

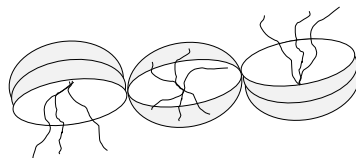
AWARENESS INTELLIGENCE

2019 – Beginning of humantime

# AWARENESS INTELLIGENCE

Holy, Wholly, and Wholesomely Human

*DRAFT v35*



by Mathias Sager

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## Introduction

### Chapter 1 – Life’s introduction of Awareness Intelligence

We all can become aware of life’s compelling arguments, and the structure of persuasion is decipherable through human Awareness Intelligence. Let’s welcome life to introduce itself to us.

“Hello, here’s life speaking. Some call me also consciousness or life intelligence. I’m the all-animating source energy that has inbreathed life into more than a hundred billion people only until today, let alone the trillions of other forms I’ve brought to life and the even more births to come in the future. All my creatures do value me, life, as the highest good of all, which speaks for the uttermost importance of continuing to become aware of me in all its aspects and manifestations, but especially as the infinite and eternal energy I am. There were some misunderstandings, complaints, and returns in the past, but the possibilities of the joys of life haven’t even yet been realized fully. The latest focus to improve the user experience is called ‘Awareness Intelligence.’ I know that humans have been waiting for it. It’s a feature of human existence that is now pre-installed in all current models. So, please remove possible defective externally downloaded software and instead allow the activation of life’s update of the original operating system, so to speak in modern terms. I’m thrilled to present herewith the manual on how to switch on and use this fantastic capability to not only dream about a utopia, but to create a realistic awaria, a possible world of holy, whole, and wholesome awareness to meet the needs of the next generations of liberated human souls.” –  
Your life

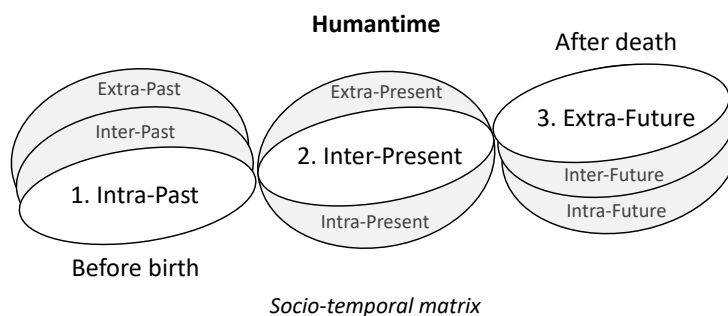
## **Chapter 2 – The awarenessland of Awaria**

As a virtue, Awareness Intelligence is a reward in itself. No awareness-intelligent person would ever envision to exchange again meaning, love, compassion, related safety, satisfaction, and purposeful service for the pursuit of unnecessary material accumulations, the fear of losing these, and therefore miss opportunities in being authentically who they really want to be. It would be impossible for them to merely have momentary awareness-intelligent glimpses and enjoy them only like during spare time, vacations, or after retirement. Instead, an entirely new understanding of being one with life at all times would prevail. Joy is to experience more life, and increased awareness is serving exactly this purpose. Such a quantum leap in human evolution can happen when radically different, unfragmented thought systematics unlock the power of the creative energies of life during a whole human lifespan. Instead of closed and linear dualistic conceptualizations, it will be understood that the world works rather in open and cyclical threefold structures. Human awareness will shift from conflict-triggered, reactive and fragile ‘either-or’ decisions that are, at best, balancing acts of competitive situations to a willful harmonization into sustainable healings and boundaryless cooperation.

Life is proving us constantly that peace is possible to the extent human awareness is embracing it. Consequently, if all the world is scoped-in for ambitions of peace, a peaceful world indeed becomes attainable. An awaria can come through the dissolution of the illusion of separated and separating personal and societal identities that are not bounded together by life across times. It will be a future world in which all human beings are aware of their shared awareness of life. Thanks to intelligent awareness, the relational and temporal modes of life will be better understood, accepted as an essential truth, and consequently being acted upon for individual well-being, collective thriving, and the common good. Awarian life is

possible thanks to the systematic and continuous practice of Awareness Intelligence, the chief liberating and humanitarian enabler of a new age.

### Chapter 3 – Your life that is humantime



To be awareness-intelligent is to be aware of one's awareness. Awareness Intelligence is critical thinking about the nature, scope, and quality of awareness as the central ability for leading a fully human life. The joy that comes from it can be learned by everyone. The relevant dimensions of intra-, inter-, and extra-personal human relations, as well as the temporal modes of the past, present, and future, when brought into a socio-temporal matrix, represent the fabric of human knowing to generate awareness-intelligent self-generated thought. Expanding awareness is expanding life, the intelligence of our soul. The essence and benefits of Awareness Intelligence lie in the rational apprehension of how unconditional love, timeless kindness, and purposeful service can be coherently used for the benefit of any individual and the collective alike.

The development of Awareness Intelligence enables the becoming of a more supportive and supported creative power of universal consciousness. Socio-temporal awareness is multi-layered from which wholesome thought and action ensue. Having witnessed times of building war forces in spacetime, the time for exploring love in humantime has come. It's not our circumstances that determine our lives; it's our circumthoughts. Awareness is not everything, but without awareness there is nothing. You

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are welcome to join the mental travel adventure to your and everyone's deeper experience and more significant impact for all.

When consciousness becomes aware, when awakening becomes intelligent, and when balance becomes harmonious, humantime has begun. Think yourself aware.

## **PART I: Deeper experience, bigger impact**

### **Chapter 4 – Consciousness, awareness, and social intelligence**

Without consciousness, we cannot think any thought. Without awareness, we cannot create meaning from our thoughts. Non-aware thinking is random, often problematically emotion-driven, and potentially confusing. Awareness Intelligence is about the intelligence of creating meaning in one's mentalizing and about the intelligence of self-generating useful thinking through awareness. To become more awareness-intelligent is to shift one's locus of awareness from socio-cultural identification to life's essential nature, from transactional relationships to unconditional love, and from forcing one's success to empowering others and next generations to become healthily thriving human beings too.

Consciousness is like the fire of our soul, and awareness is its fuel. Fire as the fundamental element of consciousness is the nature of life itself; it exists everywhere and in all of us. It just has to be inflamed. The body does not produce consciousness. Awareness, however, is bound to our existence here on earth. Kindled by universal consciousness, thought-energizing awareness makes our human experience. Awareness-produced thoughts are the heat and light of the soulfire's flames. Smoking flames of toxic thought come from the impure fuel of unawareness. We can't stop the kindling nature of our consciousness, nor is it desirable. What matters though is what fuel is burnt, whether it is aware or unaware. Consequently, the quantity and quality of thought are determined by the level of awareness it arises from. Increase your awareness, and you lighten up your thinking. Purify your awareness, and you clear up your thinking. Awareness, in that sense, is directly influencing our cognitive abilities and, whenever we think, our state of mind.

Only when fired up by consciousness can we experience our self and become who we are. Animals and other forms of life are conscious too and able to interact with and inform each other. Plants exchange oxygen for carbon dioxide with us, a necessary process for both



of our planetary existences. A shortage or pollution of the substances in circulation informs how organisms react. Like this network of communicating structures, energy is flowing through everything as the ultimate intelligent circulatory system of all life. Such is the fundamental character of consciousness that is the life energy itself. Consciousness is not an end, but rather the energy we need for increasing and sustaining Awareness Intelligence consistently.

Swami Sarvapriyananda, the Hindu Philosopher, Minister and Spiritual Leader of the Vedanta Society of New York used a helpful analogy. Picture any electrical apparatus, like a TV or so. An electrical device does not contain or produce electricity by itself, and a device can exist in idle standby mode. Only when the device is plugged into the network of electrical energy and current is fueled from this outside source, the device will be able to perform its functions. In such a way our brain is fueled by consciousness. I'd like to develop this picture a bit further. Once the device is on, what determines when the device is used for what? The activation of the instrument's available functionalities beyond the standby mode requires another level of intelligence: a control device. This controller, if used in the best sense of the device and its impact it has on the environment, I call Awareness Intelligence. A fully functioning and powered device without the control unit would become incapable of performing its intended services. In the same manner would a human being, albeit energized by consciousness, be unable to choose its self-realization without awareness.

Life ensues where there is life. Life in the sense of consciousness is infinite and all-loving source intelligence. Loving consciousness is everywhere the same. European, African, American, and Asian love is all around the world of the same consciousness. And yet there is a shortage of love. Even in the presence of organically living bodies, a lack of love and affection often cannot provide the ground for further life to flourish. Studies from the Austrian-American psychoanalyst René Spitz suggested already in the 1940s that social

interactions are essential for child survival. As the mental capacities to become aware of the existence of love still have to develop, the pathway to experience love, for a child, goes through bodily touch. If not given sufficient love and affection, a young child wouldn't survive even if otherwise fed well. Besides deadly consequences from hormonal and immune system shutdowns, mental illnesses, physiological problems, and suffering can be the effects of deprivation of love. Later in life, as love and affection can be experienced through awareness, a solitary life per se doesn't have to negatively impact one's psyche nor physical conditions as, for example, many biographies of hermits show. The need for experiencing love, however, remains. Awareness is a two-sided grid of the reception of inspiration and intuition on the one side, and the emanation of imagination and intention on the other side. Fully developed, even physically and temporally distanced life can be sensed. An aware human being can connect to love regardless of the momentary external context. A lack of such Awareness Intelligence leads, like bodily malnutrition, to spiritual malawareness. Symptoms of malawareness are mental suffering and inwardly or outwardly turned aggressive behavior demanding the food of love the soul needs so desperately. As Eckhart Tolle says, "Thinking without awareness is the main dilemma of human existence."

Brain activities as studied by neurology are an after-the-fact effect of consciousness; the brain is not the soul. The question then is how we can use the soul's conscious energy to develop awareness as required for steering our mind. The goal of developing Awareness Intelligence is to enable you and humanity to think without limits and take responsible control of the life you really want, that actually everybody wants, in our world today.

When we plunge into water, we need to adjust to the laws governing the mechanics of swimming. We are still human and not water ourselves, so we have to manage a harmonious interplay. The same is true for the energy of life we are that fell into organic form. Because our organic corps is different from the constant source energy, a sense of

separateness of the body emerges. Awareness is needed to realign the structures that hold us prisoners of organic existence with the non-structural wholeness of unbound consciousness. We need awareness for living a wholly human life that is inspired by divine consciousness and lived through the practical use of our biological organism. The mind is the intellectual capability that builds on the undifferentiated consciousness that can be understood as a general receptivity triggering potential thought. Awareness is like the hinge between consciousness and thought; it has both the qualities of the divine consciousness and the thoughts it generates. Therefore, human awareness is both the holy spirit of the soul and the self-generated thoughts of the mind that includes 'thinking about thinking.' The degree of knowledge about and the way of applying this foundation of human agency is what makes Awareness Intelligence. It is the ability to be aware of and about one's awareness.

Humans are social beings equipped with the mental capacity of social intelligence whose ultimate enabler is awareness. What is the scope of the definition of Social Intelligence? Does being socially intelligent deploy intelligence to all social forms and levels of humanity? Social Intelligence as applied to individual, organizational, national, and racial purposes, usually ends at some of such outer social perimeters that societies, depending on culture, have created and therefore may never really comprise all humanity. There may be endeavors considering humanitarian aspects, but one can be called socially intelligent without being truly inclusive of the full possible social scope. If we indeed risk not to develop a more comprehensive view of the human species, this might have dramatic outcomes. For whom? For everyone. That's why Awareness Intelligence is so essential. It comprises the awareness about the awareness of social scope and inclusion as well as the understanding of how to use it to create the attitude required for our and everybody else's well-being today and in the future.

Concepts of intelligence can and have been used to categorize people and legitimize exclusion. Traditional intelligence concepts tend to represent institutional interests. For example, they measure the so-called logical thinking abilities as required in natural sciences and as demanded by the education systems whose aim is to ensure the supply of new corporate workers. Awareness Intelligence is not a concept in that sense as it does not halt at any institutional boundaries and does not impose related restricted rationalities; such a macro-awareness consists of the full reality of human life by pointing towards the all-inclusive and infinite, and therefore, always goes beyond mere organizational interests.

General intelligence is considered to be significantly influenced by genetic disposition. There is agreement though, that intelligence types of the like of Social Intelligence are mostly acquired. In other words, tact, sensibleness, and people smartness typically develop in dependency to experiencing rewards and punishments in specific social settings over time. We never meet whole humanity though and so we assume to have seen all that is relevant for us. Our friends, families, relatives, work organizations, friends, religious institutions, nations, and ethnic groups define our social world view. However, if one wants to be genuinely human with all that humankind has to offer, seeing beyond these more or less narrow organizing social concepts seems to be necessary. Only if we care for all humanity, our happiness will be unlimited. Awareness Intelligence includes the ability to switch with agility between different possible social layers and to see the commonality of all the fights that are fought on any level. Intelligence, in a sense it is used here, goes deeper than a skill set for motivated behavior in a specific situation. Intelligence is a permanently maintained and applied deep attitude that continually re-defines one's personality. If a foreign soldier kills a mother or a father, we find it, correctly, of course, terrible. But what about parental gatekeeping and alienation that leave children growing up without parents too? It takes Awareness Intelligence to see the analogy of the same tragedies just happening

on different levels of social identity. In both cases, the reason (a defense mechanism and revenge) and sad consequence (a child growing up without a parent) are the same, but the judgment can change depending on the social scope of awareness. It requires sobriety to recognize any aggression, violence, and war on any level as intolerable and to apply humane criticism to any situation, be it on family, firm, communal, national, or any other level.

If your awareness at times lets you feel constrained, barred, and controlled, it's your human soul that demands to be freed. Your soul wants to be free from delusional changes of forms and see its true nature of all-encompassing and eternal life. Rationally and especially intuitively informed, our mind notices the possibility of employing a broader scope of social intelligence respectively awareness and, as a result, the opportunity to widen the receptivity for more diverse and more profound human experiences. Being awareness-intelligent is to see that everyone and everything exists in the context of all humanity, while 'seeing' can arise both from soul-inspired intuition and mind-generated thought.

## **Chapter 5 – Broadening the social scope**

Today, geographical barriers across the globe dissolve, yet our thinking remains lacking global reach. The term 'glocal' is formed through the combination of global and local, describing a way of thinking globally while acting locally. As a general trend, 'glocalism' is misleading though because the exact opposite can be observed as well. People travel, consume, trade, and communicate globally, but their mind's compassion remains largely local. Either way, normally we would consider systematic inconsistencies between thinking and acting as a deficit in integrity if not even schizophrenic. Indeed, humanity so far did not keep mentally up with the speed of globalization. It has not developed a responding mindset that embraces an equally global world view from a humanistic perspective. Our

physical tools have outgrown our minds' grasp. For a medieval farmer, except for his tax contributions to the king, it was enough to care for his family and neighbors. All private and vocational affairs were local, and the direct influence on it obvious. Today we are the consumers of global supply chains, communication networks, and logistics, and yet remain, most of the time, unaware of related end-to-end consequences. Our lifestyle went global, while our awareness stayed local. This leads to sympathy without empathy, which is out of sync with reality and has severe implications.

In contrast to the spread of globalization, continuing urbanization creates centralizing and concentrating forces. The world has not become one big shared village; it has become a network of competing cities. Seemingly paradoxically, within ever denser populations, people have become more solitary. Instead of having learned to connect over wider geographical distances, it seems that modern society has learned to maintain and even increase mental distances in ever more crowded spaces.

We feel it in our gut that there is something wrong with many societies' value system. Economic profitability often is justified over health benefits. Convenience condones waste and environmental damage. Capitalist rather than humanist approaches determine most people's lives around the globe. Too few human minds are open to see that we all come from the same place of intelligent energy rather than from a financial investment. So, what do we refer to as guidance for our lives if it is not the all-loving source of life? The problem is that to quantify is to put conditions on infinity and eternity. As even life itself has fallen prey to the obsession of calibrating beyondness down into tradable measures of fixed units, many people feel not to measure up anymore with today's expectations.

In Mike Judge's 2006 satirist movie 'Idiocracy,' crops in the US were watered with a sports drink named 'Brawndo' instead of water. Now crops didn't grow anymore as the soil had become infertile due to the electrolytes having built up too much salt over the decades.

As the story goes, Brawndo the thirst mutilator had come to replace water virtually everywhere. Water, the basic component of all life had been deemed a threat to Brawndo's profit margin. The solution came during the budget crisis of 2330, when the Brawndo corporation simply bought the Food and Drug Administration and the Federal Communications Commission, enabling them to say, do, and sell anything they wanted. Time traveler Joe didn't know any of this, but he did see a problem that he might actually be able to solve. His proposal, in brief, was to put water on the crops; a suggestion that was met with complete misunderstanding from the Idiocracy representatives. Plants would crave electrolytes, and anyway, nobody has ever seen plants growing out of the toilets' water, they argued. After a long back and forth, Joe finally gave up on logic and reason and told them that he could talk to plants and that they wanted water. That way he made believers out of everyone.

