

RELEASING PATTERNS AND VISIONS

PHASES OF A MAN

Basic Man: I know myself through my search for excitement, pleasure, and security.

Superior Man: I know myself through my adventure of discovery and meaning.

Man of Zero: I know myself by being myself.

KEYS

- Allow accumulated tensions—past lies, fearful actions, violent fantasies—to unfold in your relaxed awareness.
- Purify your inheritance.
- Forget all your extraordinary visions in the isness of being aware.

PURIFY YOUR PATTERNS

You may be done seeking for fulfillment in woman and world,
but the patterns of your body and mind continue.

If you spoke English when you were seeking, you will still speak
English when you are done seeking.

If you were diabetic before resting as aware being, you will still be
diabetic after.

If you were an alcoholic, an introvert, or a football fan, you will
continue to be.

The patterns of your body and mind continue after your search for
satisfaction with woman and world has ended.

You've inherited patterns from your parents, from their parents,
and from your primate ancestors. Your patterns also reflect your
childhood traumas, embryonic conditions in your mother's womb,
and what you've absorbed from the culture in which you grew up.

The momentum of these patterns continues.

You can be fully present as the moment, and yet your body may
be addicted, your mind may fantasize, and your mammalian
impulses still want food, sex, and security.

Your residual patterns may hurt people.

Love moves you to make things right. But that doesn't stop the
patterns from unfolding.

Your openness naturally urges you to fix the damage your patterns cause.

But the patterns do not cease.

Be responsible by not adding contraction, shame, or guilt to your patterns.

Allow the momentum from your past to unfold and dissipate in your openness of love, slowly purifying the patterns you have inherited.

DISEASED AND FREE

The man of zero need not be an integrated man.

He may be diseased or unbalanced.

He may be traumatized or addicted.

Regardless of the health of his body and mind, he is done seeking fulfillment in woman and world.

His attention is free to rest in presence.

His heart is free to love.

He doesn't resist what happens.

His habits and inheritance continue to unfold and dissolve in awareness.