

Existential Pure Being

We cannot even for a second enter another person's mind and experience what this person experiences. We are left alone to evaluate our inner experiences and have no point of objective reference from outside at all. Therefore we do not have a map that tells us exactly where we are. Sometimes this chaos or confusion is utilized by the ego that likes to label certain experiences as 'higher consciousness' in order to glorify itself and escape from self-confrontation.

This no-map condition is what I call 'existential loneliness' and it is experienced by the ego as an empty void which causes fear. But from a higher perspective it is a creative void that is paramount in the process of spiritual transformation, because deeper experiences of this void stir the depths of our fears and denials so we can experience them, go through them, release and investigate them in order to learn about their rigid patterns. This is what I call experienced self-knowledge, and this is the start of creating a higher consciousness.

When the ego avoids this existential loneliness it disconnects us from getting in deeper touch with our core being and separates us from others – thereby preventing deeper and more meaningful relations with our self and our fellow human beings.

A higher frequency of existential loneliness can be defined as **Existential Pure Being**:

When we allow ourselves to merge in the existential loneliness and know how to deepen this experience we enter the state of experience I call Existential Pure Being. This is the deepest core of our physical nature and it is in fact always there, the only thing that stands between merging in this state is our ego and the activities of our mind. Another way of describing Existential Pure Being is 'that' which is left when 'you' are not there.

The process of going there is like peeling an onion, only to arrive at the center, where there is 'nothing'. The layers of the onion are our karmic issues and the ego's make up, and this process of clearing takes a lot of knowledge. We are up against the ego that has been constructed during thousands of generations to reach the level of today. This is the momentum of power we are up against, so this demands a wholehearted effort over time to cleanse out. Put in a humorous way; this work is not for amateurs.

Our ego mind is so used to identifying with the content of our thoughts, emotional reactions, behaviours and it has a system of values we call our beliefs and from that we judge whether a thought or experience is 'good' or 'bad', whether it is 'spiritual' or not. Progress would come through becoming aware of this process, which is the beginning of a higher consciousness. We have to create higher consciousness by not resisting our experiences and looking at our processes.

This means that we do need to learn about how the mind is functioning. And it might be a big surprise to discover that the mind's functioning is of a collective nature, and in fact the structure of ego-consciousness is not personal but collective in its nature.

Existential Pure Being is like a child's experiences before it learned to think and speak, it is totally open and without any concepts, assumptions and expectations – it simply *IS*.

We must know that life has two major aspects; one is of an experiential nature and the other is consciousness. These two aspects must work together, integrating and synthesizing every issue there is.

When we do that we also expand our consciousness to a higher level, because this expansion is based on our own experiences. This kind of work, step by step, will not make you fall back again. These changes will be permanent.

To fully transform karmic issues they have to manifest as changes in the physical/etheric dimension (behaviour patterns), in the emotional/astral dimension (patterns of emotional reactions) and in the mental dimension as changes in our patterns of thoughts and beliefs.

Sound and color has the capacity to connect all these dimensions when we use them with the intention of transformation. Especially sound is a major key. The 'persona' means 'through sound' and our personality is expressed through sound, which means that *what* we express changes dimensions, from being in our inner world to being manifested in the outer world. The nature of sound also has the capacity to reach our core both on an energetic and experiential level.