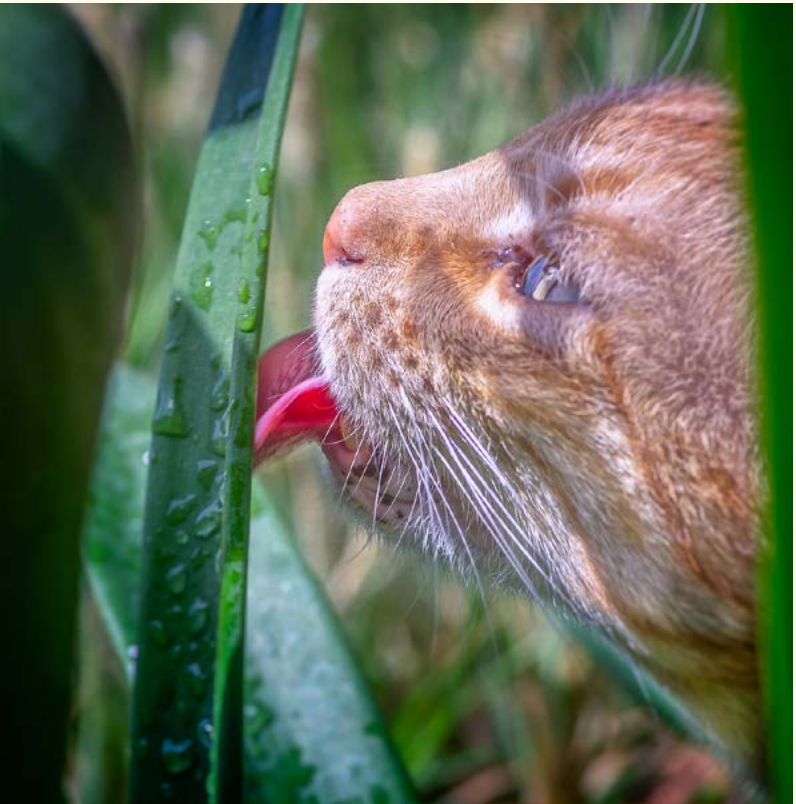

When your apparently different experiences are not perceived as making a difference, you don't feel separated from them. Then, being AloneTogether *with your experiences, you taste the intimacy of Oneness.*

It's impossible to be without love when you're *AloneTogether* because togetherness, by its very nature, includes everything. So you feel loved, *AloneTogether*.

Undoing the belief in separation *AloneTogether*

One way to undo belief in separation is to stop linking thoughts, feelings, and actions to an external world. Without this link, we feel *AloneTogether*, not separate, with whatever we encounter. This uncovers the intimacy of Oneness, which had been concealed by ideas of separation.

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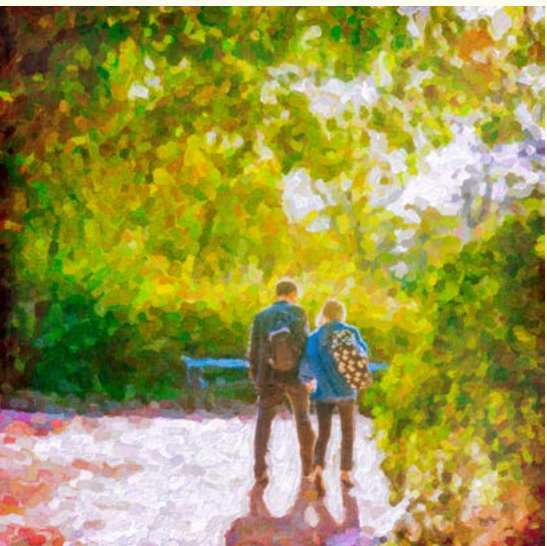
As Oneness is formless and thus endless, it's impossible to be in a world with more than one, except in fantasy. Therefore, you end this fantasy by returning to Oneness as more than one, though not in a literal sense. After all, the experience of more than one is an illusion, so you return to Oneness, *AloneTogether* with your fantasy of more than one.

