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CHAPTER 1

Behind The Spiritual Mask

It doesn't matter whether your head is shaved, if you have short or long hair, a beard, wear orange clothes, have been to prison, are a drug addict, or have mental disorders. What's left when we remove all of those filters, concepts, and conditioning about what we *think* spirituality and enlightenment look like?

These misnomers and distorted concepts, unconsciously tattooed into most people's subconscious minds, often block them from experiencing their natural state — their true self. Many people play the spiritual role well, but their energy feels off. Their vibration doesn't match the role they're playing. They're putting on a persona of what they think is spiritual—what you might call the spiritual ego, or spiritual bypassing.

We'll be shining a light on this—not to judge or criticize, but to understand how the ego can be *super* efficient at wreaking havoc in the pursuit of spirituality—especially in spiritual circles and communities. I don't dislike these people—I actually think they're fun and funny to watch (especially if I've got a good friend sitting next to me). But I've always found I connect more deeply with people who aren't caught up in this kind of superficial role-playing.

When the masks fall away, what's left is something raw and real—carrying a natural magnetism and attraction. But that same energy can also create intense repulsion if someone feels threatened by its silent invitation to release their own mask.

CHAPTER 3

How To Handle Negative Energies Without Getting Crushed

I remember when I was living in Brazil and visited a healer. While I was there, I met this girl who kept going on and on about how sensitive she was—how she could feel other people’s energies and attachments, and how these entities, these dark forces, just wouldn’t leave her alone. But something about the way she talked about it caught my attention. It felt like she was using it as an excuse—blaming her own darkness on outside entities, while trying to highlight what she believed was a spiritual gift.

This is the kind of introspection I’m trying to highlight—because this stuff runs deep. The ego hides in places like this. She talked about her sensitivity and attachments, but there was an arrogance behind it—a kind of pride, like: “I’m so aware and sensitive, even entities are drawn to me.”

The mind starts turning that into some kind of special power, and she is beginning to build an identity around it. She was also using it to justify her own dis-ease and feeling miserable.

Let’s look at this—being sensitive is good, but you need to be both: sensitive and stable. You don’t want to be overly sensitive. I think the core message behind all the videos I make and books I write is balance. It’s all about balance. You don’t want to be so dull that you don’t feel anything either. It’s like someone cooks feces, puts sugar on it, and you say, “Yeah, it tastes good”, because you’re only picking up on the surface level. No—you’ve got to sense the deeper vibration and frequency behind the food, the people, the environment, whatever it is—and ask if it resonates with your higher nature.

But what if you’re in a situation or environment where the vibrations around you don’t match your own—yet it feels like the universe (or destiny) put you there? Maybe you’re in jail, a hospital emergency room, or some collective gathering—a wedding, a funeral, a grocery store, standing in a long line at the post office. You’re surrounded by all kinds of frequencies and energies.

CHAPTER 6

The Unspeakable Power Of Owning Your Darkness

This is a huge, widespread issue, especially in spiritual communities, and it's exactly why I was never drawn to them. It happens more there than it does among your average, everyday person. Normal people—maybe not many, but some—they admit things. They'll say, "Yeah, I don't know, man. I'm stuck with this shortcoming or this bad habit. I can't get rid of it," or, "I have this reaction every time someone does something." I appreciate that kind of honesty. Every girlfriend I had—only three and a half—they had some spiritual tendencies, but they weren't involved in a spiritual community. I never enjoyed being around the spiritual "fluffy fluffs."

It's super important to take an honest inventory of yourself—seeing where your limitations are—and then share it with someone. There is a power and serenity in 'confession.' But many people in today's society worry, "Oh no, maybe they'll think 'I'm not a good person or not spiritual.'" It's funny how people try to hide their darkness, even though everyone has the same darkness more or less. Who are you hiding it from? We're all dealing with the same stuff. People often unconsciously walk around lying to each other, acting like, "I'm super spiritual now."

I always feel that we share the importance of looking at both aspects of our being—the practical level and the spiritual level. It's about balance. We can either discover our dark side via the slow turning wheels of evolution or if you want to accelerate things then having a spiritual practice, a purifying lifestyle, a healthy diet, preserving your sexual energy, and hanging out with good company will do just that. The higher vibration our lifestyle the faster our darkness will come up. You won't have to rely on life to bring it up slowly. Life is slow. You've noticed, right? If you want to eat your own home grown mangoes, then you've got to plant a seed and wait for the tree to grow. It takes time. That's why I say, have patience with yourself, have patience with this alchemic spiritual process that we're all in.