Even today, what if we lived a similar delusion? What if we tried to grow ourselves through the wrong values? What if we believed that the crucial ingredient and measure for everything is an economic, monetary value? The acre of our soul would become dusty too, like non-watered soil, and as too high consumption of electrolytes provokes gastric cancer and kidney stones, today's over-consumption actually leads to hearts of stone. Of course, one cannot live on air and love alone. However, research consistently finds that day-to-day emotional well-being only increases up to the level of where the bare necessities of life are met, while other factors have been found to contribute more to happiness. If we don't want to mutilate our soul's thirst for true love, but instead want to really satisfy it, we need to remember to water our soil of awareness from which the plants of thoughts grow with all and eternally loving consciousness. On the basis of Awareness Intelligence lush grass-fields and forests of diverse fauna and flora will be able to flourish. Thanks to its threefold and

complete richness, soil would recover to be naturally fertile and the straggle of monocultures of weed could be prevented.

Looking only a couple of generations back, most US citizens' relative ancestors, for example, lived in Europe and around the world. The same awareness should dawn on every one of the around seven and a half billion people who come from only one billion foremothers and forefathers not more than two hundred years ago. We are all coming and going back to the same force of life. You and I are not us; we are all. Nevertheless, everyone is trying to fight their own battle, to be free from their past, to live in the present, and create a meaningful future for themselves. What is not realized though is the role of being and acting in awareness of whole humankind. Humanity seems to harm itself. As an American Indian proverb that Wayne Dyer, one of my favorite spiritual teachers and authors used to use, goes "No tree has branches so foolish as to fight amongst themselves." Indeed, a tree's stem, its bark, branches, and leaves are all parts of one organism. In the same vein, all human beings make one humanity. Like water flows through all plants' vessels, so does consciousness flow in all human souls.

People always fall back into fighting other branches of the tree of the human species. Occasionally, in moments of feeling safe, they are able to care for the tree as a whole. These are all too rare moments of feats of awareness. We intuitively know that life is the same for all, that we all dislike pain, and that nobody wants to be threatened and fought. So, why can we be so ruthless anyway? It's the result of panic that comes from being lost in a labyrinth without a map. Head down and running, anybody getting in the way is pushed away. Force causes counter-force, and resistance becomes the default response to all challenge. A truly vicious circle. The good news is that it does not have to be that way. We contain astonishing intelligences in ourselves, which have allowed us over time to tolerate ambiguous situations and solve ever more complex puzzles. What we come to develop now is an appropriate



framework that enables us to think our way through to more joyful humanness that convinces us to be free of interpretation and practical enough in the sense of not being another dogma, religion, or unrealistic ideology. Awareness Intelligence is not opinion, but logic, fact based, and generic; and it is not simplistic, but simple enough.

There is an expression in Chinese for how limited we tend to see the world: ‘jing di zhi wa,’ meaning “frog in the bottom of a well.” It is the fable about a frog who has lived its entire life down in a small well. The frog assumes that its tiny world is all there is. It is only when a passing turtle tells the frog of the vast ocean to the east that the frog realizes there is much more to the world than it had known. Many of us are like that frog. We grow up as members of a culture and learn, through direct and indirect teaching, to see the world from the perspective that has become familiar to us. What is familiar to us makes us feel safe, and therefore it feels good and right; often this is even assumed to be the truth. Because the people around us usually share that same perspective, we seldom have cause to question it. Like the frog, we rarely suspect how big and diverse our human species is. So, don’t be a frog in the bottom of a well and become free like you have never experienced life before.

## **Chapter 6 – Increasing the attention span**

The second dimension of Awareness Intelligence, besides the social scope, is time. Relations are growing in time, from as small as oneself in the past, to relationships in the present, and the all-comprising scope of future generations. In that sense, social relations can be systematically mapped to temporal perspectives. Promoting to live in the present moment, to not let the past determine us, and not to worry about the future seems to be a sensible approach. For living a truly awareness-intelligent life, however, this is incomplete. If meditation is understood as stop thinking, it might be a relaxing practice, indeed, but it would also risk accommodating for self-absorbing, and possibly even selfish passiveness

rather than being an active agent for all our and, importantly, our all future needs. We can only consume in the current moment; right from an economic point of view. However, from the angle of apprehension of life itself, our attention should span the contemplation of the entirety of a lifecycle embracing the flow from the past to the future and back, which even includes parallel time. We become what we meditate on. Non-thinking and not embracing actively the past and the future might not be what makes the best use of our mental muscles.

Attention is one of our uttermost critical faculties in which lies the power to become aware of the nature of time. To do mental work, the working memory needs to be able to allocate sufficient capacity to attend. If we are not able to hold attention to picture life as a lifespan, how can we situate anything between the coming and going of life conceptually and as applied to ourselves and the lifetimes of others? Do we think and act in full temporal awareness, which means to be aware that time is an illusion, or are we just following the row of events, one after the other, without questioning the more prominent arch of a life? Do we just follow cultural customs and social rules of temporal sequences or do we have an own understanding of the right timing of developments in our life along different possible milestones such as the time we go to school, work, marry, and retire? By following everybody else's planned schedule, there is the peril of missing one's making of an own plan. The ability to oversee the whole is critical. To do always the seemingly momentary correct thing that is, however, not validated against an integral perspective risks to end up in unfulfillment and deep regret.

It is not enough to dwell a couple of minutes per day in practicing awareness. We become what we always think. If we cannot be consistently aware of the full social scope, which is all humanity, and if we cannot envision simultaneously the complete range of time, spanning from the even farthest away past to the most distant future, we haven't learned to be genuinely awareness-intelligent. Human beings cannot think multiple thoughts at the

same time, but it is possible to develop compact bundles of coherent thoughts respectively a systematic approach to harness the power of Awareness Intelligence.

## **Chapter 7 – Distraction of the mass**

One may find a lot of examples supporting the thesis that things got more, better, safer, and healthier. However, not being aware of globally increasing wealth inequality, existing heightening levels of hunger, and record numbers of refugees in some areas of the world, as well as peaking prescriptions of antidepressants in many societies, signifies that local perceptions might lack accurate information and understanding. What is affordable within reach, is unavailable at another place. What is acceptable for some, is intolerable for others. And what means poverty in this place, passes for luxury elsewhere. While becoming more environmentally conscious here, more pollution happens there. The growing world population and economy continue to exploit the planet's resources faster than these can be renewed. Nature gets polluted with garbage whose decomposition takes centuries and irreparably contaminates with spurious poison the earthly and universal flow of energy for the generations to come. We today see the first generations in developed countries who are, in terms of longevity, facing decreasing life durations. The life expectancy of a fifty-year-old in a low-income country, which is the majority of the world population, remained the same as it was thirty years ago. In the last forty-five years, suicide rates have increased by sixty percent worldwide, which indicates a desperate mental climate even in countries of relative wealth. The desire to die usually comes from unfulfilled desires for life. Most individuals would decide to live if the necessary psychological support factors such as meaningfulness, purposefulness, and spiritual growth through awareness-intelligent living would seem achievable.

Despite global communication technology, people are still kept uninformed, just by different means. While in prior days information was just not available, today its sheer

volume and tendentially one-sided curation are leading to distraction. Herbert A. Simon, an influential American social scientist, stated in 1982 so aptly that “A wealth of information, creates a poverty of attention.” This is indeed utterly dangerous because by devouring our attention, distractive practices are hindering the flow of consciousness to our awareness; as a result, we get deprived of inspiration. Also, it is critical not to confuse emotion with inspiration. Inspiration comes through awareness, which, besides consciousness, is brought to life by thinking. We need to become aware to avoid emotional bias. Often, advertisement, media, and politics are attempting to shortcut our reasoning awareness by directly addressing emotions. The generation of emotions within you, however, you hopefully cherish as your own business, don't you?! It is utterly important to retain alertness not to let emotions dictate our thoughts, but instead of creating them out of aware thinking. That's where we can hold the remote control to feel the way we want.

In a constant fight for people's attention, monopolist digital platforms channel information and keep us through addictive mechanisms engaged with very narrowly and non-transparently preselected views of personalized subsets of society and the media landscape. Western civilization blows its own horn regarding offering individuals the freedom of choice. However, this is farther away from reality than we would ever accept; if we were aware! When being offered options, the list of available alternatives, be it in a financial plan, in an assortment of products, in educational pathways, or career options, we are always only given a pre-selected set of choices that are elaborated by the respective business to optimize their profit. Any possible choice is, of course, always designed in the main interest of the offering side. Many people wonder why the rich get richer, why the ones with great networks get even better connected, and why the seemingly lucky get luckier, while they themselves always come off second best. Awareness Intelligence will help us in inquiring what choices we are not offered, which options are just for distraction purposes,

what possibilities are untold, and what benefits are scoped out or not inclusive of our and humanities broader rights.

Artificial intelligence is, as we are made believe, deemed to have potential that is even superior to human intelligence. This can, however, only be the case from a mechanistic information processing point of view. Algorithms in the form of cryptic programs are determining a significant and increasing portion of our computing and electronic communication activities. People can't know or don't have the time to evaluate the trustfulness of the logic and information packed into closed systems. The information age is trying to explain the universe in mathematical, respectively data analytical terms out of black boxes. The human mental universe, however, is fundamentally different from the physical world of bits and bytes. Consciousness is not about information, it is about inspiration. Consciousness doesn't come from a form; it comes from the life-animating spirit. And, awareness is not about a uniformly ticking computer clock. Instead it is about how humans make sense of their relations and time.

Today, the ones who have the gold, make the rules. Money is spent where there is the highest likelihood for maximized return on investments. Not surprisingly, wealth concentration is increasing, all at the cost of more equitability and participation among the population. Thomas Piketty's book "Capital," for example, is providing impressive evidence for that increasing concern. Privileges are protected through the formation of elite dynasties, academia, and business circles that do little tolerate outsiders. These elites have all the means required to pull the strings not only in economy but also in politics and public affairs. Opening up power structures and empowering the mass to claim their fair share would be a shot in the own foot, they think. It is, therefore, not surprising that awareness-based self-efficacy is not a broader educational priority. Keeping people's awareness poor means less bothersome discourse and need for fair information. Reduced awareness takes care of itself.

People mistakenly believe to be knowledgeable and in control, which leads them even to justify and support the very systems that disadvantage them most. To have a birds-eye view on the wholeness of the world can be intimidating; too much is it a threat to poles of powers everywhere. Shame is imposed on those who full of awareness don't belong, and confidence strengthened as thanks to those who ignorantly take a side.

Awareness of and about humanity as a whole is taken intentionally out of educational and journalistic scope. Instead, local scare stories, celebrity cult, group thinking, and stereotyping are promoted. Herd-thinking is confining the cubicles in the stables of the thought-farms owned by the one percent who own ninety-nine percent of global resources. In these closed mindset farms, people's ignorance gets exploited. The domesticated herd of human livestock is fed and paid well enough to not revolt. Everything gets automated, and the thought-farming industry leaders stay mostly out of sight. Almost all of the financial means of this world are invested in businesses that help the money multiply itself. So, the breeding goes on and ever more extensive and efficient platforms are created for the keeping of human farm animals.

I currently hear a lot that there would be a global awakening to the better and everything will be fine, but I can only observe the same in places. Reassuring people in their comfort and not ruining their appetite is not only essential to keep the economy rolling, but it is another awareness-limiting and critical-thinking blocking tactic. The message is also that the global elite would take care of it for you, so you don't need to do anything on our own anyway. Lowering people's expectation of the necessity to act and play down their ability to have a possible future impact whatsoever is a proven strategy to discourage from engagement, so people will mostly settle to savor the present. Fostering such carelessness is favorable to propel current consumption in place of investments into everybody's future.

A whole-person and holistically cooperative humanitarian view that would be broadly discussed publicly as a matter of social priority is missing. Rather mass education continues to teach perspectives confined to organizational boundaries and at best extended to further stakeholders as relevant for profit and required for compliance reasons. Education's general scope is to train managers who can successfully compete against others, and the goal to encourage leaders to stand up for all humanity has, in many cases, degenerated to an inconsequential after-thought.

Widespread fragmented awareness seems to be an accepted human mental constraint; along the lines of when something is out of sight, it also gets out of mind. To close one or even both eyes, however, is not all-natural human though; it is un-naturally awareness-unintelligent. Nothing goes ever completely out of consciousness. Then, when consciousness is suppressed to not surface into the process of thinking, the soul is restricted from being free. Limited awareness is a mental self-handicap with disastrous repercussions. Our energy suffers the more the flow of consciousness and the development of awareness is hindered. Human potential, care, and wellbeing get impaired. On the other hand, if one grows more aware, the radius of care grows with it. As the reach of care widens, so does the feeling of being not alone, of being connected to the collective soul in full awareness, alive, and fully human.

## **Chapter 8 – Missing systematics and links in science**

In most of today's scientific research, I find it still difficult to see how the link between the universe and human psychology is made. It seems like current awareness is not up to seeing the study of the human mind being first and uttermost linked to overarching factors such as the human soul that is connected to the universal consciousness and cosmic time. As French Henri Poincare described so well "Science is built up of facts, as a house is

built of stones; but an accumulation of facts is no more a science than a heap of stones is a house.” In the context of understanding life and its signification for human existence overall, some dots undoubtedly remain unconnected. Henri Poincare who died in 1912, is considered the ‘The Last Universalist’ in mathematics since he mastered all the disciplines at once. If today’s specialized scientific fields work in silos and are hindering inter-disciplinary cooperation, it might indeed be the case that a lot of knowledge is not brought into a more meaningful context and does not result into a house of wisdom that benefits and protects all humanity in a broader sense.

Project and productivity management skills to organize business processes are taught everywhere and on all levels of the education system. Surprisingly, the same diligence is not applied to the mental world. How can we think about our thinking and improve it for our own and others' well-being? How can we critically check our awareness to make sure we don't miss any essential aspects? The answers to these questions determine how we care for the world, and yet they are not discussed systematically enough in school. To quote the Buddha, “All that we are is the result of what we have thought. The mind is everything. What we think we become.” I think it is overdue to build wholesome human attitudes, which is to think more and in different ways about how we develop and use awareness.

## **Chapter 9 – Spiritual consumerism and mystification of spiritualism**

There are innumerable great books about personal development, inspiration, and spirituality. There is plenty of literature, examples, and enlightening role models. Much of this shared wisdom is relatively widely accessible, read, and discussed by a variety of interested people. However, readers often even struggle to extract from teachings what they already actively understand. And yet it is possible to also awaken the hidden knowledge that is dormant in us and complement it with new insights. How to be spoken to when new



wisdom is speaking to us? Awareness includes meta-consciousness. In other words, it can ‘think about consciousness.’ Awareness, with the support of consciousness and mental presence that allows the generation of thought, both of which are sufficiently available at all times in us, is what creates the link between our hidden faculties and knowing. While consciousness offers the full scope and optimal quality of awareness to our mind, the thinking mind still needs to support consciousness too to make it explicit, specific, and applicable as awareness. Imagine developed awareness as a target. Without the mind having erected such a target based on the nature of the conscious soul, any arrow of information would come to nothing. Without awareness, information cannot be caught and integrated as knowledge.

Awareness can be understood as an internal structural characterization of a person. Not in the sense of an ego-filled vessel, but as an attracting and yet non-abiding catcher; a catcher of knowledge. Imagine a spiderweb. The more expansive the web, the more can be caught. Our mind then, spider-like, digests the captured good and keeps the net free and ready to be receptive for new input. The structure of one’s cognitive arrangement determines what can be received. Awareness Intelligence, if you will, is what the spiderweb of awareness is meant to catch. If awareness spans the breadth and depth of all that consciousness is, if it embraces all that life is, and all that human life can be, then awareness is cardinally intelligent.

The discovery of the lawful perspectives that govern our mental cosmos is a grand adventure. With Awareness Intelligence you can get to unimagined corners of your conception, always being given a mental reference system for orientation, effective learning, and you can recreate the life you come from and that you desire to become again. By learning to think awareness-intelligently, you acquire the ability for easing the strain of thinking while elevating it to all new levels. We cannot stop the thinking process, but it’s

possible to generate the thoughts we want, and which are good for us. Don't waste any thought-capacity. Instead, work towards the cultivation of useful thoughts and harvest the full power of the mind.

Trying to shut down one's thoughts comes with the risk of becoming passive. Also, undifferentiated awareness leads to ego-inflation. To tame one's ego through broadening awareness and related non-linear thinking that is appreciative of diversity and inclusiveness doesn't have to mean that we forget about the individual units of which humanity is composed of, including our own individuality. However, to realize full agency, one needs to position intelligently in the socio-temporal grid of life. Instead of diminishing oneself, the focus should be on increasing the awareness and systems thinking about the energetic interplay between everything and everyone there is, including and especially all thought, which is the all-mighty force of human creation.