Meeting somebody is impossible because there is no more than that which is One. Still, you can imagine there is more than one. In doing so, you are AloneTogether *with your fantasy of somebody else.*

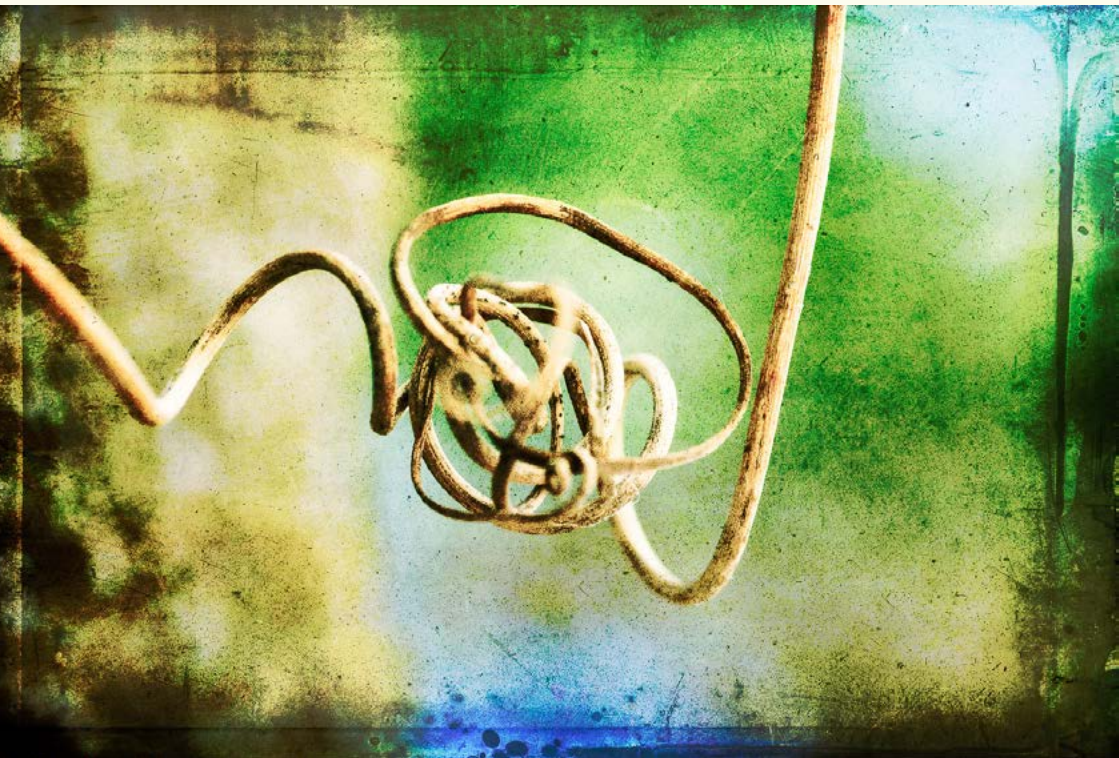


The brain's fantasy world

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 derives from twofoldness. That is why we feel satisfied when our reaction to the brain's duality is twofold (Duality Hack 8.8). The brain, in turn, is reassured by our dual response, which is required to establish us as someone within its world of duality, just as Santa Claus must be confirmed by you if you want to appear as someone enjoying his present.

When you accept that the world is in the eye of the beholder, you're AloneTogether *with your experience of something outside you. Hence, you say goodbye to separation and hello to Oneness. However, Oneness 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. Therefore, if you don't exclude the part of you that you see as foolish so as to appear solely wise, you're not established as singular but as twofold. Thus, you can return *AloneTogether* to what you never left: non-duality.

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As everybody has a split personality, they're *AloneTogether* when they acknowledge their division. Take Alexius, for instance. He personifies both a mature adult and a playful child. Years ago, the adult in him suppressed the spontaneous 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 its dual world.

Luckily, when Alexius perceived his reaction to the child in him as *'it is what it is'*, he sensed a continuous interaction between the child and the adult. Hence, since neither the child nor the adult appears definitive, they're 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, as 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 *AloneTogether* 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
***AloneTogether*'**
with more than one

Being *AloneTogether*,
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 individuality, thus requiring belief in more than one. The same applies to leaving Oneness: you remain One unless you depart from it by believing in more than one..

