

**The True Dynamics
of
Life**

The True Dynamics of Life

**By
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SOL Promotions Ltd 2010

The True Dynamics of Life

1st Edition 2010

Co-written with Jo Le-Rose

Cover:

NASA: M104 Hubble Sombrero Galaxy

NASA: World

Collaboration Design by SR Print: www.srprint.co.uk

Edited and Typeset by SOL Promotions

Published by SOL Promotions

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ISBN 978-0-9544478-5-4

Dedication



Love is not a destination nor is there a path to reach it. It is something that breathes, moves and lives beyond the confines of human thinking. It has no levels, no systems and no labels and if you watch yourself with constant awareness, it may just breathe its bounty of treasure upon you, changing you for eternity.

You cannot reach love with your mind, because it is the unknown and your mind is only a machine built on your memories, your past and your beliefs. Love has none of these things in it. It is beyond the known. When you take away all what is not love, you are left with only love...

I dedicate this book to you. Underneath all you have become is the real you and it is this which is love, binding each and every one of us together as one.

Mike Robinson.

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Introduction



Most people are either too busy trying to become something other than what they already are, or they are trying to survive on minimal resources whilst dreaming of a better life. What is it that drives humans away from the peace of the moment? Is it our past memories, which are filled with fear from unfinished issues that continue to haunt us, or is it this constant reaching for an illusionary future? What is it *you* are using which keeps you caught in the past or running into the future? You are using your mind; you are thinking. It is your mind which moves into past memories and future dreams based upon your history and aspirations.

These past experiences, where you did not express yourself fully, or where you were made to feel worthless, are often the trigger points that the mind gets stuck on. To prevent these incidents from happening again, it creates mental scenarios of a future which does not include old fear patterns and issues, or it tries to justify its actions by replaying painful memories with a different outcome, but these actions are based on fear. All your memories are built on your experiences and each incident will have a like or dislike element to it. The mind wants to create more of its likes and less of its dislikes. Your memories of hurt and pain are the very pivot of your opinions, because your mind will think in terms of what you, or someone else, 'should' have done differently.

This striving to be free from the suffering, whilst still creating pleasurable experiences according to your desires, is what keeps you pre-occupied with future goals. Your mind wants you to be successful and live in the pleasure of that success. You may *think* there is nothing wrong with this, but it is a vast cycle of success versus failure. The current state of the

world is proving that this mechanical pattern of constant movement between opposites does not work and is creating major world chaos.

There are very few people who want to be free of this machine and be who they really are, living beyond duality, chaos and suffering. Unfortunately, the majority are not aware of what is really going on and their ignorance, lack of self-worth and pain is what drives them to become someone else or be somewhere else. This very essence of being goal orientated and self-obsessed begins the process of the rat race, and once you start running and build up your momentum it will take a shock, a fall, or a brick wall to break your pace. Most shocks occur in the form of loss, from losing loved ones, loss of job, home, health, etc., but can you look at your life right now without having to be forced to do it by circumstance?

Only when you stop can you ask yourself what life is all about. Many people only question life, the Universe, God, etc., when things become problematic. When we are materially comfortable and there is plenty of everything and a feeling of being on top of the world, we say how great life is and we do not probe deeply enough into the recesses of our being. Yes, we may do charity work, or donate our unwanted things, but we do not really go inside and question exactly who we are. The second life throws us a challenge, or we are struggling to survive, we curse the heavens in despair and say, 'Why me?' Humans have this habit of only questioning the reason for living when their very existence is being challenged and when life is no longer fulfilling their desires.

When we do start to search for an answer to these problems we find many institutions and resources to turn to for help: religion, philosophies, new age, angels, gurus, psychics, etc. The variation is endless and we dabble in a bit of this and a bit of that, trying to find what appeases the appetite because it wants to 'know' the mystery of life. Maybe we become dazzled by some saviour who is supposedly there to help us, or we try to communicate with the invisible angels who are apparently floating around in the ether and protecting us. These belief

systems give us a comfort zone and because we now feel spiritually safe, we stop probing further, but we are actually hindering our understanding of life, because belief, which is based on the history of the past, has stopped us from discovering the moment. We have become trapped by all the rituals, dogmas, chants, worship, etc., and these have covered over the space within us and it is this space which allows us to find out the truth. After a while of playing with these concepts, the old restless feelings start to emerge again and we find ourselves looking for the next guru or the next fix.