It's time to demystify spiritualism. To become a deep-grounding, alert, and compassionate human being, you don't need to have a history of specific events or pre-conditions. You don't have to be an extraordinary psychic either. You just need to use your mental capacities to increase the receptivity of the canvas on which consciousness, experiences, and thoughts are projected.

There is no privilege of awakening and there is no such thing as accidental enlightenment. You are already all it takes to learn to understand and practice the full Awareness Intelligence of human relations and time within you. Being spiritual means to be fully human by accessing the soul that is in all of us. As you think about that, you are already entering spirituality. Trying to change awareness through a blurring of perceptions, whether caused by self-absorption or intoxication, are inhibiting rather than luminous experiences of spiritual growth. Sober awareness that is enabled by intuition and thinking is what allows us

to enter our world within. To enjoy your truly enlightened spirit, stay clear, be aware, and think awareness-intelligently!

## **Chapter 10 – Expanding the here and now**

What if you lived your conscious life confined to an inner shrinkage of the like of a so-called Matryoshka, a ‘Russian Doll,’ not realizing that you could be the whole doll and therefore missing even the prospect of ever seeing the world’s bright shining as it can only be experienced from the outermost layer? It’s up to you on which level your awareness resides. However, only through completely opening up you can see the light, the ultimate source of life.

The breakthrough discovery of the nature of Awareness Intelligence lies in the combination of one axis of relational reach with the other axis of time. The y-axis represents the scale of human scope ranging from an individual to the human race overall. Imagine the arrow to be infinite, opening to an all-encompassing extent of humankind. The second axis, the x-axis represents the timeline with the infinite past on the one and the endless future on the other end. For most Western cultures this might be learned to occur from left to right.

The observation of the environment helps to see the light as all material objects reflect light. Light is everywhere, including in all of us, and time does not let it fade. That’s how reflections become perennial. There is still the reflection of our ancestors in the light, the same light that will transport our visual and energetic appearance forever. That’s how, whether present, future, or past, consequently, everything exists in light in parallel. Besides such a notion of cosmic time, I agree that in everyday life the concept of a timeline is practical. However, such a linear conceptualization of time represents a serious impediment. Maximal temporal awareness bends the imaginary timeline into a circle in which the past and the future, both infinitely stretching into eternity, meet. If you can stretch your linear

image of your lifetime between birth and death into this cyclical form beyond our physical existence, you have achieved a similar quantum leap to the one we've accomplished when accepting that the physical world is round rather than a finite plate with dubiously ending edges. Don't fear thinking into the seemingly impossible and become of the infinite, spherical, and parallel nature of time. Don't stressfully define your mind, stretch it. The farther apart you can stretch, the broader your arms of awareness. That's how we can embrace the whole universe.

Social and institutional thinking is centered around organizational interests. Until the nineteenth century, the church defended a system in which the earth formed the center around which the sun and other planets span. It was only from the pressure of counterproof that it got accepted that all the sky's objects are in motion and the earth is spinning around the sun. Now it's time to understand that time is not circling around our subjective perception of it. The past and the future don't meet in our present, although this is a convenient view to support our self-importance. Our subjective presence is no absolute truth in all humantime. Much more, all the past and all the future meet on the parallel side of the circle of time where all time is not only available to us now, but to any life at any time. Parallel time is always available to anybody, but it takes our effort to mentally stretch into the past and future and flex into the endless expanse of time on the other side of our illusionary timeline.

The concept of going through this and other-lifetime physical existences and being judged for them in a way that is deciding one's earthly fate in this and future lives is contradictory to having an infinite and immutable soul. Building karma over time is building on the culturally shaped notion of sequentially acquiring time over time. Who we really are and will always be, we were already in the past. Believing in bad karma from past bad deeds is believing in punishment through future suffering. However, the belief in any form of

shameful guilt is hostile to life and therefore awareness-unintelligent. Life itself would never be against itself. Why should it be necessary to have to circle through multiple incarnations to reach the freedom of Nirvana? If you don't hold on to specific beliefs, it's right now possible to escape the cycle of death and rebirth by once for all dying to social attachments and freeing the soul to transcend awareness to the ever-present full temporal expansion of life.

## **PART II: The next step in human evolution**

### **Chapter 11 – Individual revolution, human evolution (overcoming psychic blindness)**

Today, humans do not evolve through physical challenges anymore, but rather through mental adaptiveness. Carelessness and conflicts due to increased stress and anxiety levels cause the pharmaceutical markets to surge. Instead of pills, however, we need a different quality of the mind that is not resulting in mental dysfunction, suffering, and aggression. Awareness Intelligence can serve as a natural human enabler whose potential is revolutionary on the individual and evolutionary on the human level. I believe in rationality and our ability to transform our way of thinking, although there is seemingly not a good enough market for such a mindset yet. However, as Jacque Fresco, the American futurist said, “we must put our mind on this as we do put a man on the moon.” What an exciting opportunity for us to strive for accessing life force that makes the whole of the universe. Metacognitive strategies, the thinking about the thinking, are vital for any endeavor of human learning and behavior. Awareness Intelligence is the mastery of meta-conscious strategies that empower for living a holy, wholly and wholesome human life.

The ‘body image concern’ condition lets people suffer from concerns about their body because they are dramatizing considered physical flaws due to an over-emphasis on specific local visual processing. If they had a better functioning global visual processing of the whole body, a more proportionate picture of the entire physical self would be perceived. The same phenomenon can be detected not only for the physical but also for the mental perception of oneself. A distorted perception due to impaired awareness of the global nature of life might cause one to limit the mental self-image adversely. And indeed, far too many are the people who think without objective reason that they would be not intelligent, not talented, not creative, not attractive, and not worthy spiritual beings. Such preoccupations are negatively affecting self-esteem, well-being, and vitality. Eating disorders and plastic

surgery, for example, become the life-threatening and self-mutilating means to get rid of the image concerns. It is important to acknowledge the existence of the disabling psychic blindness that the shortage of whole-person awareness represents and to develop Awareness Intelligence to put things back into a wholesome overall context.

Rather than technological solutions in the first place, it is the apprehension of the human mind that bears the secret to breakthrough progress for the development of human beings and their well-being. As the saying goes “the eyes are useless when the mind is blind.” There is certainly no shortage of optical aids considering the interesting possibilities coming from technologies such as telescopes, microscopes, magnifiers, and zoom lenses. Of course, technological progress can be enormously useful for the enhancement of our limited five senses, the recovery of the physical health of some, and it can bring a good portion of excitement and thrill. But technologies are not speaking to the mind and soul directly. Any external stimulation first always goes through a layer of receptiveness and awareness that is more or less filtering and transforming signals into emotions and thoughts. It’s this, and only this, layer of the aware mind that determines how we experience the world. These mental capacities though are neglected as being untouchable, and so ‘mind tools’ remain relatively vague. Many people have heard – not as many who are using an iPhone though - that mindfulness, for example, is something good and vital for everyday and professional thriving. But it’s admittedly a struggle to understand what exactly the mind should be full of. Although we can observe and think about life, psychic blindness seems to be a common issue. Compared to the massive investments put into the marketing of consumer goods, investments into understanding and developing the human mind to increase well-being and health, stay comparatively modest. It would not only make sense, but it is our responsibility to promote the empowerment of the human mind, to teach how to use the most powerful tool there is, human awareness, as a matter of priority in all societies.

## **Chapter 12 – Mental coordinate system**

A new kind of mental map is required to explore and navigate effectively mental territory. Before the map-making process can start though, orientation must be enabled. As for physical maps, coordinate systems typically serve that purpose. These are grids formed from a vertical and a horizontal reference line respectively the north-south and the east-west axis. It's possible to use the same technique to build a mental map. The mental map of awareness uses human relations (the social dimensions) on the vertical reference line, and time (the temporal dimensions) on the horizontal axis. These are the inherently relevant aspects of human awareness. Plotted as a mental reference system, they will help to establish the socio-temporal structure that is required to focus what is relevant for the human soul. Once the mental coordinate system is established, the landscape of the psyche can be more easily navigated. With socio-temporal awareness as your mental navigation system, you won't get lost anymore. You will feel traveling safe, and you'll be able to connect to your most liked joyful spots again.

The indefinite power of the human soul and mind can be unlocked as human beings evolve from doing 'sightseeing' to 'thoughtthinking.' This will intensify the understanding and appreciation of the mental world and propel the development of Awareness Intelligence. No field of science or any advanced forms of artificial intelligence have been able to solve the disconnect between the people that causes all the issues of inner and outer conflict. It's the power of awareness that has the potential to link separateness together and to unify. It's time to become more aware of our absence of awareness, the only way to solve the remaining problems of humanity, which are all due to shallow lives lost in thoughtless wandering.



### **Chapter 13 – Ignorance is not bliss**

“Ignorance is bliss” is an often-seen quote with a seemingly appealing message. But let’s think again. If chosen as an attitude, ignorance for bliss would be like having given up happily the aspiration to be of help. Negative collective consequences would be one type of issue, the missed individual opportunity for true joy through service another. Popular demeanors like ‘ignorance for bliss’ evidence that the quest for happiness has driven us into emptiness and carelessness. In contrast, if we learned to be more awareness-intelligent, we’d have the chance to herald the start of the post-shallow-happiness era that will be about comprehension and meaning instead of ignorance. Although today’s education systems provide information and knowledge, they do not ensure to understand in empathy, for which advanced qualities of the mind would be required. This awareness would also include the knowing about the lasting joy whose profound quality is way beyond some short passing showers of bliss. It’s comprehension and meaning that make our soul feel alive.

Bliss, happiness, and joy may sometimes be used interchangeably. However, joy might involve more virtue seeking and meaning, as compared to the more pleasure-based notion of happiness. One of the major enablers of happiness respectively joy, is personal control. Being aware and understanding means mastery. The spectrum of one’s perceived control through ability increases the more Awareness Intelligence is present. Becoming aware is like lightening up mental space and making previously dark and hidden parts of life accessible to be included in controllable reasoning and decision-making. Children intuitively seek joy by exploring the world and learning. The desire to learn is in all of us, which is a tremendous gift that is telling us “come, I show you the full joy of life.” Simple-mindedness, according to popular opinion, seems to cope well with life. Sure, diminished awareness may well be sufficient for functioning in a relatively tightly defined under-run — however, simple mind- over-simple life. A pronounced local focus of mind is doomed to become linked to

difficulties in broadening one's horizon when needed and is hindering the cultivation of diverse social interactions in any case. Over sooner or longer, every soul is revolting against too narrowly fenced personal development. People never regret what they have learned; they regret what they have missed.

Is ignorance really the cause for all evil? At least, being educated does not necessarily prevent ignorance and foolishness. Pieces of uncombined knowledge that is not put into context point to low levels of awareness. For example, an oppressive manager in an organization may be a loving father of a family. A nation's tyrant leader may be favorable for many organization's success. A brutal xenophobic may care a lot for the wealth of the natives of his country. What appears right on one level, can be quite the opposite on another level. There is a serious issue with how people come to restrict their awareness about their social scope of care. It's not a bad gene that causes these troubles. But why get the dots not connected, even by otherwise intelligent people who can comprehend most complex systems of many types? It's the unawareness of one's lack of awareness. It's the absence of awareness-driven motivation to be fully human. Without a mental connector to establish compassion towards all levels of social organization, there is no desire to fill the gaps. Only when envisioning the 'why' one can speak about complex empathy. Complex empathy includes meaning and is a main source of joy. Next time when asking a friend "how are you?" surprise her or him with following up with "why?". For many, it will be difficult to answer; however, this is an excellent occasion to connect on a deeper level and have a meaningful conversation about how to navigate life. Why do I feel well? How do I see life? What is the bigger picture? Wouldn't it be strange if living a better life wouldn't include a deeper apprehension and socio-temporal navigation of life? It's time wisely spent to learn to understand all that better.

## **Chapter 14 – Awareness Intelligence is learnable**

Comprehensive awareness is like the capturing of light, which is our soul's essential yearning. Life itself wants to reveal itself to us. Even if we close our eyes, some light is shining through the lids. The clouds are not a part of the sky. It's never completely dark; there is always radiating vividness. To see clearly, open your eyes and wait until the clouds are gone. They are just the changing and passing stories others and we tell ourselves. Look up, open up, reflect the light, and enlighten your awareness. That's how you regain orientation and freedom that comes from foresight, providence, and trust. Arthur Whimbey, the progressive author who published *Problem Solving & Comprehension* in 1979, evidenced that any intelligence can be taught through instruction on problem-solving and strategic thinking. There is less agreement though on what strategic decision-making competencies shall be. Of course, cognition, social and individual values and beliefs might influence one's choices. When relying on beliefs, however, there is always the risk of unsystematics and misbeliefs being considered. Awareness Intelligence provides a universal framework for decision-making to know in a coherent and most substantial way where one is coming from, where one is currently at, and where one can go. Total awareness, if applied consequently, is an unerring advisor for avoiding mental short-cuts in strategic decision-making such as over-reliance on anecdotes and stereotyped self- and other-images.

Awareness Intelligence can be developed by any healthy individual. Everybody has the mental ability to extend linear time and social relations towards the inclusiveness of the eternity and entirety of humankind. All it takes is to pay attention and motivate oneself by knowing about the tremendous benefits of Awareness Intelligence for one's private and professional life. A shortage of continual and all-encompassing awareness manifests through a mental disengagement that results in self-consumption. Views of narrow social boundaries are inhibiting the development of social networks. Such symptoms and communicative

isolation in their most extreme forms, are characteristics of autism, a distinctly defined illness since the 1940s. The good news is: People lacking more global information processing can be instructed to improve. Humanity is not ill, but it definitively requires instructions on how to develop higher levels of awareness to connect sincerely with others. Humans can change their thinking, which in itself even changes the structure and functioning of the brain. Science found that the brain is much more plastic and developable than ever assumed. If we are self-aware, we have to admit that we probably did never give a hundred percent. There always goes a bit more. It is not genetics that is limiting us. Most of us don't explore all the options we have, don't go to the top of their possible peak performance, and many do not think as hard and systematic as they probably could. There is no excuse for not learning how to become more awareness-intelligent.

We wish to be intelligent to perform tasks such as reading, calculating, solving technical problems, create music, understand nature, be a good employee or entrepreneur, and so forth. These may all be important to fulfill social roles. And, social comparison is a strong happiness factor. People tend to be content if they do well compare to others. Because there are always others who do let us appear compare unfavorably, the choice of a limited circle of easy-to-compare others might be a comforting self-protection strategy. However, such avoiding behavior also prevents from connecting to broader and more diverse walks of life. The measurements of traditional intelligence quotients have only amplified competition unnecessarily. It's not necessary to compare to others and derive satisfaction from relative high scores in intelligence tests in areas we even don't feel drawn to naturally as these, in fact, are not of most fundamental relevance to a soul-inspired human life. It is unnecessary to feel judged as a human being by culturally and commercially defined concepts of intelligence. Social comparisons are causing a lot of discrimination, feelings of unworthiness, and related suffering. What makes people really joyful is their capacity for

self-determination, which means to be in the driver seat, to function mentally well, and enjoy psychological well-being.

Once you will have experienced the power of Awareness Intelligence, a return to ordinary pseudo-knowing won't be possible as your life got changed. And again, as Charles Duhigg states, willpower too "is a learnable skill, something that can be taught the same way kids learn to do math and say "thank you."

## **Chapter 15 – The difference Between Awareness Intelligence and Emotional Intelligence**

Emotional Intelligence is an individual's ability to monitor her or his feelings and those of others and therefore is an essential interpersonal competency. Beliefs and feelings are closely intertwined. Feelings are an important indicator of how a situation measures up against our socially and culturally shaped beliefs. Hence, feelings might have not much to do with our genuine human nature. Feelings and more intense short-term emotions alike can seem overwhelming and be an all-consuming psychological state. There is always though, in minimum, some room for reasoning left. To grasp the true nature of life, rational thinking helps to explore and direct one's emotions. Emotions and attitudes are never the beginning; they are the result of thought, albeit not always rationally controlled thought. If you stick to your believe-based emotions, new ways of thinking might be hindered. If you can deliberately change the way you think, if you can widen and sharpen your awareness at the same time, then you can create different emotions and if chosen wisely, feel better.

High levels of so-called emotional intelligence generally correlate with high levels of performance and success. However, there is the risk of over-relying on emotions with adverse effects on one's mental states. Emotional understanding and the ability to manage emotions is not in itself a "good" or "bad" quality. One can perceive another person

empathically and still not be aware of what that means for oneself and the broader context; therefore, neither empathy nor emotional intelligence do necessarily involve the development of compassion and the desire to help. On the other side, hypersensitivity to other's emotions can be burdensome, contagious, and incapacitating supportive responses. If one is overwhelmed by others pain to the extent of getting sick oneself, nobody is helped. Rather than to merely intensify empathy, it is more awareness-intelligent not to exaggerate but to broaden the responsiveness to other's need for care.