> *You left Oneness by imagining it divided into more than one. You then confirmed the separation by feeling alone. Fortunately, you can quickly undo feeling alone by being AloneTogether with more than one.*

However, since Oneness is formless and thus endless, it's impossible to leave it except in fantasy. That's why you return to Oneness as you fantasised leaving it: with more than one.

We appear separate from others in a world with more than one. But like a dream, we're AloneTogether *with our experiences of others.*

When your experiences of something external, whether perceived as animate or inanimate, are seen as internal, you're AloneTogether *with your experiences, thereby 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, 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. You were never anywhere else, except in fantasy.

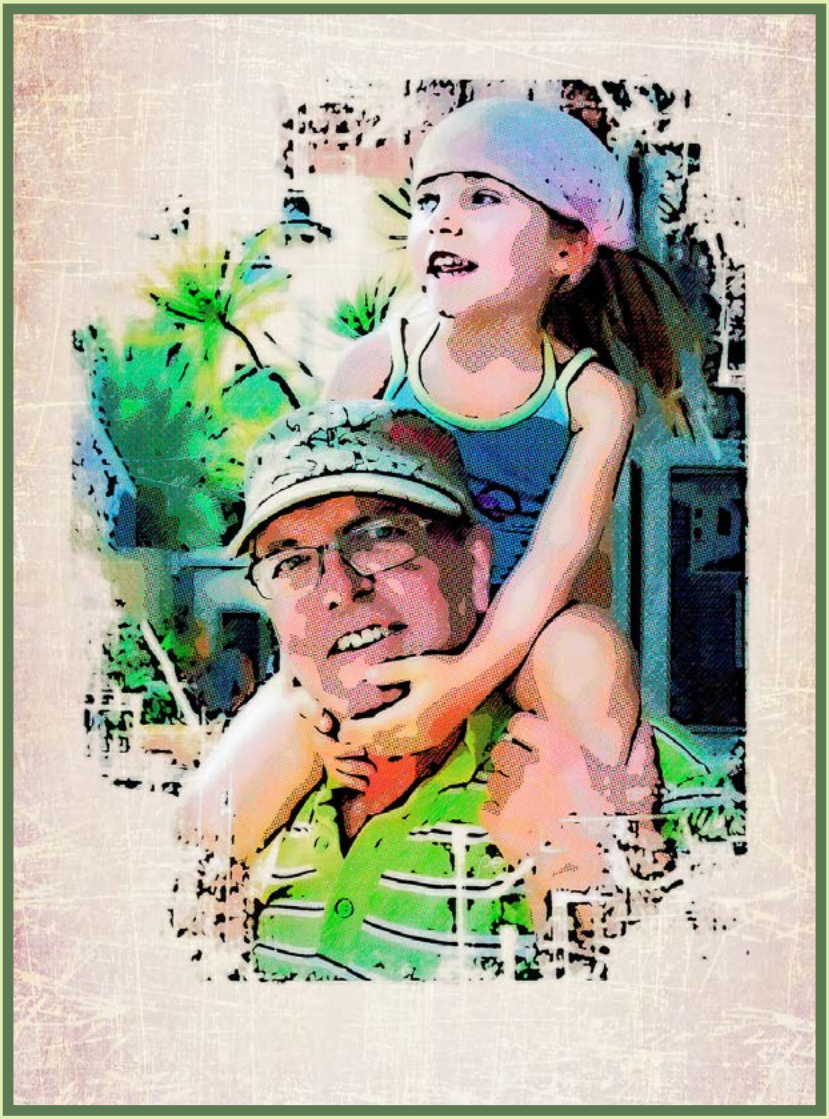
It's as if having a dream. You may feel you're here and everywhere, but everything is within the dreamer. Thus, the dreamer is *AloneTogether* with all the dream appearances.

Being *AloneTogether* is akin to a child embracing their teddy bear

The idea of leaving Oneness requires belief in more than one. Yet, as already said, there's no more than Oneness, since it's formless and thus endless. Still, we believe we're in a world with more than one.

