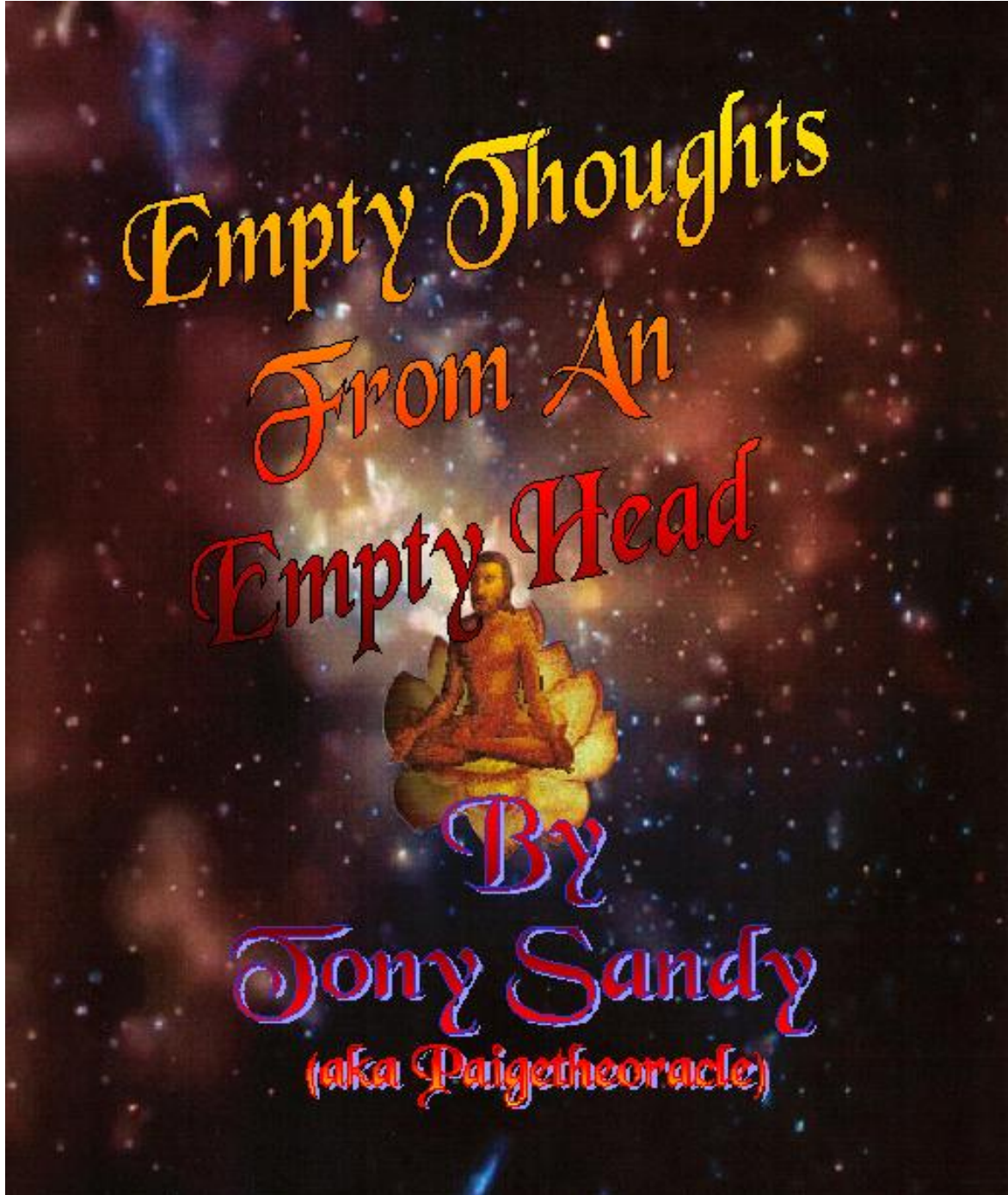


Empty Thoughts From An Empty Head



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Introduction

Welcome to the vacuous thoughts of an empty mind, gathered from the wanderings and wonderings of a feeble soul, lost in a world that makes absolutely no sense to it at all. This book is an attempt to understand what makes us human (our motives). It is a journey that takes us in and out of ourselves as we pursue the truth and evidence for it by comparing the two worlds of thought and action (subjective and objective reality).