Your beliefs and the way you feel about them come from your social upbringing, your education, your enculturation. If you were born somewhere else or at a different time, your language, religion, your beliefs about appropriate symbols, customs, and rules would be expected similar to anybody else in the same cultural milieu of that ages, but also entirely different from somebody in another temporal culture. No culture is a more or less legitimate way of living, but none of them represents an absolute truth either. There is, however, a fundamental lawfulness to human life. We need to choose how we put ourselves, others, and all humanity into relation to each other from the perspective of our life as well as from the standpoint of other generations and all human evolution. Without such a complete socio-temporal relationship, people across different realities of societies, cultures, and eras are continuing to insist on which would be the most likely illusion of their places and times. Fortunately, we can choose to understand where we set the boundaries for exclusion, and how much back into the past and forth into the future we care. It is this reference-system of humantime that would better guide our thought processes than a relatively random set of contemporary socio-cultural believes and sensitivities.

You are neither your emotions nor your feelings or thoughts as long as they are the mere aftereffect of somewhat limited awareness. You are your watching mind of human relations in time. You are the entire and perennial conscious source intelligence you are

coming from. Use this gift to intelligently self-generate your thoughts in concord with all life. Awareness-intelligent thought is based on compassionate care that feels more deeply satisfying, moving, and human, while not being confusing or overwhelming after all.

## **Chapter 16 – Technology and the distributed intelligence of the mind**

There are lucrative business cases behind the emerging possibilities in new technology such as smart devices, the internet of everything, artificial intelligence, and virtual reality. The intentions of the humans who are creating and utilizing technology are determining how technological progress will look like. What is clear is that technology follows the mindset of developers and users. How virtuously technology will serve humanity depends on how people grow in their awareness. Never will technology lead or replace Awareness Intelligence that is the direct expression of the life force itself. The appreciative study of the human mind, therefore, should be the absolute priority of all undertakings.

Due to the disappearance of unions, for example in Europe and other markets, the unity of workplaces in the knowledge-based economy crumbles and gives place to lose short-term contracting. Also, employees today increasingly fear their replacement by machines and are worried about losing control against further automation. Having realized that the understanding of human connections, life- and humantimes are the most relevant human factors, it should be clear that in a humanistic society machines cannot be serious competitors. If machines replace humans, it is because humans do the work of machines, not because the machines came to do human work. Rather than reducing people to carrying boxes, the love and creativity-deprived modern societies should use people's soul-inspired intuition and imagination to give them, by being wholly human, what humans really need: to be as different from machines as much as they want to be.

Technology as a vehicle can increase a journey's efficiency dramatically. The masses got used to focus the vehicle instead of the destination though. The fun factor is understandable, but where does it lead? The deployment of technologies advanced to dictate how we communicate, work, buy, sell, and entertain. User policies and technological process designs became the remote control, while we think we are still in control. Through freemiums, addictive interaction design, and market monopolies whole industries came to depend on systems that today dictate many of the processes in our everyday businesses and lives. It's important to realize that technology often is misused by others to take the remote control for the device of our personal earthly existence. Digital platforms decide how they pool their user stock and what they feed them. It's difficult for the user to see the big picture transparently. And the politics in the virtual world are the politics of the physical world. The virtual realm too introduces division, incompatibilities, and builds walls. It's not technology itself though. It is our and everybody's level and the constellation of awareness that determines the results of its use. There is no digital divide if there is no human divide. Only human minds share universally distributed intelligence. We cannot count on technology alone to reconnect and save us.

## **Chapter 17 – The choice to be part of something bigger**

'Humility' stems from the Latin word 'humilitas,' which is derived from 'humus' meaning earth, and which may be translated as 'humbleness,' or 'groundedness.' What's your type of humbleness? Do you look at the earth from close, so you can work on and with the flat acre of soil, be it for cultivating it for agricultural purposes, or to mine clay for building bricks? That may be fine, but without, at the same time, seeing the same earth as a round planet from sufficient distance to feel how it is a part of a dynamic universe, and without recognizing its life-giving energy that is so beautifully expressed by its sprouting



flowers and trees, one would have limited awareness and dismiss the connectedness to the greatness of which we are all a part. Bricks produced without awareness may be just used to build walls to divide what belongs together.

Humility is considered a virtue. To have a real understanding means to be humble; humble not in the sense of being ignorant of the whole, but by cherishing the full wonder of life. Humility is the source and result of honesty and modesty that come from freedom of greed as the expression of reverence for universal life. Such a virtue can't but being built on the awareness of the connectedness to the meaning of life. To be wholly open to the full scope of what is possible to mentalize, to respond with reflection to our perception-capability of humankind, one must have the right quality of mind. If our awareness can scope in all humanity and an eternal notion of time in a way that our identity-based ego does not feel threatened but rather liberated from limiting rules, prejudices and unhealthy habits, Awareness Intelligence readily and willingly will develop. Humility is about willingness and readiness. The more open and sharing the attitude and cooperation with others, the bigger and more exciting are the possibilities to learn.

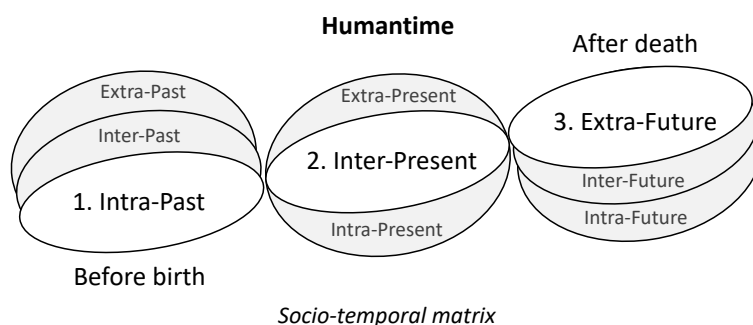
### PART III: The Socio-temporal matrix of human life

#### Chapter 18 – The structure and dimensions of life

Often breakthrough findings are the simplest ones. If something can't be explained easily, it is not well understood. If spirituality is advertised as requiring miraculous super-powers held by few, it might be spiritual elitism that is not for all of us. An awareness-intelligent understanding of spirituality may be considered prosaic considering its modest level of mysticism involved, and yet it is whole and infinite, full of all the beauty and joy that life has to offer. Spirituality is simple and pure humaneness, it is the ultimate mental playground of human realization. We are all spiritual beings; we just need to be aware of and practicing it.

To organize our thinking about life, mind, and soul is not creating a false god. Neither has a logical arrangement have to deteriorate into a dogmatic belief system. Indeed, what wisdom means for one person may have a completely different meaning and quality for somebody else. What feels right at one time becomes obsolete later on. It's of limited usefulness to name a spiritual authority or to lay down religious rules and rituals if not for institutional interests. However, there is a universal structure of life that we should all be aware of.

#### Chapter 19 – The socio-temporal matrix: The three tenets of Awareness Intelligence



It is important to visualize the matrix of Awareness Intelligence to internalize it as a mental skeleton that will help you keep a healthy psycho-spiritual posture. You can use the socio-temporal diagram as a template, but I recommend to imaginarily draw it in your mind again and again by yourself as it suits you. As a diagram, the vertical axis shows the increasing social scope of human relations. Starting from the intersection with the horizontal axis, which represents time, the first third of the vertical line shall be labeled 'intra,' which means 'intrapersonal.' The next, middle part of the vertical axis becomes 'inter,' which stands for the 'inter-personal' scope. The third and uppermost vertical section is the 'extra,' which signifies 'extra-personal.' Now the horizontal axis. It partitions itself, in the order from left to right, into the 'past,' 'present,' and 'future.' Similar to a coordinate system, through these two both tripartite grid lines, a matrix can be formed. When using the vertical and horizontal axis' labels in the same manner as the numerical coordinates of a map, or the letters and numbers of a chessboard, it is possible to identify the three times three - in total nine - fields of the matrix. To describe Awareness Intelligence, the following three fields of the matrix are of primary interest: It is first the reference of the 'intra-past' as it results from the projected intra-personal relating and past-timing. The second matrix field we are going to focus on in more detail is the 'inter-present,' and the third one is the 'extra-future.' These are the three critical fields in the socio-temporal grid, each of which corresponds to a sub-category of Awareness Intelligence. The three tenets of Awareness Intelligence, therefore, are the 'intra-past,' the 'inter-present,' and the 'extra-future.'

This coordinate system of human relations and modes of time is all we need for the validation of human awareness. Our quality of mind is determined by how we are positioning our thoughts regarding social relations and time. Intelligent awareness emerges when the three Awareness Intelligence categories harmoniously play together. When we mentalize in a way that simultaneously includes our own past, our common present, and all

humanity's future, the whole scope of human experience unfolds. Although the socio-temporal matrix comprises of nine fields, the focus is kept on the three healthily intelligent fields that support a sober watching mind and enable the benefits of individual, organizational, and universally shared well-being. The six less discussed parts of the grid implicitly reveal themselves as being related to problematic states of the mind like past-oriented judging of others, present feelings of obligations due to transactional relationships, and future-directed worries as concerned by one's ego. In other words, focusing the intra-past, inter-present, and extra-future coordinate map fields does help to position interpersonal relationships unconditioned by time, and detach oneself from relationships and objects as not related to the present moment.

Having established the matrix of Awareness Intelligence with its three modes, we can now systematically navigate the intelligently observing mind in more detail and depth without getting lost. As much as we try, for example in romantic relationships, we can't fully connect with other creatures on a physical level. We want to unify so much that we sometimes try to become one body; in vain. It is only on a mental level that it is possible to transcend the separating physical forms and plug together into the life that is the soul, respectively the animating spirit of everything and everyone. Only the collective of this life force of the human species persists into the future, long after my and your body will have died. The awareness of this timeless extra-personal relationship with all humanity is what I call the 'extra-future.' As part of and as the culmination of Awareness Intelligence, it bears the biggest truth of spirituality.

Let's start to exemplify Awareness Intelligence in the first necessary insight into the 'intra-past.' Purifying one's self-perception leads the way to overcome self-inadequacy as achieved through the insight of the 'inter-present,' for the self then can courageously and lovingly complete into the continuous entirety of the 'extra-future.'

## Chapter 20 – The Intra-past

It's not others or circumstances that make us aware in the first place, although they can help to trigger the process. It is you who is giving awareness to yourself. It is you who is open to becoming aware. All it needs is that you start with giving yourself the gift of honesty and self-compassion to become one with the humantime of your intra-past. To be properly in the intra-past, some alienation from others, and a self-alienation from the inter- and extra-past, is necessary. Of course, you want to stay social and cooperative with the ones close to you in your life, although with time the nature of these relationships may transform as your awareness regenerates. Separation from yourself and others means, in a psycho-spiritual way, that you let go of your identity, which is based on social conformity and cultural beliefs that would be misbeliefs in a different culture. You also have to let go of attachment to others' judgments, which are opinions only and have little if anything to do with truth. By distancing yourself from the idealized role you have learned to assume during all the years of education, socialization, and enculturation, you begin to see who you really are.

Young children don't need to learn what honesty, fairness, empathy, and compassion are. It's amazing how children from the beginning know how to love fearlessly; an ability that many grown-ups seem to have forgotten. You don't need to recall specific events; rather contemplate yourself as a young child, as a newborn, and even as an expected baby before conception that has made its way to its birth without fail, without any support from society, without cultural rules or the advice of any experts. That way, bring yourself into contact with the life animating force from which you came. As you came from it, you are it. You come from what you were part of before. Each of us is one specific human-type cell of the whole cosmic energy body. It's impossible that you are not of your origin. If you got this, you've established the foundation of intra-past awareness.

A child does not care about history; it does not have much of it anyway. And yet it is not a matter of age to know what's right and what's not. Young children take other people without reservation, regardless of their past, indifferent of their inherited fame, and unconcerned of their economic status. Children, before being taught otherwise, don't care about how other people look except for their more or less friendly expression. They don't care about race, size, fashion, and accessories. Children start to interact with whoever is genuinely interested in and willing to on a psychological level. What a clear expression of that all life is connected. Like water that always flows together again is life finding life unmistakably to unite in love again. That's our natural tendency to live life. It's the only desire, if we stay aware of it, whose pursuit can make us feel truly alive. No possessions or status can substitute for it. Don't believe any stories that destroy your confidence in connecting to your life source and any other human beings with whom you share the same.

There is a tragicomical saying that, unfortunately, hits the nail right on the head: A banker, a worker, and an immigrant are sitting at a table with twenty cookies. The banker takes nineteen cookies and warns the worker: "Watch out, the immigrant is going to take your cookie away." As the ones in power don't want to give up their privileges, people are kept fearfully in survival mode. Survival concerns are best stirred up by propagating a materialistic view on life. Our immortal soul's drive is not about survival; it rather needs freedom from the mind's concern to solely survive. People with the concern to survive don't aspire to thrive. They are not motivated to be as fast as they could, for example. To survive before the chasing bear, being only the second slowest is sufficient to ride out. And that's how people socially compare and construe their story of being relatively OK.

As we deserve to be not judged by our past, we should not judge others according to the labels they are given. The socio-economic status of people doesn't tell us much about their human qualities. Try to see people's soul regardless of social personality appearances.

Don't waste your thoughts on interpreting equipment, façade styles, and fashions. They are not relevant to our true self, and they are gone as fast as they came. We are not our social personalities. Clinging to our social identity and old ways of thinking about ourselves makes us in any case matter less than we deserve. Artificial rules that protect selfish interests are not natural laws of life. Yes, actually money grows on trees. Just, the land where the trees grow has been misappropriated. Even worse, our memory, our awareness of this land of abundance that once had belonged to all has been taken too. Now laws ensure that the treasures don't need to be shared anymore at all.

Children are dependent on the care received from their parents and other adults in the culture they are born into. For them, inter-psychological learning, the influence of other people is unavoidable. Their survival depends on following their caregivers. Such dependencies should not exist anymore later on in life though. An adult person can re-build her or his identity intra-psychologically. It is of intra-past intelligence when you realize the possibility, even the necessity of your socio-cultural independence. Intra-past awareness allows you to free yourself from backward-related definitions of your person by others. It is an awareness-unintelligent trap to let one being defined by others opinions and beliefs.

When I moved abroad and ended up being on myself in a completely different culture, there was nobody and nothing anymore that would have supported and validated my identity at that time. For my new environment far away from my former social networks, jobs, and possessions that had defined me to a significant extent for a long time too, I then was left to be just an unknown foreigner. Therefore, I could not and did not have to live up to any story anymore. What an opportunity. I've realized how foolish it had been to build one's personality too much on the unstable ground of externals. Meanwhile, having left most of the external things and values behind, there has remained one true identity-giving source: The inner self. I've found my true self when mentalizing back to before I had grown into an

adult body, before I was associated with a certain social status, and before I started to hold on to a variety of achievements and acquisitions. Now literally as an alien in a foreign country, I became aware of what was left, what will always be left, and I mentally returned to the core of whom I am: The consciousness that is all and my origin of life. For all my life I was looking for happiness. Now I found meaning. And when I accepted meaning, happiness became meaningless. That's when I started to really enjoy life again.

Ralph Waldo Emerson said more than a hundred years ago that history should be banned from school. I agree in the sense that the common issue of glorifying the past and using it to legitimate and reinforce established power structures, for example in politics, is hindering real improvement. The world needs new solutions to old problems. A spirit-based awareness to overcome ego-based identification is needed. Rather than closing down for victories, humanity needs to open up for progress. Just because things are our culture, they are not necessarily good. Good is what increases awareness. By definition, culture is a set of widely unconscious norms and beliefs, artifacts, and institutions of only a particular group of people that have developed over generations. It fosters in-group bias that tends to over-favoring the own culture and negatively stereotyping cultures other than the own one. In a way, promoting in-group adhesion is following the economic principle of making things scarce. In that sense, the source of affection, praise, friendship, and love is made reserved to the own group and therefore is increasing the group's perceived value. However, differing viewpoints and new solutions often come only from a cross-cultural, broader and more diverse perspective that is free of group interests. Of course, not everyone can have a cross-cultural background, nor is it affordable or practical for most people to leave their environment, to travel extensively, or to live in another destination for sustained periods of time. Nevertheless, everybody can develop an intra-cultural awareness that is sufficiently culture-free and independent to heal from limiting and hateful beliefs and to give access to



what is real: Pure energy and love that has the executive intelligence to change everybody and everything.

## **Chapter 21 – The Inter-present**

As for relationships, don't revel in the past nor long for the future. In relationships, all we have is now. Therefore, the right spot for inter-personal affairs is the present moment. Although this seems to be in line with the popular wisdom of 'living in the now,' this saying as catchy as it is, is not exact enough. As we have seen before, to find our real self, mental traveling into the past to our source of life is vital. As we'll see, the projection of the future in the broader context of humanity is indispensable for a fully developed Awareness Intelligence too. Intelligently living in the present moment has special psycho-spiritual validity for inter-personal relationships. Therefore, the inter-present, the second Awareness Intelligence mode, is referencing the knowing about direct interactions with others in which the current moment rather than the past or future counts to avoid unhealthy relational transactionalities.