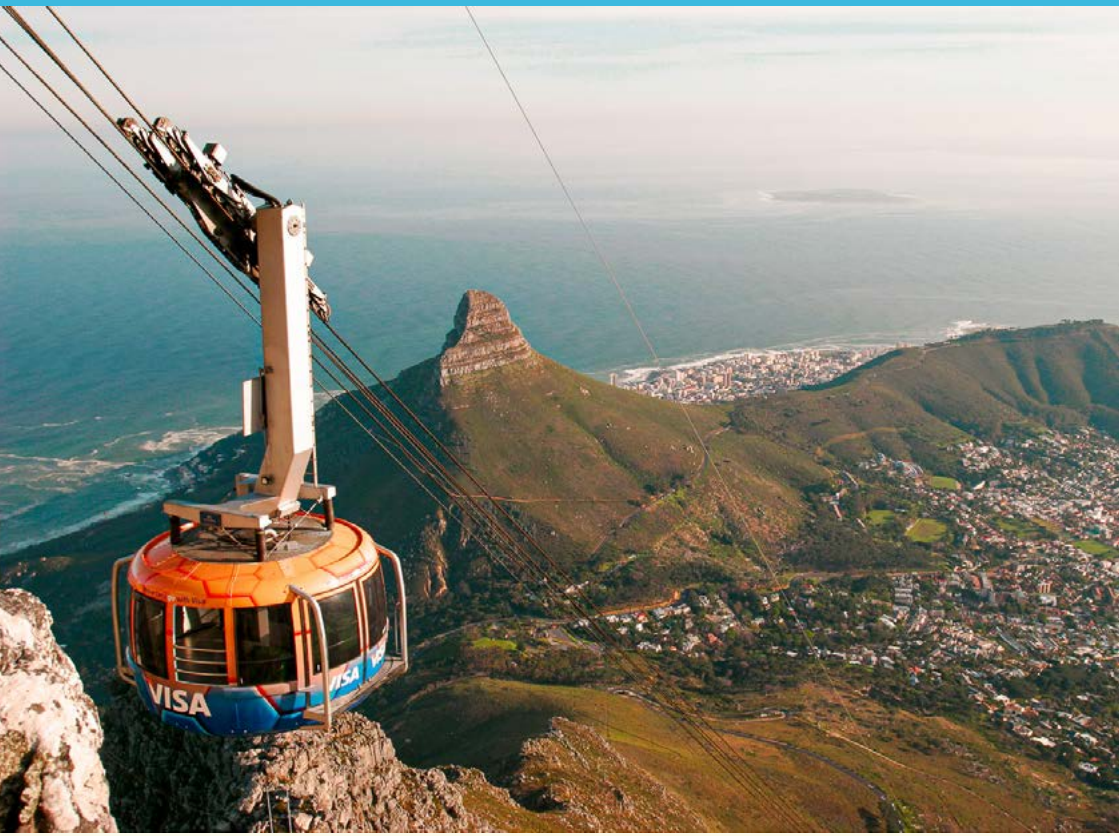
To prove it, we gather experiences, each seemingly different from the other, which implies that a world with more than one is real. However, just as a dream doesn't unfold across multiple locations but solely in our brain, every experience we have while awake unfolds there as well.

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, form stories about it, transforming it 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 cannot choose that which is One, because doing so would require more than one, thereby reinforcing the belief in separation. But you can choose to experience more than one *AloneTogether*, thereby returning to that which is One.

Alexius is a messenger whose role is to render himself redundant so that there's nothing but one perpetual present.



The final stretch of undoing the belief in more than one may seem lonely. You have to leave behind all ideas, whether spiritual, emotional, or mental, because support means believing in more than one. However, the way to do this is to include them, not exclude them. Hence, AloneTogether *with your ideas, you leave a world with more than one.*

Epilogue: That which is One

Using *Alexius' Duality Hacks* to attain non-duality is like riding a cable car to a mountain summit: the cable car helps you up the mountain, but it's not the summit itself. In this metaphor, *Alexius' Duality Hacks* do not literally transport you to non-duality, because you never leave it. They instead undo your belief in duality, so that it no longer appears to obscure the ever-present non-duality.

Returning to non-duality is akin to reaching a mountain peak, with *Alexius' Duality Hacks* serving as an aerial cable car. However, a cable car can only take you so far. It's a means to an end, not the end itself. So when *Alexius' Duality Hacks* have brought you to a point where you no longer expect anything from duality, leave them behind. Holding onto them would be like trying to carry the cable car itself in your backpack as you trek from the last stop to the mountaintop. It weighs you down unnecessarily, as its purpose has been fulfilled.

