

SMILE AT YOUR PATTERNS

If your parents ignored you, then your childhood nervous system may acclimate to not being seen. You grow into the shape of being ignored, which feels like home.

If your parents abused you, then you may adapt to being quiet, holding back, guarding yourself. You are at home in the posture of preventing abuse.

If your parents didn't appreciate you, "I'm not appreciated" can become your home sense of self.

As an adult, childhood patterns can remain hidden in your nervous system.

These hidden patterns may still be guiding your choices. You may meet a person and sense the possibility of being ignored by them, and it feels like home. Someone on the verge of abusing you may feel so familiar. A lover who doesn't appreciate you may perfectly fit your acquired shape of self.

If you have chosen a partner who ignores, abuses, or doesn't appreciate you, understand that your patterns with your parents have likely moved you toward this relationship. Your childhood patterns are not your fault, but they are your responsibility now.

Observe these patterns of intimacy in the openness of your awareness.

Leaving your partner is not necessarily useful. If your patterns remain buried in your nervous system, you will repeat the same childhood patterns with a new partner.

Your tendency to replicate the lack you felt from your parents may never disappear entirely.

When you notice your partner denying you the love that your parents denied you, smile in understanding.

When you notice you are lost in reaction—“I can’t stand that she belittles me all the time”—then relax and be present. Let your childhood patterns play out with a wink of acknowledgment, adding zero resistance or guilt.

Be awareness as your childhood adaptations assert their shape again and again. Relax in the humor of recognition.

VISIONS BECOME OBSOLETE

Through meditation or psychedelics, you may experience a range of extraordinary visions:

Future events

Geometric realms

Wormholes connecting occurrences through space and time

Creatures from other dimensions

Invisible structures giving rise to perceived forms

Languages prior to words

Subtle energies

Human, plant, and animal minds

Ancestral lineages

All time as now

The root point of awareness

The clear light of being

And many, many more possibilities.

But as a man of zero, you gradually lose interest in these extraordinary visions.

Being is sufficient.

No particular knowledge or experience is necessary for your salvation.

You are free of seeking a liberating answer or a new reality.

You abide as you are.

Visions can be fascinating, but in the way of zero, the intensity of being outshines visions as they come and go.

Rest as the luminous place you never left.

Be home as aware being.

Here your extraordinary visions are forgotten.

PSYCHEDELICS

In the way of zero, the careful use of psychedelics may help loosen the knots you experience in body and mind. But the awareness beneath all experience remains unchanged. You are the same awareness experiencing both knotting and releasing.

Psychedelics may alter your perception, but you are the same awareness that is perceiving while tripping or straight.

Psychedelics may help heal your emotional wounds, but you are the same awareness of the wounds before, during, and after their healing.

Substances can be useful to change your experience. But in the way of zero, your motivation to change your experience is exceeded by the sufficiency of being the awareness you always already are.