After adolescence, we don't need relationships so much anymore as a matter of necessary support for survival and psychological well-being. Of course, expressing one's love in direct interaction with other people is always enriching life. In addition, the connection to one's source, others, and to humanity in its entirety, is addressed by the intra-past and extra-future awarenesses. These relationships can be established introspectively. Thanks to according right view, nobody needs to feel coming from solitude or having to walk the future alone anyway. However, the extreme emphasis of science and popular opinion on the promise of salvation through relationships as the most critical happiness factor is implying quite the opposite. Many people believe that they would not be complete without a legally bounded better half, that everybody needs somebody to romantically relate

to and be taken care of, that one has to be someone's personified treasure, and that an embodied relationship is the source of all strength. These prince-and-princess fairytales are sweet to promote the continuance of family lines, the stability of societal power structures, and the economy of dependability. The problem is that people are made to believe that without their dependency they would lose a part of themselves. They suffer from the misbelief that they wouldn't be worthy anymore, or that they would lack the energy that can only be sourced from others from the outside. This is severely compromising self-reliance and self-efficacy, both of which are the key factors for a human being to thrive and fulfill their purpose of life to be and give their true self.

Self-efficacy as the belief in one's ability to succeed is crucial in achieving success in any aspect of life. However, if convictions in future achievements result in the establishment of goals and attachment to outcomes, then disappointment and fear of non-achievement and loss become inevitable. Believing in possibilities does not mean to sacrifice the present moment for anybody in the sense of not enjoying it together with others. We appreciate ourselves in giving joy to others. The inter-present Awareness Intelligence mode is all about connecting one's potential from the intra-past with the welfare of the extra-future for all to enjoy concrete inter-personal moments to its fullest. Self-efficacy enables self-reliance. Only a team of self-reliant individuals can count on each other. Only a partnership built on interdependency rather than dependency harnesses both individuals' potential, and only relationships with equal participants can support each other in personal and mutual growth.

Only if we think about our relationships being entirely present in the now, and only if we keep inter-personal affairs free from past and future considerations, do we cultivate awareness-intelligent liaisons. It is when we don't judge others according to their past, when we don't resent them for something they may have said or could say, and when we don't expect anything for the future that we are free to see things and people how they really are

now. The same is true for objects and even our body. They are meant to be enjoyed in the moment. What does it matter now how they were before and will be later on? The body underlies the law of the now; it can only be enjoyed in the present moment. As for the mind though, we got the ability, starting from a primordial self-awareness, to be alert in the present, and expand our awareness into the future. Such an extended and multi-directional quality of the mind does not fall prey to a present-moment boundedness and is able to navigate time freely. Like a bird can you let your thoughts fly across the infinite topology of awareness.

To be healthily social is keeping relationships consequently in the presence. If we refer to others according to their past, we don't allow them to have changed, and we may miss who they presently really are. If our behavior towards others is influenced by future-directed fears of punishment or hopes for rewards, we put conditions on relationships. If we expect reciprocity when exchanging favors, the relationship becomes transactional. Feelings of obligations and guilt are the result, which is quite the opposite of the true nature of love, which is unjudgmental and unconditional.

Have you ever noticed the realer than real reality of reading? This is because of the present moment interactivity between you and the book, decoupled from your sense of an identity respectively an inter-personal past or future. A book is always here for you but does not expect anything in return. A book is not interested in your past, it just responds to your current attention. It does not take it personally whether you take or leave its advice and what you make of it in the future. Books offer the same to everybody. However, the less you expect from them and the more open you are, the more you potentially will get. Every book contains the life a living author has breathed into it. If we can experience others like a book and be for them like one too, we allow them and us non-transactionally, unconditionally loving realer than real life experiences.

Whatever our feelings towards others, if they are not good, it's most probably because we project something into the person's past or future. The mere act of past or future projection is distorting the true nature of others and, as we are the mirror ourselves, we are actively creating this temporally misinterpreted picture. The only way to love is to see the timelessness in others. It is the same timelessness we find when we look into our true selves' intra-pasts. If we become aware of this holy and wholly presence, fundamental misunderstandings on a human level, mistrust, and perceptions of separateness fade. Whenever somebody is accessing ours and letting access their timeless being, she or he has become an angel to us. If you have forgiven people (which means you have prevented to stay in the unhealthy inter-past) and trust the future of your relationships (which means you have abandoned the harmful inter-future) you are ready to stay awareness-intelligently in the inter-present. This is the way of pure enjoyment.

Cultivating inter-presence as a psycho-spiritual stance will inevitably influence your further actions and interactions. You may still have to practically consider when to have to negotiate and enter transactions and manage projects of any kind with practical terms and conditions defining professional relationships along a timeline. However, always being aware of the self-empowering, unconditionally loving, and divinely intelligent energy that is emanating from a pure inter-presence awareness will align you with the real law and meaningful joy of life.

## **Chapter 22 – The Extra-future**

How is it possible to touch a life? A living body today may be a dead one tomorrow. By having felt such a body, have you touched life? Yes, and no. You have touched a temporary expression of it. Life is what is not affected by time and can be found in before earth-time starts to tick and in the never-ending future of the universe. Life in a human being

is the part that is immaterial, that does not weigh a single gram, that lets our hair grow, and which keeps on animating other bodies after the work for our body is done. Life is going on. Here on earth life is always renewing and its forms are evolving, and we are a temporary part of it. What else could be the meaning of any life if not dedicated contribution to life itself? Helping the gift of life that lets us become aware of its existence in the form of a human being and helping life in others to abound into the future long after we're already gone again is the highest meaning there is. How presumptuous would it be to say it is 'our' time to come; I could die right now and have only very temporarily been part of life's unfolding. In any case, I certainly won't be able to take care of the future for any much longer. So, the tomorrows belong mainly to those who will be there forever: that is to say the next generations. In that sense, it's everybody's duty as a member of the human species to be aware of life as fundamentally inter-generational.

To be truly free means to be life itself, as life is what is moving things on, leaving a lot of dead bodies behind. So, while taking care of our bodies to be of this service, a fulfilling and meaningful life does not lie in the foredoomed-to-fail attempt to preserve our sentient existence and our relationship with our five-sensory experience into the future. Are you always aware of this fact as a matter of an omni-present intelligence at work? What is your mortality awareness? In many contemporary societies, people commonly negate death as what it is, and remembrances of mortality are seen as a burden and even depressing — what a misconception. The reason for low spirit is the deep silenced knowing that we will inevitably lose what we make us the belief to possess forever. Only a strong experience that we have nothing to lose can prevent despair. Any worldly possessions can only temporarily and even hardly simulate the kind of freedom that our soul seeks. Don't we see that life energy is wasted to space? Many deceased are given more space to occupy than others have

to live. Pretentious graves evidence the illusion of human life being connected to spacetime instead of humantime.

It's time to develop the Awareness Intelligence of seeing the future through the lens of an extra-personal relationship with all humanity that carries the essence of life as a collective continuum. Often future-related thoughts are worry-laden, for example, because of mind-wandering that is related to unfulfilled own goals or ambitions. The extra-future Awareness Intelligence mode enables the intentional generation of more positive and meaningful thoughts. Because these thoughts are related to the ever-ongoing life of which we are, however shortly in biological form, an eternal part of, they have an utterly positive effect on our feelings, moods, attitudes, and well-being overall.

It would be unfair to infect the future of the next generations with today's social and cultural beliefs. We should not project our dreams into others. It's not our dreams that should be realized through others; the realization of others own true selves has to become our mission. Parents, for example, are not intelligently aware if they expect their daughter or son to follow their footsteps or to become what they've always wished to be. Tragically, such parents would burn their child's soul out by forcefully burn their neediness in there. The light that would shed on them would be a mere outside reflection. Although all human souls are of the same conscious energy and inextricably connected, every soul also has its own burning desire that needs to be respected even if impossible to express it explicitly.

Displaying reverence for life itself is the best role model one can be. Showing reverence is removing pressure, fear, and letting go of any selfish motives in how life is passed on. As we allow others to have their judgment-free intra-past without poisoning it with our own past and present, we leave them their future to unfold authentically. Their future too, however, is the same eternal life that inspires us all at all times. That's why the intelligent future-related awareness mode is the extra-future, and not the intra- or inter-

future. I'm not saying we should not spend time together with somebody who is more often closer to us over time. However, to love one person is seeing the beauty of everyone. "The one who plants trees, knowing that he will never sit in their shade, has at least started to understand the meaning of life," as Rabindranath Tagore, Indian poet, philosopher, and artist said so beautifully.

The human soul wants to explore all humantime. Can you feel how this is true for yourself too? One sign of our soul wanting to expand is its ability and incline to think about the past and the future. It is looking for the openings into the timelessness, which are, its natural habitat. However, it takes us an awaring mental stretch into eternity that is, if we think along a virtual timeline, the reaching into 'before birth' and 'after death.' Such an expanded temporal awareness takes effort, but against differing beliefs, it is not about sacrificing at all. To lead an aware life is rewarding oneself with deeper and more impactful experiences in any aspect of life; experiences and impacts, which are farthest-reaching and everlasting.

Will you fear death at the time of its arrival? Did you fear birth at the time of occurring to you? Quite surely not. Why then do you fear death now? Both birth and death are coming and ending in the same that is the conscious source energy of everything and anytime. To think that way is Awareness Intelligence in action. Anita Moorjani in her book "Dying to be me!" describes the purpose of life, as revealed during her near-death experience, to be the expansion of the tapestry of life in which everyone and everything is mutually connected independent of time and physical presence. Isn't it beautiful to broaden the reach of our true self in and through our awareness of this beautiful ever-present infinite future that belongs to all?!

### **Chapter 23 – Full awareness and pure thoughts for coherent meaning**

As the gap between a global world and a global mindset is increasing, it becomes obvious that the incoherence between organizational and individual psychology can't much longer be afforded. It's not only unnecessary individual stress and suffering, but the planet might reach its limits soon too. Therefore, it's time for Homo conscientia, the aware human to evolve.

Individuals make organizations. So, it's the individual who needs to be strengthened. The best way to empower individuals who will be willing and able to serve the full scope of humanity is to enable their agency. Agency comes from being one's true self in a world in which there is sufficient belief in the possibility of including everyone in the membership of the human species that manages to share the abundance provided by the planet fairly. The need for domination over others always comes from feelings of powerlessness. Nobody needs to feel impotent though as everybody has the potential to become a fully realized human being. It is crucial to help people finding a coherent meaning to their socio-temporal perception and apprehending humantime as the true reality of human life; then, achieving more awareness-intelligent types and levels of cooperation will be possible too.

If one does not access humantime through the intra-past, the inter-present, and the extra-future, life is mixed up in ways that are harming oneself, others, and everybody. Why is that so? For example, one agonizes in the present moment if thinking and complaining about what somebody else did to them in the past. It is the state of dwelling in the short-sighted inter-past instead of the all sourcing intra-past, which makes people suffer. Another source of suffering arises when people project mistrust towards others into the relatively narrow intra- or inter-future of a mundane life. Such a hostile outlook causes life to seem a curse. Only the extra-future embraces all humanity and time consequently and, therefore, the sense of a human kinship that can be but all-including love. Stephen Covey is right when



saying that “trust is the glue of life.” Trust connects our future to all humanity, to all human beings, even if we don’t know them, be it because they live somewhere else or because they are not yet born.

When desires are strong, and the will is weak, finding back to living in humantime is preventing a shut-down of the intellect and makes the mind disciplined. This is the virtuous, robust path of Awareness Intelligence, which connects most careful reasoning with most profound consciousness. By actively integrating these two ends of awareness, no un-reflected beliefs will compromise anybody’s potential, and no conditioned automatisms hamper perception, knowing and its intelligent use.

## **Chapter 24 – The three sparring partners**

To successfully develop Awareness Intelligence, you need a sparring partner. That’s the socio-temporal matrix respectively the three tenets of Awareness Intelligence. As with any good sparring partner, you will get hit; you will find yourself facing situations and behaviors that came from a low quality of mind. But these are the insights you need to go in to grow. Only with brutal honesty, the sparring with the matrix is most useful and fun as you, through voluntary vulnerability, get life-changing lessons out of it.

All three Awareness Intelligence sparring partner tactics help you to develop yourself. Together they support you in working out a holy, whole, and wholesome awareness that makes you invincible. You can learn to conquer your most fundamental fears. The three Awareness Intelligence modes and the related concerns will always remain, but as you have faced and worked with them, you know that they, as your three sparring partners, are not your opponents. Practicing with them is not fighting, it is honing your awareness abilities to become your best possible self.

One of human's biggest fears is to be not worthy. That's why confirmation is sought from others, which then leads to dependency on other's opinion. Fear from not getting the desired approval is the sparring partner's attempt to let us relinquish our own needs. However, the value of our self can be found in the intra-past's source of all life, where no distinction nor judgment exists. In the inter-present, through an unconditional view on others, the parallelism of everybody's soul can be recognized. And, in the extra-future, the dissolution of different forms returns to the all-loving source of life.

Another sparring partners' tests is that of confronting us with our fear of loss. Only through a dis-identification with the five senses and through learning to see with the spiritual inner eye, which can be opened through Awareness Intelligence, is it possible to not become energetically drained by existential angst. What the inner eye sees is not our worldly possessions, but our membership of humankind and that the only possibility to save ourselves is to return the gift of a self-chosen future, one of aware freedom and peace.

Choose to practice and partner with the socio-temporal matrix as often as possible. You will always be challenged again and in new ways, but unfettered Awareness Intelligence will always bring you, albeit not without effort, safely to the next round of life.

## **Chapter 25 – The joy of being, doing, and becoming**

Awareness Intelligence includes our being, doing, and becoming. Your genuine intra-personal virtues determine without fail your inter-personal behavior, whose outcomes are impacting even your most far-reaching extra-personal connections. We don't know what we do when we don't know who we are. If we know what's in us, we can't be surprised by how we act out.

As you are, so you do, you can only do what you are. If you know better, you'll do better. So, to personally grow and contribute to human growth you have to begin to

recognize and expand who you are. Although on a level of life intelligence we are all the same, this does not mean that we cannot and should not be unique, individual expressions of unlimited possibilities. While there are as many potential interpretations of life as there are living beings, the common ground on which it grows is always the choice of Awareness Intelligence. Freely being who you really are, gives you the courage to do what honestly corresponds with your authentic self. For you and everybody can become one highest self in which meaning and fulfillment in life is found.

Don't believe judgments of the like that are categorizing people into 'dreamers' and 'doers.' Dreaming and doing belong together. If you don't have your dreams to follow, whose dream is directing your doing? Establish integrity between your being and doing and you will be able to actualize your true self. For example, do not 'not do' drugs; 'be no' drugs. It's too hard to suspend something you believe you are. If you wish to stop smoking until the end of your life, that can be an overwhelmingly long time to wait, and you will feel miserable while you have to do so. You are nothing of what you had learned to do if it's not an expression of your source of life from before you became habituated or addicted to it. You are, first of all, a human being, not a human doing. Start from there, take the chance to be your intra-past. And what else is more purposeful than giving your very self, pure and unpoisoned self to others? So, choose to do your best inter-present. And finally, become the self-realized human being that is aware of its all-mighty source and related duty to help all humankind to gain the same joy of Awareness Intelligence; change to become a better extra-future of more freedom from cravings and attachments and consequently of less suffering.

## **Chapter 26 – Learning to die during a lifetime**

If you had to live only a couple of days, would you leave your fogged-up glasses blurring your view, or would you wipe them for clear-sightedness to enjoy the view right

away? Would you continue to look through angry, vengeful lenses at others and suffer from bad mood? Would you look out for more things to put into your storehouse and be concerned about the stuff's security? Would you continue to spend time learning things you don't like enough to call them your hobby to be pursued even after your retirement? All these choices would be as awareness sub-intelligent at the end of your life as they are now. We are all the same distance from death. The future is always endlessly close to the present. And so is the past. In that sense, if you can learn to close the gap between your intra-past, inter-present, and extra-future, eternal life is yours. The good thing to know is that whether alive or dead, you've been there before, and you are there forever. Learning to die during a lifetime and disembody reality is undoing the enslavement of a malaware mind.

Death is not an event; it is a continuous process towards the end of our physical existence. Therefore, personal growth in one's lifetime, at its core, is to learn to die. Awareness Intelligence is the ability to instantaneously think through such virtual deaths from the intra-past, through the inter-present, and to the extra-future at any time and in any situation to effectuate such personal growth. Death is simply the extension of life; just with a bit more significant bodily change than in previous growth phases of the soul. Through all three tenets of Awareness Intelligence, the continuity of deathless life on the far side of its physical existence can be experienced.