In this metaphor, not all qualities of an aerial cable car apply to *Alexius' Duality Hacks*. An aerial cable car transports passengers from one point to another in a straight, predetermined line. In contrast, *Alexius' Duality Hacks* do not take you to non-duality. It's formless and therefore endless, making it impossible to leave.

However, since you seem to believe that it's possible to depart from non-duality, *Alexius' Duality Hacks* help you undo your belief in separation, thereby disclosing what's already present: non-duality. They do this in a non-linear manner because the idea of consistency obscures the everlasting nature of non-duality.

When you don't try to experience, realise, improve, or share something, you're content in the bliss of nothing. Thus, you no longer need Alexius' Duality Hacks. *Leaving them behind, eventually,* the Enlightenment of that which is One *sets in. It erases consciousness, so what we cannot be aware of is uncovered: that which is One.*

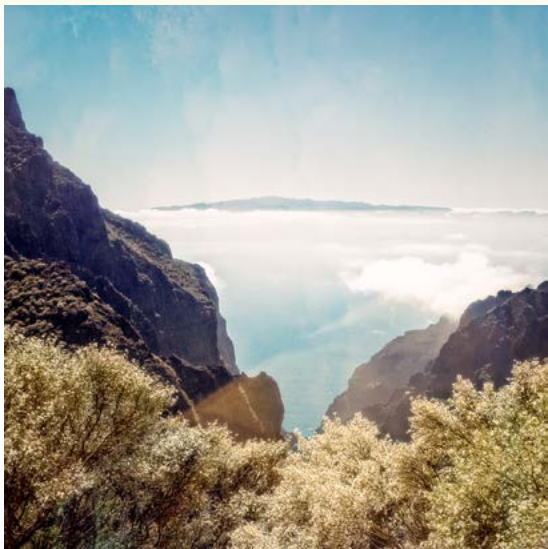
The bliss of nothing surpasses the feeling of something

When you feel something, whether considered mundane or spiritual, you believe in more than one. But when you no longer expect to feel anything, the ride with *Alexius' Aerial Cable Car* comes to an end. Instead, you rest in *the bliss of nothing* until *the Enlightenment of what is One* sets sin. However, this doesn't mean you have to avoid feeling something. *Alexius' Duality Hacks* do not require giving up anything. They help you change how you perceive something, so you stop believing it's real.

For instance, if you pretend to be someone pursuing relief through experience, the belief in duality fades, because what you pretend to be, you are not (Duality Hack #2). Consequently, you soon reach the endpoint of *Alexius' Aerial Cableway*. From there, you continue on a path without time or distance to that which cannot be experienced: non-duality.

Another method is to connect with *the empty breath* (Duality Hack # 9.1). As it renders you indifferent to experiences, you find yourself in *the bliss of nothing*. Staying there, you have reached the end of *Alexius' Aerial Cableway*. All of *Alexius' Duality Hacks* ultimately bring about *the bliss of nothing*.

Wanting only the bliss of nothing *comes from overwhelming frustration with something. At this point, the ride on* Alexius' Aerial Cableway *ends, and, eventually,* the enlightenment of that which is One *sets in*.



As mentioned on page 698, you bid farewell to *Alexius' Duality Hacks* once they've served their purpose. Similarly, after the seventh upgrade of this eBook, Alexius has completed serving the world with duality hacks to uncover non-duality. So, it's time for him to leave them behind. However, his free eBook, *Alexius' Duality Hacks*, remains 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 do not offer facts or concepts that add to a higher goal or meaning for you in the domain of duality. Nor do they offer hope for you or that realm, since hope, purpose, meaning, and progress all depend on more than one. Instead, they undo the belief in anything needing more than one, thereby disclosing non-duality.

Since it involves more than one pointing to something, Alexius' Duality Hacks do not point to non-duality but rather to what conceals it – namely, the belief in more than one. The Hacks utilise that belief to undo it. This gentle paradox enables you to enjoy appearing as someone in a world of duality while gradually undoing the belief in more than one.