Life is accumulation - death is discharge (dispersal). Whether it is building relationships, homes, jobs, families - individual lives or countries wealth, power or position - when death comes to call, we lose them all and are forced to move on. The fear and the anger that follows this is phenomenal as we try to hold on – only equaled by the joy, when we trust and let go of all things we know (and that weigh us down), and we return to the pristine state of childhood (mystery - an empty mind, full of nothing and a life full of possibilities (all certainties gone - all adventures before us: A new world, a new life, a new us.

Life for the spirit is a size 10 foot in a size 5 shoe.

As they say in Zen - the future is in your hands, grasp it and pull yourself forward: The past is at your feet, walk on...

* Alan Watts, the philosopher, said he thought we were ‘tubes for experiencing things’ - I’d go further and say life is just a question of filling and emptying things (mind, body, spirit or thoughts, sensations, feelings (emotions): Like a vacuole or Black Hole, we suck in new experiences from outside and blow out old ones from inside (fulfilling and draining tasks).

We are like volcanoes - the live part of us never ages because it is made up of ‘potential’ (energy - moving, flowing liquid) as the part

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that does age is actual' (physical - solid, stationary, fixed: Layers of past experience/ memories of what was).

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It is not other people that let us down but our expectations of them, we take things apart to understand them and put them together, to make them work.

Fear keeps us in motion because we're afraid of stopping and discovering the truth (life works in two phases – the first is standing back and viewing reality, the second is stepping forward to alter it (observer and participator - The Artist Effect).

The true cause of the world's problems is poverty - poverty of mind (ideas/ imagination), of body (material resources) and of spirit (the energy to go on).

Positivism is taking responsibility for things -negativity is avoiding it by blaming external resources or ourselves, rather than just getting on with it (life) i.e. religion versus politics or all things are as they should be versus nothing is fair attitude (Life is the effort we put into reality - death, the failure to put anything back into existence or to even take back out of it what we originally put in i.e. ourselves). We make God in our unity and the Devil by our disunity.

Violence is the easy way out (The door marked exit) - tolerance, the hard way into life (We destroy the world when we revolt against it and create it when we conform (escape or imprison ourselves)). Violence is the language of despair (giving up effort) as peace is the way of patient building or rebuilding, brick by brick, stone by stone.

Age brings patience, tolerance and generosity because you realize you have all the time in the world. Youth is impatient because it only sees limits (No time to think / No room to act).

Only an addict knows fear. This is because they are terrified of losing what they have (their addiction), instead of being overjoyed at the prospect of gaining something new that they haven't got yet.

Boredom is a prison cell for the soul - interest, the release catch: Our prejudices keep us trapped in the past - dumping our fears frees us to enter the future and explore what our hatred has kept us isolated from.

Absurdity (an 'insane' sense of humour - (humor)) is the only thing that saves us from the descent into hell, that taking life seriously, brings (logic/ belief).

We are who or what we tell ourselves we are. Likewise the external world reflects back at us our attitude towards it. When we stop reinforcing our views by repeating them to ourselves and those around us, they dissolve and we see ourselves for what we truly are and the world for what it truly is - enjoyable nonsense to be explored, not serious sense to be believed in (Only a fool who is fooling himself, can fool another fool).

The ego will believe anything that boosts its sense of self-importance (Emperors New Clothes Syndrome) as humility believes only the truth of its own eyes (The blindingly obvious).

Because you're traveling forward, doesn't mean you are going uphill - you could be going downhill, fast! (True progress is usually a slow, hard uphill struggle). The purpose of the law at such times is to put the brakes on decline, to avoid society careering out of control and ending up in the equivalent of a car crash. Angry people are being challenged by life - calm people are not (Panickers are trying to avoid a challenge being aimed at them i.e. running away).

When we see that we're making a dent in reality (overcoming the enormousness of the tasks in front of us), we relax our effort because 'form' is starting to take over from overwhelming 'chaos' (Things are beginning to take shape out of disorder). The start of everything is daunting as a thought and enjoyable as we reach its end, in reality, because of this mechanism.