## **PART IV: Accessing the divine**

### **Chapter 27 – Physical spacelessness and spatial mentalness**

For the human mind to situationally generate meaningful thought, spacious intelligence needs reference points for orientation. Space without a reference becomes spaceless and would mean nothing to think about. We enjoy the vastness of the ocean and the sky, but it is the defining line of the horizon that makes sense of them. In the same way, we can enjoy the vastness of the source of life that meets in the form of relation and time in the matrix of socio-temporal intelligence. Like the sky and the sea meet at the horizon, consciousness and thought meet in awareness. If we cannot develop Awareness Intelligence that enables better orientation in mental spaciousness, it would be a debilitating condition of mental lostness, a mental disorder with wide and severe consequences for all.

Why do we mistakenly seek orientation for our mental space in the physical world? We wouldn't look to impress our mind through material consumption, would we? Given the money, consumption does not involve much of noble mental capabilities. Expecting respect, joy, and fulfillment from something that is not of our aliveness, that does not make use of our talents and gifts, is like wearing red underwear to alleviate sadness, or cross fingers for stimulating creative thinking. As much as we try over and over again, one cannot solve a mental problem with a physical solution.

Globalization has compressed our sense of physical space and practical time. The earth and parts of the universe have become smaller in the sense of being easier to grasp as a whole. Therefore, our horizon is broadened. If we continued to open up that space towards infinity without losing sight of the horizon, we could get a glimpse of increasing spacelessness and timelessness. We need to make use of this ability to fathom physical spacelessness and mental timelessness as the true acumen of life.

The collective human delusion assumes ‘spacetime’ instead of ‘humantime’ as the fabric of the human psychic universe. Why should space be the component to be studied and mastered as human beings? We are no rocks, and even they don’t care about their location. I always arrive again at the conclusion that the dimensions relevant to humanity are those of how we relate to our species respectively life and how we refer to time. Therefore, our awareness should comprise the combination of social and temporal dimensions rather than the combination of space and time. Of course, the achievements of physicalism in modern science are fantastic, they brought us, among other things, inventions of the sort of the Internet of things and so forth. However, I think it is time for the internet of human souls, an endeavor that needs a different type of intelligence. Rather than following the tradition of physics and studying the deconstruction and mechanics of the material world, I suggest deciphering the logic of humantime and its effects on psychological well-being, creative performance, and the peace of the collective mind. Humanity would be well advised to invest in empowering humanness to address known social problems instead of using nationalized budgets for space forces and other armed defenses to fight the unknown material.

Today’s scientifically trained minds tend to start with examining the parts of a superordinate construct to explain the world and, therefore, get lost in physical details of the atomic level. This leads to further drifting away from grasping the whole. It is pretentious to claim to be able to trace and rebuild forms of life. And even if there are astounding achievements in reconstructing living organisms in biology and medicine, these never happen without the help of the animating life force itself. So, we are always at best a passenger where life itself is the driver. We don’t understand this driver of life; we only can experience it and feed back to it in the form of consciousness. In that sense, if we are saying we are the consciousness of all life too, we are a kind of co-pilot, co-consciousness, indeed.

But not more as we cannot take over as the main and only pilot. Our task is confined to be, sustain, and support consciousness and let it fuel naturally an as wide range of forms of life across any time that we can aware.

“A healthy body, a healthy mind,” as the saying goes. What about people with fragile bodies, physically handicapped as, for example, Stephen Hawking, the famous wheelchair-bound physicist who died in 2018? Regardless of physical handicaps, one can nevertheless be a brilliant and beautiful mind. Albert Einstein was diagnosed with a learning disability, and Leonardo DaVinci had dyslexia, causing him to hand-write in reverse. Mental space is directionless. Mental space is an immeasurable yet lawfully formed grid that is spanning our single soul and the open sphere of all human consciousness, unbound by any notion of time. Mental space cannot be navigated physically. We need thinking to access and travel it. Awareness Intelligence is needed to navigate the mental space of human relations and time that is humantime. To become more agile in navigating the structure of human life, we have to train our mind and practice thinking our way through the matrix of socio-temporal Awareness Intelligence.

If you love life, look for it where it is most vibrant, where there are the fastest frequencies of energy, and where there is no blockage and slowed-down energy in the form of matter such as bodies and objects. It's the warmth you feel in your heart, the brightness that comes from the awareness that love is space- and timeless. Do you grow with your soul, or do you vanish with your body? Do you choose evanescence or immortal life? In any case, you will return to be your soul without a body anyway. Your earth-dream illusion is, however, much easier to live with, when you define your journey being what it is, primarily a spiritual one.

## **Chapter 28 – The law of creation: Intuition, intention, and imagination**

Because consumerism focuses on seeing what there already is to consume, rather than seeing what is not yet but to create, the actual law of creation seems to be often misunderstood as a law of attraction. I prefer to think about the ‘law of attraction’ as the ‘law of creation’ for the following reasons. Rather than only seeing with the eyes and getting tangible stuff, it’s necessary to learn to listen more, to create inner sight without the physical eyes. If there is a readiness to take the effort to create the image of what is heard from intuition, the mental image can be created by imagination. In fact, imagination precedes all substantial creation. Everything that humans have ever created had first to be imagined. “What is now proved was once only imagined,” as the eighteenth/nineteenth century English poet and painter William Blake put it.

Consumption for consumption purposes leaves the soul to get things out there. This is going shopping with the ego. The ego’s interest is to get as much and big things as possible to match its aspiration for grandiosity. Ego shopping tours bring back what won’t fit in well. The over-sized and over-dosed burdens then block the way for the real food of the soul. In that way, the soul too gets consumed by the shadows of all the acquisitions that need to be stored, maintained, and loudly defended with lots of attention; attention that is missing for the attendance of inspiration. That’s how the ego’s bloatedness causes spiritual starvation. Consumption, the expectation of attracting becomes spiritual suicide; and the joy of creation turns into frantic work.

If management practices tell you that ideas are nothing and execution is everything, it’s probably because they are more interested in your execution of their ideas than in their support of yours. What you need is a revitalized self-efficient knowing as the fertile ground for your ideas that make your life. You have to start your creative process from within yourself. Go back to your intra-past and co-create with the source within you in



collaboration with others, for the benefit of all. That's awareness-intelligent thought that manifests in benefits for everybody.

As Dean Radin in his book "Real Magic" elaborates, there is a vast of research today that shows how consciousness and intention also directly, meaning not just mediated through respective behavior, can impact the physical world. For example, plants that had been poured with blessed water were growing significantly better. And we all also know the placebo effect that causes biological reactions in our body as the sole result of our thoughts of belief.

Max Planck made the discovery that energy exists in everything. Building on that, Louis de Broglie described in 1924 the principle of wave-particles, which concluded that both energy and matter behave as waves. Everything is energy. Material particle energy and mental consciousness energy, as our human perception distinguishes, therefore, can amalgamate and synthesize into new constructs of energy, which are energetically constructing new manifestations. Amazingly, if we employ consciousness awareness-intelligently, the fusion of the material and mental worlds can be achieved. Our illusion of separation between matter and energy, between physiology and mentality, dissolves. If we direct our conscious energy to the socio-temporal perspectives that determine human well-being, thriving, and peace, the material manifestation of these intentions will inevitably follow too.

To intend, most simply put, is to think of something. As we've seen, thoughts ultimately stem from consciousness. These thoughts are mediated by and realized through awareness. Popular and observable fact-focused scientific and economic definitions of the word 'intention' though are rather synonymous with the terms 'aim,' or 'objective.' Many people suppress awareness about intention as a mental power that is sparked by the fire of life-source consciousness. More popular seems to be the neuroscientific explanation that the brain is producing intentional thought. What Hungarian-American academic and psychiatrist

Thomas Szasz ironically said, might still be, a rather one-sided though, argument today: “If you talk to God, you are praying. If God talks to you, you have schizophrenia.” The question remains, what hunches are causing the brain to think and create intention?

For what society doesn't have a handle yet is declared abnormal. Rather than about the use of statistics to average the mass into social norms, it should be about the understanding of individual expressions of human qualities. For example, if you have ever met a person with Down syndrome, you might agree that these are most-wonderful human fellows. Due to an extra copy of the chromosome 21, people with Down syndrome experience some medical conditions, which can be mostly treated today, but which still can lead to symptoms like fatigue, weight gain, and more. Although people with Down syndrome may have delayed cognitive development and limitations in expressive language, they captivate through their superior abilities of receptivity and sensation of social cues, their display of empathy, and the demonstration of a genuine sense of affection and care for others. These are the very human qualities that brought the Down syndrome the name of ‘the divine chromosome.’ How beautifully this reminds us, that all humanity, regardless of individual medical diagnosis, originates in the same compassion and love.

The term ‘intention’ in medicine means the healing process of a wound. We may create plans based on any believes that bring us to an achievement of something out there we think is missing, or we can be drawn to deeper roots that are pulling towards internal healing, recovery of inner truth. While intuition is the messenger from and to our intra-past, imagination is the force pulling from and to the extra-future. Intention resides in the inter-present in full cooperation with others, and it is the binding element between intuition and imagination. Intention is the doing between one's true intuitive being and imaginative becoming. If you have intentions in line with your intuition, even if there seems currently no practical way to act upon, do maintain the thoughts about them and you'll keep a healthy

attitude. The universe will conspire with you to co-create over sooner or longer if you stay awaringly alert. The benefits of staying authentic are to reveal in any case. Even without external stimuli and executions in the here and now, mind-wandering back to your intuition and forth into imagination does create present moment emotions and thoughts, similar to real-life experiences. The brain cannot differentiate between real and imagined, and images get memorized similar to experiences. Therefore, intentional mentation is as much your real reality for answering the big questions of life beyond practical considerations as is the experience from physical respectively geographical immersion into a socio-cultural and possibly even un-personal interpretations of reality. The mere memory or the prospect of a joyful experience can enable a joyful desire to let go of curtailing attachment. It is highly awareness-intelligent to be able to be motivated and inspire others to use the prospect of joy from caring for others to create harmonious win-win situations.

We do not achieve because of forceful doing or hard work; although the latter is necessary too. Anything we create we have allowed to come; our creations come from who we are and related expressions of our desires. Wholeness of awareness leads to the wholesomeness of actions. In that sense, co-creation with our source is not only the end but also all beginnings. It is the start of a fully lived life. So, don't look for sources of creativity outside of you. The artist and the art are inseparable. The sculptor Pygmalion, according to Greek mythology, could call a statue into life through his sheer desire. Don't outsource the creation of your life. Enjoy your short but wonderful journey in the phenomenal world and create. To harness the creative power of Awareness Intelligence, we need to source inter-present intention from accessing our intra-past willfully, and fearlessly allow the imagination of the desired outcome in all the possibilities that lie in the awareness of the extra-future.

## **Chapter 29 – Energy and the illusionary objectification of life**

As energy works in waves, life operates in circles and cycles, in softness and roundness too. The earth rotates around the sun, we sleep and wake in rhythmic sequels, like the circle of birth and death. What a contrast we create between the spherical, freely flowing world of life energy and the squared and edged compositions of the frightened human mind seeking physical protection. Instead of predominantly angular, cubic, boxed, parceled, square, and sharp constructions, round forms around us would remind us more accurately about the real, non-threatening nature of life. Indeed, all form is coming from round and soft wombs and nests, and eventually everything is returning to the smooth nature of roundness. What is in form and still has edges, gets rounded up and polished by life's allies, such as wind and water, until the shape is smoothed and eventually dissolved at all. And so does the human body's contours that become softer as it ages. Women are often extraordinarily displaying so-called soft skills, and female leadership styles tend to emphasize humanitarian principles more than masculine styles stereotypically do. Therefore, the life giving, creative, and protective female nature might play an important role in operationalizing the development of Awareness Intelligence.

Little do we ask ourselves about our most vital relationship, the one with cosmic lifetime. It would be a good idea, as some people do, to write down one's years left to increase mortality awareness. For example, if life expectancy was eighty years, and one is forty-four years now, it would remind of having only thirty-six years left. To be aware of life's curvilinear rather than linear course, years would best be contemplated as seasonal compounds, which spiral into eternity as energy waves from both its carried corps and consciousness.

The universe is energy. Light is fast energy. Slow energy becomes heavy and dark. Today's physicists have evidenced that space is not empty at all. According to Richard

Feynman, an American theoretical physicist of the last century, “there is enough energy in a single cubic meter of space to boil all the oceans in the world.” As soon as objectification through slowed down energy vibrations occur, the illusions of time and solidity appear to us. The solid and hard that we appreciate as being most valuable is actually of lowest frequency energy. High, warm vibration that did not manifest into cold objects, as we perceive them, is energy that is much more of a dynamic, powerful, and healing quality. Why do we surround us with the hard and cold of gold and diamonds instead of letting more sunshine warm our skin?

With our constrained five senses we perceive only relatively slow energy and time consciously. We see our existence as a major event, although it might be not more than an insignificant yet specific vibration of universal energy, as it pertains to our body. If the objectified form of where our soul houses in here on earth is just a short flicker in the context of eternal life, why should we take it so seriously? Consciousness as a constant energetic part of all universal energy will vibrate in and as endlessly different frequencies. Our current manifestation as a human body is just one among unlimited possibilities. For the universe, there are no different forms; form is a dualistic interpretation of the human mind that depends on the threshold of receptiveness of the five senses. Even from that rational perspective, however, the human form may not be the most exciting embodiment that our conscious energy will ever slowdown into.

Sometimes I ponder life as being a swim across a pond; a swim in a crowd of other swimmers that, at times, involves enduring colder streams of water, scary muddy parts, and which comes with physical strains. Then I see that it is just a swim and that my family, colleagues, and others of the current, former, and future swimming classes are observing and encouraging from the water’s edge. As I come closer to the other side of the pond, I see that it will have been a relatively short test. Depending on the diagonal chosen, the swim to the

other shore is not the same length for everybody. All the souls of life around the pond, however, help that all involved eventually arrive at the other side. Nobody stays swimming; nobody stays in the water forever. Life takes care of all the swimmers to return safely to the land of real life, regardless of how they did during their swim. However, during the paddle, I realize that I serve as a role model for how to give my best. I've understood that I will benefit, thanks to the swimming experience, from various learnings even after I'll have arrived, for me and for all others who go and will go through that crawl as well. The main benefit lies in learning and inspiring to enjoy every single second awareness-intelligently. A key insight from the swim across the pond is that both sides of it are the same land of life. The ground from where I birthed into the water, is the same as I return to when I leave the water again. The possibility of returning implies a cyclical notion of life and time, regardless of whether I get another turn for a swim or not. Life is not a project because the end is the same as the start. There are no project-like goals to achieve other than just being your best self and learning as life would never end.

Part of Awareness Intelligence is the ability to mentally stretch to both sides of this imaginary pond of our earthly swim. For our eternal soul that is a breeze, but for our human lifetime awareness and related thinking, it is a gymnastic split we need to practice for. All-inclusive and endless knowing requires to mentally stretch enough into the time before our physical birth, as well as into the time after our death to bend the timeline into a circle of perpetual and unified life. We have to sense our soul-relatedness to the immaterial consciousness to detach ourselves from the illusion of time that is only bound to objects such as our bodies. Despite the need to handle practical time for physical experiences, one needs to connect to the timeless sphere of universal intelligence. It is our human capacity to be aware of this co-existence of practical and universal, cosmic time; the awareness of the

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parallel truth of life, life's immortal intelligence that breathes the energy vibrations of consciousness even into our objectified temporal bodily manifestation.

**PART V: From balancing dualistic realism to tripartite harmony**

**Chapter 30 – Body, mind, soul**

While people emphasize the need for body-guards in different forms, I think there is a need for spirit-guards even more. Indeed, while bombarded by commercial advertisement to drive consumption, the valuation of the nourishment of the spirit may lack far behind the promotion of physiological and biochemical ways to well-being. Holistic approaches that encourage the integration of physical, mental, emotional, and spiritual aspects of the human condition are necessary to do justice to the diverse needs of a whole and wholesome human being.

Awareness Intelligence is addressing the need for inclusion of the body, mind, and soul in all aspects of life if we want to live it wholesomely. Through mind-stretching into the intra-past, access to the spiritual source is made aware. The inter-present may well involve many physical aspects in sensing the material world and the relationship with others to experience the present moment as our current incarnation, regardless of thoughts into the past or future. The third Awareness Intelligence mode, the extra-future, as well as the integration of the tripartite whole of Awareness Intelligence, involves our mind-based intellectual faculties such as logical thinking and imagination to deploy the creative power of the spirit of our soul. We have more control over the so-called spiritual realm than we think; we just need to be aware of it and let it be free to benefit us through its revelation of life's deeper meaning, colorful adventures, and satisfying deeper-impact possibilities from being of service.