» *Insights into the origin of* Alexius' Duality Hacks, *beyond existing religions and philosophies.* «

Alexius doesn't base his Duality Hacks on any pre-existing doctrine. Instead, he develops them from the ground up, taking into account the fast pace of modern life. This functional approach lets you use his Duality Hacks as part of your daily routine – no meditation, strict diets, or complicated practices are needed to uncover non-duality.

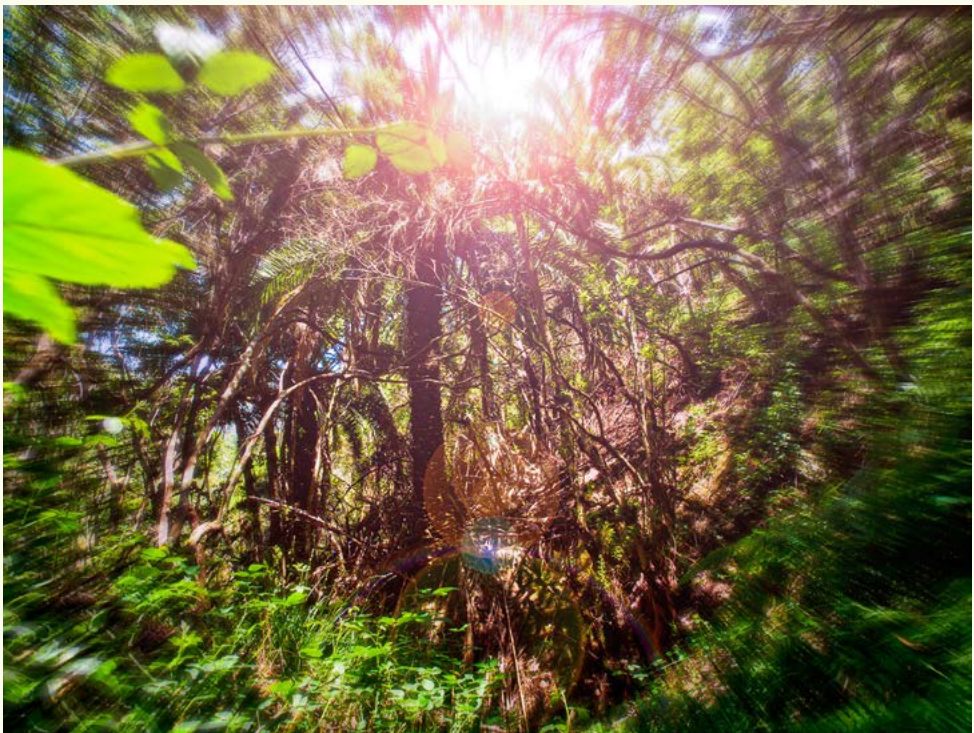
Afterword: The Story of the eBook

This personal, contemporary story shows how *Alexius' Duality Hacks* are built from the ground up by Alexius.

Alexius' Duality Hacks, as the name suggests, are written by Alexius. However, he does not consider the apparent difference between himself and the readers as making a difference. This isn't to say they and Alexius are one in spirit. There is no spirituality in a world limited by time and space. Spirituality is formless, free from the limits 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 cannot be spoken or heard, since that would require more than One. See* Duality Hack #11.4.

In 1972, Alexius welcomed the Enlightenment of that which is One*. However, since sharing it required more than one, he remained silent about it for many years. But in 2010, as he was airlifted from the rainforest,* AloneTogether *(Duality Hack #12) with his memories of Enlightenment, he vowed to serve by exposing the illusion of duality and thus uncovering non-duality. Soon, based on his encounters with* the Enlightenment of that which is One*, he began writing* Alexius' Duality Hacks*.*



Alexius is assigned the role of a *Duality Hacker*

When we follow the current stream of thoughts to its end, the earlier version of ourselves fades away. Something new emerges, whether it's a small mood shift or a major change in personality. See page 263.

Alexius was remodelled while following a stream of thoughts down a mountain into a historic forest. There, he was injured and stranded without food or water. By the end of the second day, a helicopter rescued him from the wilderness. Suspended in the air, *Alone-Together* (Duality Hack #12) with everything, Alexius vowed that, based on his experiences 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 no longer appeared to be the hiker he once was but rather a Duality Hacker, writing what would become *Alexius' Duality Hacks*.