For generations someone external has described the workings of God and the Universe, but is it enough to believe the description of another's experience, or do you want to find out the truth for yourself? To know through another is a shoddy way of living and it only puts a plaster on a deep wound that needs cleansing and stitching. For example, the word 'soul' is spoken about so easily and the majority have heard of this word, but do you really know if the soul exists? It has been described in books, people have sung about it and some have even tried to paint it, but have you actually found it for yourself, or have you just accepted the general idea that we have a soul, which is a belief? To find out the truth for yourself sets you free, because then you are unshakeable.

Some people do not turn to any religion, philosophy, guru or psychic for an external solution, instead they remain locked in their suffering and may become insular, atheistic and cynical or they turn to some form of habit that reduces the pain of suffering, which can include alcohol, drugs, food, gossiping, shopping, etc. If you find yourself caught up in repeat habitual behaviour, you will need to acknowledge what you are running away from. These habits may help you to numb your erratic emotions and give you a false sense of relief, but once the 'high' disperses, you are left with the very issue which you are trying to avoid. This constant running away uses enormous amounts of your personal energy and you may often find yourself exhausted or ill. In reality, you are truly frightened, because

there does not seem to be anywhere safe or anyone to turn to, so you live in this constant nervous fear and depression.

It is this very fear which prevents you from stopping and facing your life as it is, with all of its frustrations, anger, worries, jealousies, etc. Fear keeps you running away from that profound sense of loneliness and the indescribable feeling of never being entirely heard or known by another. This vast void of not-knowing, which exists within the core part of your being, is what you are most afraid of, because when you enter into this space you will challenge everything you believe yourself to be.

This book is going to be your mirror, as it is going to confront you and bring forth any illusion, so that you can really look at it and see the truth for yourself. It is important to start with your life as it is right now, because you play a major part in society and ultimately the world. You need to be clear about how you have got to where you are today and where you have needlessly spent your energy. If you have been trapped by society, religion and your own thinking, which is built upon conditioning, then you will end this book knowing exactly who you are, why you are here and what you need to do.

Most of the content of this book will rub against your belief systems and appear to be controversial. You may even find yourself arguing points, attacking and defending, but this is just your conditioning reacting to the challenge. You have probably spent the majority of your life following ideals and the ways of society, but the very institutions which govern this world will need to be laid bare, so that you can see right through to their central intent and how you have been expected to play the game. Your own hidden agendas, your dependency on others, on society, and the ways you self-prostitute your spiritual essence will also reveal themselves. Once you have seen it clearly, you can let it go and heal all those parts of yourself which have been trapped by the illusion.

Nature is a major player on this planet, without it we will all die, so you will need to understand your relationship to it, and how it works, in order to purify it. You will see for yourself the forces that govern this planet and how each individual is being

exploited by these forces and what you can do about it in your life. Nothing will be hidden from you any more and this is the greatest step to freedom. The real beauty is that I am not going to tell you, you are going to find out and realise it for yourself.

When you stop and observe something, free from the past and judgment, it reveals itself to you. This is the journey we are about to embark on. The second you judge, defend or attack what is written, then we have stopped the journey. You only need to read the words, observe the response from deep within yourself and listen for the truth behind the language.

Excerpt from Chapter 1

What are we Really Searching For?

What are we really crying out for? Is it for more money, better health, food, shelter, etc.? Are we asking an external authority to give it to us? Are we blaming and condemning ourselves and others for our situation? Or is there some deep fundamental cry which goes beyond this material life? Have we had enough of the emptiness that living through suffering brings? Is the cry for something that no-one or nothing external can supply? Is there a deep sense of loneliness inside of you where ultimately you are lost and you do not know how to be and how to live?

Does this feeling of absolute loneliness or emptiness follow you everywhere? Is there an understanding that no-one really knows you or sees you for who you are and relationships always seem to be pretentious or somehow lacking? Does the meaning of life seem to elude you and can no-one answer this vital question which has no words? If you feel this, then you have the essential catalyst for a breakthrough. This constant essence of restlessness is the very thing which will catapult you into questioning the absolute basis of your life. There is only one true question that burns inside of you and there is only one answer, and you will need to explore both in depth in order for you to come into your own inner core, realise the truth and know exactly who you are.

We have suffered as a human race, we are separated individually and globally and we have seen how we are in serious need of a turn around if humanity is to survive much longer. There needs to be a change, as the old ways of doing things are not working. Mind and thought play a huge part in the way this world works. Their core dualistic nature, based on pleasure and pain, is detrimental to the existence of life on this planet.

The human being is crying for release, so what would it take for us to all start again? We cannot expect this of others; we can only ask it from ourselves. The question is, do we really want it? Is the passion for the truth deep enough? It is said that

we only learn through suffering, but this statement is a lie, because we as a human race have suffered for thousands of years and still we have learnt nothing.