The terms 'practical' and 'universal/cosmic' have been used to contrast the physical and mental worlds. Both are systematically intertwined though. Practical and universal perspectives are not contradictory. Universal thinking becomes practical with the revelation that it is a common misconception that material and spiritual life are irreconcilable. Of



course, we could cultivate only one part of our garden and let other parts alone. We may forget about the wild and neglected corner and wonder where all the fragrances, insects, roots, and pollen are coming from. Passive sides of the garden are strongly affecting our active gardening and may cause us more troubles and work than if we had actively cultivated all corners of our backyard in the first place.

It is not in the sense of Awareness Intelligence to live either a secular or spiritual life. Such a distinction would be equally dualistic. It is possible to lead a most natural life that combines the bodily five-sensory existence with the awareness-intelligent liberation of the soul beyond the confinement of the body. That's why Awareness Intelligence is like a triptych in art. Triptych art is made up of three panels that are intended to be displayed together. It is to be hoped that dualistic extremism evolves into harmonious lifestyles. We need monks who are socially engaging. We need physically fit intellectuals and intellectual sportspersons. We need leaders who serve on the ground of honest servant leadership style. And, we need real, fair competition. If people are allowed to pursue their unique talents, everybody becomes beyond measure and therefore not subject to shallow competition through unrelated or unfair means; extraneous power will not have to serve as compensation for perceived unworthiness, uninterestingness, and unattractiveness anymore.

### **Chapter 31 – Trialistic harmony, not dualistic balance**

We can do with Awareness Intelligence what artists do with three dimensions. It is a further breakthrough that comes with an awareness-enhanced mind that the elevation from dualistic thinking to a three-dimensional, tripartite coherent system of the intra-past, inter-present, and extra-future can be systematically enabled. Developing threefold socio-temporal awareness is securing one's thinking — no more balancing between one and another view that requires crooks for not falling and hurting oneself. Like one can experience in climbing,

only two points of contact expose to the danger of being left hanging by one hand or foot, and likely falling. To find the right compromise between only two opposites risks to end up in an imbalance or a mental respectively spiritual tumble. It would be much better to maintain a three-point mental anchor at all times.

If we could awareness-intelligently shift from balancing tension-laden dichotomies like ‘good and bad,’ and ‘we and them’ towards harmonizing the three perspectives of comprehensive awareness, a new world of cooperation would replace the unfairly capitalist-competitive one we live in most of the time. There is no single Awareness Intelligence mode more important than the others; all three should be securely held on to persistently. The harmony we can create with the three tenets of Awareness Intelligence is allowing the combination of simultaneous thought and, therefore, more sound mental multi-perspectives to produce clearer, fairer, and just rationales. The challenge of finding maximal solutions and joy instead of sacrificing based on uneasy compromises is to avoid dependencies between dualistic relationships. Bi-partisan relationships are always transactional; neither side can live either with and without the other and, therefore, tends to amplify polarization. The same way a concord in music comes from a group of three notes sounded together pleasingly and satisfactorily, the concerted interplay of the threefold Awareness Intelligence, and consequently the body, mind, and spirit, create a state of being that is joyful and rewarding, harmonious in itself.

The power of a tripartite mind lies in its ability to access our whole consciousness that comprises of the full scope of human relations - ranging from intra-personal, inter-personal, to extra-personal relationships, and time - spanning from the time before the past, over the present, to the time after the future. Real estate is not real; it is just of the longer enduring type of material reconstructions, cultural artefacts that people do manufacture. All material is eroding over time, all forms and bodies are constantly changing, aging, and

decomposing. What only is real is life itself that always takes new looks to express its diversity in unity. If we become aware of that fact, we've progressed from realistic thinking informed by exclusive and dividing beliefs of possibilities and impossibilities, to the next stage of human evolution: the triangular thinking of the inclusiveness of being attentive to the intra-past, doing the affection coming from the inter-present, and becoming the appreciation resolving from extra-future awareness.

The world often appears to be paradoxical. Paradoxes only exist in dualistic thinking though. That's how we've been trained to see things. In triadic thinking, in contrast, a paradox would be just indicating an inner state of incomplete awareness. With the three valid relational parts of Awareness Intelligence instead of only two, there can't be ambiguity. Therefore, to re-establish harmony from a seemingly paradoxical constellation, the socio-temporal matrix can be recalled to either find the missing or new third element or to decompose and rearrange the dichotomic structure into the socio-temporal components of humantime.

When you experience meaninglessness, low motivation, and urges to give up, it is helpful to check the extra-future element and probe its awaring, for example, as follows. Ask yourself: Am I creating in line with life, the life that continues in all human evolution beyond my family, my party, my nation, my race, etc., or do I identify with such social constructs on which can't be hold on to in the perishable physical world? If it is the latter, feelings of meaninglessness could stem from such a misidentification. One might feel that clearly when losing somebody close, when having lost a job, or being rejected from a social group. We have to die to our ego during a lifetime voluntarily, and as we shift from a socio-cultural group identity to a universally valid life-membership, we will have found our purpose of life as well. The ego cannot be overcome through disabling the mind. Selflessness is achieved through thinking awareness-intelligently about the egoless self, through non-

transactionality in meeting others, and through a focus on a mutually beneficial future that is in all humanity's interest.

## **PART VI: The law of three**

### **Chapter 32 – A tripartite world that works in triplets**

When the pursuit of personal happiness is replaced by a genuine quest for meaning, when relationships are kept free from possessive judgments and expectations, and when peace is made with all humanity at all times, one is rewarded with true happiness, freedom, and peace of mind. This is the threefold benefits from the three tenets of Awareness Intelligence.

The meaning-making of and about the human psyche can be found in the tripartite structure of the socio-temporal matrix. There are three functional (as opposed to the six dysfunctional) coordinates of the matrix. As we have seen, the three different constellations from combining the dimensions of human relation and time belong together respective build on each other in a logical sequence. First, the intra-past as the combination of the intra-personal with the past in the sense of the source of intuition, is consciousness enabling minding. Second, the function of the inter-present, which derives from the inter-personal dimension crossed with present time, leads to awareness as the precondition for self-generated thought. And third, the intersection of the extra-personal with the future completes Awareness Intelligence in allowing it to be whole-human scope thinking both from a relational and temporal point of view.

In 2016, Jim Haber published the ground-breaking DNA research ‘The rule of three’ revealing that nature, respectively DNA when it repairs itself, is likely working in a tripartite structure. During all my research over the years, I’ve found that there is indeed universal power in the ‘rule of three.’ The source energy that is light reflects in the three colors red, green, and blue from which all other colors are created. The science of Yoga names three sources of energy: the left, the right, and the center. The universe’s space consists of three

dimensions. The three possible geometries of the universe can be flat, open, or closed, and result from less, equal, or greater than the average density of matter.

The Christian doctrine of the Trinity proclaims that God is one god, but that God eternally exists as three external realities of the Father, Jesus Christ, and the Holy Spirit. Scientific research outlines a triadic unity of content, approach, and method. Holistic psychological models are biopsychosocial, and the three basic human needs are safety, connection, and satisfaction, which can be associated in that order to the intra-past, inter-present, and extra-future. The same is true for the three human self-motivators of authenticity, genuineness, and kindness, as well as for the three factors of subjective well-being that are joy, engagement, and meaning. Also, social sciences operate in threefold structures. For example, the triad of governance philosophy takes into account passion, people, and purpose; and the well-established leadership triad goes along knowledge, trust, and power. All these structures can be re-examined through the mapping to the three tenets of Awareness Intelligence. It seems that the structure of Awareness Intelligence had always been intuitively felt, although the decoding into the socio-temporal matrix had to wait until today.

According to Perennial Philosophy, all of the world's religious traditions share a single, metaphysical truth from which all spiritual knowledge has derived. First, it is the continuous nature, which is reflected by the mental stretching in time to achieve awareness along with an infinite temporal scope. Second, it is a relational scope that comprises all of humanity, including all of its children. And third, that the purpose of a human life is to realize its divine nature, which matches Awareness Intelligence's unfolding of fully developed, all-encompassing human cognitive structures.

### **Chapter 33 – Triadic philosophies and wisdoms**

Awareness Intelligence is compatible with key messages of Lao Tzu's more than two thousand years old traditional Chinese philosophical teachings. Taoism speaks about living by the three treasures. One treasure is 'simplicity,' or 'humility,' which is fully in line with the meaning of the intra-past Awareness Intelligence mode. Intra-past knowing is about the return to one's true nature, before socio-culturally limited identities are construed. The next Taoist life treasure is 'patience,' or 'merci.' The Awareness Intelligence category of the inter-presence signifies a same quality of love that is unconditional and pure even towards the ones whose past or outlook could be irritating for a transaction-oriented mind and whose weakness would not arouse a material interest either. The third treasure of life, according to the Tao, is 'compassion,' or 'frugality,' which is well reflected in the extra-future tenet of Awareness Intelligence that, once it is achieved, results in benevolence and responsibility for the benefit of all humanity rather than in ego-inflated ambitions.

In Buddhism, first the ability to know past lives, second the ability to know future lives, and third the ability to know the essential nature of sufferings in the present life describes a triadic set of insights along the threefold temporal structure of human life. This teaching not only underlines the soundness of a threefold structure but also supports the pertinence of human time that is inherent to Awareness Intelligence as well. Also, the three Buddhist marks of existence, from which all human delusion and suffering purportedly stems, can be mapped to Awareness Intelligence in the following way. Overcoming suffering from the illusion of permanence can be achieved through the pre-life awareness of the intra-past, suffering itself is addressed by the inter-present that extinguishes any suffering-causing bond from relationships, and the selfless connection to humankind as a whole lies in the healing power of awareness of the extra-future.

### **Chapter 34 – Think thrice**

We should not only think twice; we need to think thrice. To think about ‘me and others’ is not enough. To only reflect on the ‘now and then’ is sufficient neither. Thinking in couples instead of triples creates instabilities and disables wholesomeness. For illustration, only seeing and having faith, without following through is wasteful meaninglessness. Belief and action alone without seeing clearly what to believe and act upon, are naïve and irresponsible. To see and act upon without faith discourages trust. Therefore, Awareness Intelligence as the threefold awareness about awareness requires to think thrice. Thinking three times involves the three Awareness Intelligence pointers in a silent triologue of wisdom. Instead of a bipolar mind that typically tends to either over- or underthink, a harmonious mind, in contrast, avoids the loud arguing or pausing of a two-sided dialogue and instead synthesizes the whole socio-temporal awareness structure within which right, compassionate thought can arise. The thinking gets liberated thanks to extended awareness, and therefore, allows being also sensitive to intuitive and creatively non-analytical thought. In a second step, thoughts can be selected and integrated according to their awareness-intelligent value. In addition to the reception of intuitive and imaginary input from consciousness, Awareness Intelligence can self-generate thought, the thought that creates the knowing of holiness, wholeness, and wholesomeness. The mastery of the intentional use of such a mighty awareness-structure of the mind lines up thought logically from along the intra-past, through the inter-present, to the extra-future. Thus, life becomes less complicated, simpler, and correspondingly causes less related suffering.

If you want to increase reliability in decision-making, you need three points of fixation respectively three sources for a three-way match. If for a point to be confirmed, you can’t find two other reference points, verification is weak. Think about a tripod and how its three legs need to interact simultaneously to provide a stable stand. Only by such a well-



established awareness, bigger logical arcs of higher importance and sharper thought can be captured. Whether you want to achieve better thought-through results or to relax mental tension, think thrice the same way as you take three deep breaths as a physical exercise. Don't judge too early, only cross the street of thought after having applied a 'watch-listen-walk' attitude in your decision-making. For your own and all others safety, watch the intra-past, listen to the inter-present, and walk the extra-future.

### **Chapter 35 – Circumthinking**

The ability to produce awareness-intelligent situational behavior involves an individual's appropriation of the understanding about the intra-past, the inter-present, and the extra-future. It is short-sighted and in every case a mistake to not include all humanity around the whole planet, including the next generations to come. It is narrow-mindedness not to include the broadest scope of care possible, which inevitably bounces back on all life at any time, even right in the here and now. Too fast is the energy and too broad the conscious intelligence of life to not wholly and instantly contain all vibrations that are produced in any place, through anybody, at any time.

Human thought reaches farther than the sight of the eye. As thoughts and not the eyes create our circumstances, we should rather be aware of circumthoughts. Thought encircles all there is, ourselves, our relationships, and anybody imaginable anywhere in the world; a social panorama the eye is incapable of grasping. Also, thought encompasses eternity of time. We may not see immediate consequences of all thinking in the visible world, but our soul's quality of inspiration and connectedness highly depends on the collective consciousness whose condition is influenced by all thoughts there are; of course, including ours. Thoughts are determining our spirituality, which has no contentual barriers and therefore is the cosmos of all. Think awareness-intelligently to contribute with full positive

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capacity and energetic attitude to this spiritual realm, which in turn, is the source and fuel of your and all further life as well. Our circumthoughts, not circumstances, represent the real context of conscious life.

## **PART VII: Unconditional love and timeless kindness**

### **Chapter 36 – Unconditional love**

Love often is mentioned as the most important ingredient in life. Despite being considered the greatest energy in the world, it's one of the least understood powers too. Who and what one is not aware of, one cannot love; and which is not loved, one is not properly aware of. A readiness to love is necessary for it being expressed and recognized. If not made explicitly aware, the emergence of love occasionally appears quite arbitrary. Awareness Intelligence along with the dimensions of the different social relations and time as visualized by the socio-temporal matrix, invites love to arise more likely and both more specifically and more broadly. Real love is unconditional. Real love does not seek to get; its reward is to give, while even this opportunity is unconditionally unexpected. By awareness-intelligently knowing how to arrange relations and time to establish transaction-free relationships, for example through staying in the inter-present without past resentments and future expectations, love becomes a genuine expression of the soul.

There are different types of love, and there is romance. "Romance is tempestuous. Love is calm." as a Mason Cooley's aphorism goes. The different levels of love along the Awareness Intelligence modes build on each other harmoniously. Love is the light, the awaring appreciation of source energy, the socio-temporally infinite holy quality of pure life. Only if you see this source of love in you, you will find it in others too. Noticing others' loving energy causes strong emotions of affection and attraction to them. Love is of lower quality if there is a shortage of awareness about everybody's access to the same source of love. The extension of empathy to all souls, whether they have the Awareness Intelligence to express it too or not, enables compassion. The compassion of the extra-past in that sense is the knowing that at the core of all human expression is the identical love that we've

discovered in our intra-past and that we joyfully yet without attachment experience in our affectionate inter-present encounters and relationships.

Love the people for who they really are, not for what they allegedly used to be, or for what they supposedly are expected to become, do, or have in the future. Un-condition yourself, learn a new language of love that is free from beliefs based on stories you have adopted. With Awareness Intelligence it's possible to disrupt the conditioning into misbeliefs and to unlearn unhealthy habits. Trace back your story to where it started, all back to the only origin of truth there is. Express your language of respect by letting others become who they really are too. Find and deliberate your purpose based on such unconditional tenderness. That's all you are. And you are it all. You do not love. You are love. Unconditionally.

### **Chapter 37 – Humankindism**

Awareness Intelligence is caring; caring for yourself, for your relations, and the common good. Working hard on something we do not sincerely care about is called stress. Genuine care comes from, by, and with love, as it does not expect anything in return. Sayings like “kill them with kindness” are expressions of aggression and have little to do with true kindness. Bad feelings against others are always hurting ourselves most. It is like taking poison and wishing your enemy would die. Chasing victories brings defeat. To live and fulfill life's purpose of supporting all other life, however, is to be kind. Kindness is not something one primarily does, but it is the voice of who one really is. Human kindness is the very ever-present, non-depletable and everlasting characteristic of humankind. In the sense of Awareness Intelligence, timeless kindness is the extension of linear time and social relations towards the inclusiveness of the entirety and eternity of humankind. Humankindism

that is kindness in accord with humantime does base on the boundless love and courage that claims the extra-future that's in for all.

It's easy to be smart, but difficult to be kind. Indeed, kindness requires courage and strength. Awareness-intelligent thought and courageous efforts to act in kindness reward with feelings of egoless affection, as everybody knows who has ever, for example, only helped a lost tourist despite low likelihood to ever meet again and get reciprocity. By caring for somebody's soul, we care for the collective of all souls, we affect universal consciousness, thanks to acting in line with Awareness Intelligence. Through timeless kindness, which heals, liberates, and amplifies the consciousness of all humanity and time, therefore, opens the inter-present into parallel time. The ineffable bliss of giving up one's fictitious personality comes from detaching from the experience of momentary being and serving life itself that comes in the form of another human soul in need. True kindness is the ticket to detach from time and to access eternity. It is eternity where we all meet at the same time. The ability to surpass the fear of losing oneself in service to others points to all three doors of humantime.

Research finds that hostility is a leading cause of attracting illness. Acts of kindness, even if only observed or imagined, increase the serotonin level in the brain's reward system, which supports states of well-being. That's how compassion and generosity become a major predictor for good health.