They are essentially a one-word, airy tune without a beginning or end. Yet, Alexius perceives them as a multitude of distinct melodies with overtones that become words about hacking the belief in more than one when he hums along with them. Rapidly and chaotically, these words drift through his hands into his computer.

Like changing weather, our personalities are constantly shifting. This feels wonderful, as long as we don't try to hold on to any one of them.

Alexius' Duality Hacks

Alexius' first Duality Hacks – later titled #10.1-8, are about Alexius welcoming *the Enlightenment of that which is One*. However, he was unaware that these hacks merely marked the beginning, planting seeds for 80 more.

Subsequently, he wrote what he now calls Duality Hacks #1.1-13. They expose that every experience is make-believe. This was no surprise to Alexius. After all, he's comparable to *the Enlightenment of that which is One*.

Soon, Alexius swiftly composed Duality Hacks #2.1-5 and #3.1-8. The first set involves discovering non-duality by pretending to be someone in a dualistic world. Since we're not where we pretend to be, this undoes the belief in duality. The second set involves viewing every experience as a symbol of non-duality, thereby cancelling out duality. These approaches were new to Alexius and felt like revelations. The same applies to Duality Hacks #4.1-6, about undoing duality through inclusiveness, and Duality Hacks #12.1-4, where we return to Oneness *AloneTogether*, as that's how we envision leaving it.

At the same time, he wrote Duality Hacks #11.1-8 about Enlightenment and its glimpses. These naturally extend from Duality Hacks #10.1-8, which address *the Enlightenment of that which is One*.

Later, he typed Duality Hacks #9.1-10 about *the empty breath*, which he had sensed since his youth. His advice on how to spark it through speedy thoughts came to him much later, while waiting for a skin cancer operation.

Alexius was fascinated 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).These four hacks differ from most approaches to undoing duality, so you might have to revisit them several times before they start working automatically.

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 speed at which we can hear and feel the primordial vibration symbolised by *Aum* and *Sohang*. Drawing on years of experience with this unpronounceable vibration, Alexius provides practical advice on how to hear and feel it instantly (Duality Hack #11.4).

Many speak of the Enlightenment as something to be experienced, yet experience itself implies separation. So, what most call the Enlightenment actually deepens the illusion of more than one. In contrast, *the Enlightenment of that which is One*, as Alexius has welcomed and writes about, instantly terminates consciousness. Hence, it doesn't seem to conceal what we cannot be aware of: that which is One.

Alexius' Duality Hacks *asks for nothing and offers nothing, so as not to conceal the formlessness of Oneness behind something.*

The Enlightenment of that which is One and its glimpses

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 glimpse Enlightenment. The idea that one can hear, feel, and taste glimpses of Enlightenment was entirely new to Alexius, while seeing these glimpses as *lucid light* was already familiar.

The seminar triggered a devotion in Alexius, leading him to forget to see the glimpses of *lucid light* as consisting of shapes and colours.

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 is, of course, 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, you can appear as if you're someone specific. Hence, Alexius momentarily appears there as someone comparable to *the Enlightenment of that which is One*. See Duality Hack #10.5.

Occasionally, Alexius forgets to remember what and where he appears. Thus, as a nonbeing, he slips into the Enlightenment of that which is One*, returning to what he never left: the formlessness of Oneness. So, when he's rebooted as somebody in a world with more than one, nobody is that which is One, while somebody is comparable to it.*

As they fused into one light, he entered *the Enlightenment of that which is One* (Duality Hack #10.2).

This inspired Alexius to devote himself to the other three ways of glimpsing Enlightenment. Therefore, his guidelines in Duality Hack #11.2 on seeing, hearing, feeling, and tasting glimpses of Enlightenment are not merely philosophical theories or secondhand knowledge. They are practical tools drawn from his 55 years of personal experience (see Duality Hack #10.4), and they are freely accessible to anyone.

According to online sources, yoga manuals such as Hatha Yoga Pradipika (15th century), Shiva Samhita, and Gheranda Samhita (17th century) mention these four ways. Alexius is unfamiliar with those teachings and yoga in general. However, he found online quotes from the Gheranda Samhita that provide historical background for the four ways to glimpse 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 previously fuelled the writing of *Alexius' Duality Hacks* was diverted into a different direction, drawing on Alexius' essential trait as an airy librarian (see Duality Hack #5.1). His creative writing wasn't lost. Instead, it was combined with a more detailed process to refine the Duality Hacks' vocabulary and enhance their English writing.