We get hysterical about a situation 'seeming' to go wrong because we hate to be a failure in our own eyes (In other words, we get upset because we fear, we cannot control the situation, simply through not understanding how it functions i.e. What its processes are (The sequence of events, that make it work)).

We are all in one of two states - either crushed by the task of restoring order in our lives or elated by the act of picking ourselves up and starting all over again (inspired or depressed): Misery is looking up at the mountain top - happiness is seeing the slope, leading to the bottom. Materialists try to distract themselves from their thoughts, through continual motion. The spiritual stop their bodies to start their minds (Contemplate reality). This is why the fearful are in continual motion (full of nervous energy) and the courageous are calm and in full control of their faculties.

Thoughtful people hate external distractions because they take their attention off thinking (The internal world / observation) as thoughtless people hate thinking because it takes their attention off the external world. Smooth flow in either direction, requires energy (attention) being directed in a single, continuous flow out or in, not alternating back and forth but life isn't like that, so we all suffer loses and gains from both worlds.

God helps those who help themselves - the devil helps him to those who don't help anyone, including him or her self (victims versus victors over life i.e. self motivators).

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If you relax, you can expand and let things fall back into place (Go back to how they were/ cure yourself of old wounds i.e. scar tissue/ ridged belief systems).

When we first learn to do something we repeat it over and over again, to show to ourselves that it was no fluke and how happy we are with ourselves for doing it (easy-peasy).
When we don't know how to do something, we not only hide our shame but avoid interaction at all or as often as possible with the thing/ being we hate because it shows us up as incompetent and impotent, when it comes to solving it as a problem/ learning curve.

Sound stimulates us into action (music to our ears/ positive news/ expansive consciousness). Sight/ insight stops us in our tracks i.e. silences us (shrinks our attention down and in, to the microcosmic world of detail).

The faster you go, the more shallow your life - the slower you go, the deeper (more thoughtful) your life (ephemeral versus long lived).

We get angry at outside distractions because they take our attention off internal questions, preoccupation's ('I don't want to play outside because I'm trying to sort out this problem, inside').
Anger is the refusal to accept the helplessness felt from either mirth or tears as both disarm our ability to act.

Anger is fear putting the brakes on. It is stress putting on internal pressure, by turning your attention down and in, in the same way pain does (gravity as opposed to levity).

Why do we not like silence? Because it reminds us of the seething anger inside. Sitting quietly and peacefully, indicates power over ourselves

and knowledge of the outside world (interaction with it). It is the angry prisoner syndrome (Trapped in a cell of our unknowing i.e. ignorance).

We think things are rubbish when we don't understand them (hate/ have a low opinion of them) and think they're brilliant (love/ have a high opinion of them), when we do understand them and therefore can control (interact with) them.

When we think things are going to be difficult (complex), we become depressed and angry (give up hope). When we find, given time and effort, that they are actually easy, we become elated instead. Suicide is self-sabotage. It's the attempt by an individual or race to avoid its destiny in this world by not following up its potential.

When we commit ourselves to our destiny, we stop blaming others for our condition and take charge of it ourselves ('The Fountainhead' by Ayn Rand). To blame is to disconnect from and say we are not responsible for that we've cut off from - even if that includes ourselves and our own lives.

Those who open their mouths and make a noise, want attention (ignore others/ other things). Those who open their eyes and keep their mouths shut, pay attention and learn about existence, other than their own.

Experience (openness/ awareness) leads to knowledge and that in turn leads to increased intelligence (doubt leads to fresh search - smug certainty leads to the same thing but via a bigger and usually more unpleasant wake up call: What you deny exists, sneaks up on you until you can't deny it's existence anymore (stepping on a land mine effect).

The slower you go, the more you can think of (sense). The faster you go, the more you can react to (perception is blurred by speed and clarified by stopping (arrival, rather than journeying).

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Free exchange on both sides comes from mutual understanding. Resistance occurs where this isn't mutual.

The inner journey grounds us in reality (deep thought/facing what is in existence, in the here and now/exploring the mystery of life). The outer journey causes us to become light headed and float off elsewhere, else when. It is abandoning thought for thoughtlessness – the specific for the general. It is levity as opposed to gravity; future exploration as opposed to past research; imagination versus memory (knowledge). It is the