Still, *Alexius' Duality Hacks* aren't his or anyone else's. Their content is like water flowing from a tap — in this metaphor, the wordless, airy tune that Alexius, like an empty glass, picks up and shapes into something readable in a world confined 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 functions as a medium for this flow, channelling it into *Alexius' Duality Hacks*, which you read. Yet as

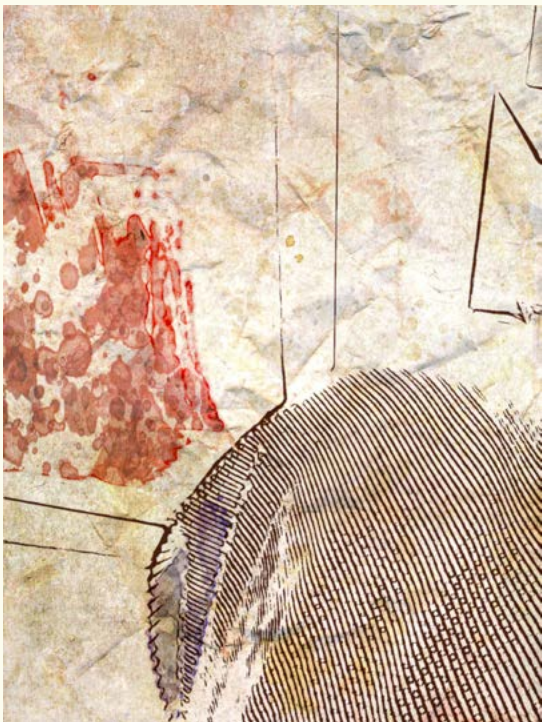
long as we perceive ourselves as separate entities, undoing this mistake seems to involve more than one.

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 for Alexius' story is that he now prefers *the bliss of nothing*. Consequently, the writing and refining of Duality Hacks gradually fade away. Simultaneously, his nothingness patiently waits to enter a familiar black hole, too small for something to pass through (Duality Hack # 10.5). That will mark the end of Alexius' story, but not of Oneness. It's formless, so it has no start or finish.

That said, this eBook is filled with Duality Hacks already written by Alexius, each supplying ways to undo the belief in duality, thereby uncovering non-duality.

As Alexius revisits this afterword, he finds that the energy to compose new hacks is fading. Now it's about refining the vocabulary he developed while writing the hacks. Yet even these refinements are fading, which he sees not as a loss but as a sign of completion.



Before *Alexius' Duality Hacks*

In the mid-90s, Alexius got his first computer. Initially, he viewed it as a writing tool, but soon he shared his children's enthusiasm for its creative possibilities. His growing proficiency with computers and eye for design quickly made him sought after among major companies in his home country.

After years in design, Alexius looked for a new creative spark and turned to photography. The joy of processing his photos on the computer renewed his creative spark. To keep the flame alive, he chose to pursue photography as a hobby rather than make it another job..

Before the free eBook

By 2011, Alexius had lost interest in digital design and photo editing, so he returned to his first love: writing. Over the next seven years, he devoted himself to publishing brief, spontaneous online bulletins, based on his encounters with *the Enlightenment of that which is One*, beginning at around age 20.

Later, Alexius expanded these bulletins and compiled them into what is now called *Alexius' Duality Hacks*. Since they are not derived from existing philosophies, Alexius spent years carefully developing an original vocabulary for his Duality Hacks.

The free eBook *Alexius' Duality Hacks*

In 2023, Alexius compiled the Hacks into the free eBook *Alexius' Duality Hacks*, blending his design and photography skills. The eBook then underwent several major updates. This version is a beta of the seventh update, emphasising the core message: anything that requires more than one is an illusion.

Alexius and his sons are taking a break from exploring their new computer

When contrasts like high and low, bravery and fear, inside and outside,
birth and death, and past and future don't make a difference,
a world of duality doesn't seem to hide that there never was,
and never will be, anything but non-duality.