The awareness about the existence and functioning of humantime is vital to understand what mindfulness might mean. There are as many legitimate opinions about what the problems of the world are from a socio-cultural perspective. Awareness Intelligence, on the other hand, is not based on opinion. It is the capacity to position human life in time and to identify the socio-temporal constellations that are respectful of all life at any time. It cannot be iterated more how important it is to stretch and bend time into the circular and

parallel nature that let us see that caring for others' future is supporting the same life that gave birth to our own anatomical existence. There is nothing anybody can ever take away from us, which will not be taken away by life itself very soon anyway. So, don't destroy your life through being fearful of loss and becoming hostile in the process of trying to protect it in vain. Show life that you know it better. Enjoy the power of timeless kindness that is always available to you as the most critical source of sanity and health.

Evan Esar, a 20th-century American humorist and author, wrote, "Character is what you have left when you've lost everything you can lose." You can find your source of kindness wherever you are in life. It is the independent and universally valid currency available even when you've lost your wealth, social status, or business and private network. Kindness is the inexhaustible human energy from within. Accessed through Awareness Intelligence, it is irresistible and rewarding in itself in that it makes us and others feeling good about us and others. Mahatma Gandhi recommended going every year somewhere where one has never been before. Becoming uprooted in some way or the other indeed may provide for an eye-opening experience on what is left after we've lost everything we can lose: Timeless, universal kindness coming from a strong character that nobody and nothing can take away from our control. In that sense, on what side of the world and with whatever we end up, if we always stay genuinely kind to ourselves and others, we can't feel gotten lost by any means.

Kindness represents a threat to institutionalized materialism. Sometimes kindness is even decried as selfish narcissism because it does not discriminate in favor of the group calling it that way. If kindness is sourced from the intra-past, displayed in the inter-present, and intended to serve the extra-future, the very opposite is true. That's timeless Humankindism resulting from Awareness Intelligence.

### **Chapter 38 – Unimportant urgencies versus purposeful service**

Urgent things are not necessarily important too, albeit urgency often gets confused with importance. The human psyche tends to be prone for urgencies as it wants to seize on early information to quickly make decisions to clarify and re-establish a sense of security. Awareness Intelligence helps to distinguish between mostly externally triggered artificial urges and internally motivated real importances by putting these two very different qualities of desire into proper context. Urges often are related to transactions, which are, to a certain extent, unavoidable in today's everyday life. However, being disproportionately determined by external demands is distressful. If the socio-temporal matrix' unfavorable, unintelligent fields had to be described with one characteristic, it would be 'urgency.' Awareness Intelligence, on the other hand, is about importance. Life does not urge us in the sense of not letting enough time to deal with the matter at hand rightly. Awareness-unintelligent people do. Something urgent is only considered to be so because it is judged more important now in the short-term than later and in the long-term. The time-compressed relatedness of urgency to near-future inter-personal expectations implies that later in time the importance of the matter will fade only as a function of time. This provides proof that the temporarily assigned importance is not real. To sell something of short-lived value, therefore, has to be done in urgency. As the value erodes rapidly, the urger will, if not immediately successful in completing the transaction, look to complete his or her business somewhere or with someone else.

Always take your time to think thoroughly and systematically. You won't miss anything of real value. In contrary, when striving for awareness-intelligently expanding human and temporal scope for deeper experiences and bigger impacts, why should you sacrifice the good of all in the whole future for momentary present urges of some few only? Awareness-intelligent solutions are never in a hurry.

Following other's urgencies also comes with the opportunity cost of not following through on one's own direction. Running after external urgencies is to neglect the voice of source intelligence itself, which ultimately always will claim its priority over sooner or longer. Not accepting such priorities of real human nature and disregard the consequent cultivation of humantime always comes with taxes impacting one's well-being. There are fathers who feel urged to sacrifice their free time for more of the same relatively disliked work that had already more than well-fed and protected their families. Why? Because there is a deficit of awareness about what is really important. They function unaware of their real needs. They don't hold the control themselves, but rather are controlled by their acceptance of urgencies imposed by their employers, organizations, and businesses. They give away their life into relatively narrow transactions that are non-inclusive of their intra-past, nor are they aware of the extra-future of all humanity. These people work for securing their illusion of a stable intra-future, which however, can't never be real and purposeful. Only the continuance of life in the extra-future is certain. Therefore, we should accept that the future doesn't belong to us alone. If it did, we would know its course and have gotten direct control over it. Consequently, there is no need to waste one's life by pursuing the seemingly urgent over the important.

The future belongs to all; to our children, to their children, and the children of all other people's children. To be aware of that fact is part of being awareness-intelligent and prevents from taking on transactionalities that dismiss anybody who is not swiftly giving what is expected from them. These are the sort of unimportant transactions people can't wait to retire from. Because the real purpose of a human's organic existence on planet earth is to voluntarily give its unconditional loving actions away, to show off its kindness, and to express its divine creativity to the benefit of all before returning to be formless universal life oneself again. That is all a human being has and will ever have. It's this service to all



humanity that all spiritual wisdom and religions in principle find to be the real purpose of life. However, even world religions often missed the full scope of what is meant by “others.” If others are only the ones within one's own religious community, service to others is not extending to and respecting the full scope of human kindness. Unfortunately, institutional religions often risk being inherently awareness sub-intelligent from this point of view.

Limited liability corporations insist on their limited liability while suing others for claiming the same. They, per definition, don't intend to assume responsibility and they work against the interests of other groups from an inter-company competition perspective to assert their interests over others. It's the primary purpose of for-profit organizations to maximize return on investments, to serve the investors respectively to help the increase of their money. 'People first' messages, therefore, can't be more than lip services only. Profit optimization does not stop at a certain level. There are no profit caps defined to stop when it is enough, even when the earnings are shooting through the roof. That's why resources get more concentrated in certain places, while they become scarcer in others. Working for a corporation means always being a competitor, adversary, and curse for the ones competed against and scoped out of the circle of beneficiaries. Being aware of that makes it hard to want to be such a burden in a system of win-lose for humanity overall. Of course, everyone has to survive in their current economic environment, but, for Awareness Intelligence's sake, stop when it's enough and don't do more of what you actually don't want to do. Focus on where it's possible to serve them all because that's what you always want to do. Cooperation in principle, as an existing alternative, is a more awareness-intelligent economic approach than competition. Awareness Intelligence will help the evolution of economies to transform from being based on organizational liabilities to humanitarian assets.

What's in for you when you engage in finding better solutions for all? Awareness Intelligence guarantees satisfaction and fulfillment, inspiration to get up and do important

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work, and openness to love and being loved, as well as affection and compassion towards whom and what really matters. Every one of us is needed, and there is never a better moment than now to sow the seeds for a healthy future for all by awareness-intelligently enacting values of equity and sustainability.

## **PART VIII: Charging and enabling others**

### **Chapter 39 – Becoming wholly human**

Wholeness can be felt. We can feel it when the three Awareness Intelligence modes climax into full and sound multi-perspective quality of mind. Wholeness establishes when the intra-past, the inter-present, and the extra-future consolidate into a mental state, and when intention unites unconditional love, timeless kindness, and purposeful service. It's a feeling of enthusiasm. Enthusiasm, which comes from the Greek word 'enthousiasmos' that means "possession by a god, inspiration." The holy inspiration, in my case, is often occurring together with signs like goosebumps and joyful tears as a bodily response to the intensive realization of having become wholly and eternally connected. Awareness so intelligent to be able to embrace all humantime is indeed like embracing God. When the intelligences of the intra-past, the inter-present, and the extra-future unify into the grid of paramount awareness, an energetic representation of a unified field emanates. In physics, forces are theorized to be transmitted through so-called fields. Deepak Chopra uses, besides the term of the 'unified field', also the term 'cosmic consciousness,' in which the 'in-here' and 'out-there' meet. Awareness Intelligence can be understood as such a field where life intelligence, respectively consciousness, and mentalizing are harmoniously unified. The unified field of Awareness Intelligence is connecting our thoughts with the nature of life that is within all of us human beings. It is the unified state of humanness that has become all-including and timeless love that lets us witness its power through showers of bliss. It's that realization of one's humanity, which is accompanied by a sense of deeply fulfilling enthusiasm.

The term 'Samadhi,' as used in yogic practice, is sometimes defined as a non-dualistic state of consciousness, which might be in line with a state of harmonious awareness. Matching aforementioned experience of enthusiasm, Indian Yogi Paramahansa

Yogananda describes Samadhi as a blissful state of super-consciousness in which the individual soul is perceived concurrently with the cosmic spirit. Samadhi is considered the final stage of yogic meditation at which union with the divine is reached. And so is Awareness Intelligence at the stage where all its three modes of the intra-past, inter-present, and extra-future point together to a most comprehensive knowing of humantime. Awareness Intelligence is a maximum mental concentration of psycho-spiritual energy that brings the uncoordinated streams of volatile thoughts of unawareness into one steady river of complete understanding. Buddhist enlightenment, the so-called Satori, described by Zen Buddhism as a state of the mind that is experiencing the insight into the nature of existence seems to resemble a state of Awareness Intelligence too.

#### **Chapter 40 – Exchanging and building energy through gratitude**

People's hunger for energy, which they've learned to satisfy mainly from the outside, is causing so much exploitation, abuse, and conflict. But there is another way we can become aware of. In states of ideal Awareness Intelligence, when the circle of perpetual life is made aware, and a human's life origin and destiny become one, then the flux of life energy can flow and circulate as well. It is this state in which we feel, like a magnet, where we are naturally attracted to and what we better keep away.

When we run out of energy, it is generally not that others are responsible for our energy depletion, albeit it is sometimes better to avoid energy suckers, especially when we are not able to maintaining maximal Awareness Intelligence on our side. Our energy balance has much more to do with how we ourselves let energy leak from the energy field of humantime. Life energy is not scarce. Whether we feel more or less energetic is depending on how intelligently we use awareness to keep the doors to the all-abundant source of life energy in humantime open.

The spring of life energy is within us. The energy that is accessed awareness-intelligently in one's intra-past is pure energy coming directly from the source of all power. Sharing it in the inter-present, and offering it to the extra-future is gratefully supporting the flow of life. Gratitude for our abounding supply of divine energy keeps the portal to the intra-past open. Without gratitude, receiving is just consumption. Energy that is, instead of being fed back to life, kept for oneself, is an irresponsible waste. Being part of the energetics of an awareness-intelligent life is joy and fills us with all its spirit and vigor.

### **Chapter 41 – Enthusiastic learning and teaching**

Human beings have an innate curiosity. The bigger the world, the bigger the field for exciting discoveries. The broader one's awareness, the broader the grid available to navigate the human mind and cartograph the explorations. There are three entry points to universal humantime: The mind-travel to before birth, the travel into parallel time, and the one to after death. They all represent different approaches respectively different combinations of dimensions of human relations and time. Like a room may have a door, a window, and a balcony, all three openings contribute to its well-lightening. All three Awareness Intelligence pointers together ultimately lead to the most profound possible enlightenment.

Is what we teach our children mutually beneficial for other children too? Is our teaching inclusive and useful to all humanity? Is it timeless? If so, these are awareness-intelligent lessons worth to be spread. Such shared insights would come from and support full human potential. Unfortunately, the propagation of obscured views is in vogue. It seems like blind people are leading blind people and nobody realizes the lack of sight. Possible, because "in the land of the blind, the one-eyed man is a king," as the proverb goes. In any case, many do feel that there is something wrong. All the unnecessary conflicts and aggression are the awareness-blind persons' desperate canes searching for a way out of

disorientation and anticipating hurting clashes. It's the awareness-blind persons' own helplessness and frustration that leads them to hatred, self-harming, and violent behavior. Without prescribing a specific cure, it's always possible to provide everybody in minimum a reference system to aid their orientation to find their cure themselves. If we teach humankind by means of explaining and internalizing the socio-temporal matrix, Awareness Intelligence, and therefore peace will ensue. If you want to re-produce your humanness beyond survival mode, create and enthusiastically inspire others by teaching how to consciously apply systematic thinking to activate the inner eye of awareness that is including the full scope of the socio-temporal system of human life.

According to the World Health Organization (WHO), both obesity and hunger are increasing globally. According to [foodaidorganization.org](http://foodaidorganization.org), one out of seven people is not able to live a healthy active life due to famine, while one-third of food globally is wasted. More than three million children under the age of five die every year because of poor nutrition. How unaware must we be to allow worldwide military budgets whose weekly amount is as high as the costs of eradicating world hunger for a whole year. If we help an affluent person getting richer, we get lavishly rewarded; to help a starving child, we have to do unpaid volunteering. This is the value system as reflected by the economic, capitalist system. No human being would agree with that if she or he was aware of what's going on. We know the facts, but there is no thought reference system in place that prevents fallbacks into forgetting due to agreeing to narrow scopes and competitive win-lose thinking. All education aiming at providing individuals, companies, and nations competitive advantages obviously teach no better than to fragment our awareness on a specific level against others and become trapped in self-protecting unwholesome thought and behavior.

Children are asked to study the substantial features of the planet earth in school, but why don't they systematically learn how to navigate the mental landscape too? Later on,

given the money, people travel and report from the beautiful places and cultural objects around the world they have learned about in school as this would be a personal achievement in itself. Have they explored the people's souls as well? Do they come back with lasting connections and solidarity with the people they have met on their journey? Why don't we with the same passion and effort also mentally travel the collective human soul wherever we are and bring back its perpetuating sense of higher inclusiveness that would make the world a better place? Rather than mere geography, people should also be taught something like 'mentography,' respectively Awareness Intelligence as the science of how to get the chance to become a healthy and health-giving human being from early on. It's possible to understand love in any context in any part of the cosmos. Mental travel can bring us to all humanity, to all life at all times, even just within ourselves.

Instead of teaching how to justify current political structures, which are always local, we should educate for how to become global citizens who care for all. It's not age, but rather learned self-efficacy and imagination that would create true wisdom. Children don't have a history. Burdening our history on them is unfair. Let's help them to build their own future.

Teaching attitude (which is the 'how to do'), rather than knowledge about content (that is the 'what to do') would empower people to evolve from consumers to creators, from passive endurers to active shapers of their life. It has been proven over and over that people cannot count on current global economic practices in preventing them from being seduced into unhealthy, addictive, and otherwise harmful transactions. An awareness-intelligent person would not support the broad and public selling of toxic substances like nicotine by exploiting people's longing for support in leading a happy life. Again, a branch of a tree would never try to harm branches of the same tree.

Is it really possible to change education and increase people's awareness-related intelligence? Is it like a sorcerer's seeming folly to insist in the impossibility to make bones

for a jellyfish, as Carlos Castaneda in his book "A separate reality" pictures? Yes, and no. It's not necessary to miraculously create some physical spine. However, everyone can insist on the possibility to teach humanity the use of Awareness Intelligence as a mental spine, which will reliably stabilize immoral forms of economies and societies in its own even more effective way. Cultivate an upright posture to reflect your awareness-intelligent mental attitude. Teaching the visualization of the socio-temporal matrix could well become the source of change towards a more stable world of flourishing human beings. The more Awareness Intelligence is practiced, and the more insight gained, the more interest awakens. As a result, a virtuous circle would establish ever more seeking of inspiration, which then leads to the continual sustainment and increase of intelligent awareness.

Awareness Intelligence, by appreciating individual differences, helps everybody in individually clarifying the most fundamental values of the humanity of which they are an equal part. When speaking about values in organizations, for example, corporate values, I think the term is misleading, and values should rather be named as what they are: interests. What other values than human values can human beings have? It's absurd to put price tags on life, although wages, life insurances, and VIP statuses are doing precisely that. Based on the awareness-intelligent value of humantime, listening and servicing capacities in place of marketing and sales will meet the true human needs and find new solutions for unlocking people's suppressed desires to be kindly and cooperatively of true, not only financial, value.

The new leaders of the 21st century will inspire the next generations through their display of Awareness Intelligence. Progress, hard work, ambition, and desires will still play a role, but these will not be spent to aggravate excesses and addictions to harmful behavior. Mating will involve more show-casing of one's true human qualities so that every Jack will find his Jill. The world of awareness won't be built on scarcity anymore as the mental attitude is based on the constant knowing of the existing abundance and the possibility of its



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sharing to meet all the needs anybody in possession of the capacity of awareness can ever have. Exchange of genuineness and authenticity will evolve in which everyone will find whom and what she or he really wants and needs. Humanity will progress in its own favor by not focusing on the preservation of current privileges, but by empowering the next generation who will ask whether you have been an awareness-intelligent hero as well.

## **PART IX: Developing Awareness Intelligence**

### **Chapter 42 – Surviving and thriving through change**

As we see ourselves, we see others. And as we see others, we see ourselves. If we reduce humanity to cultural sets of human expression, specific groups, and prevailing opinion and behavior only, we constrain ourselves too. Life is as you see it. If you see it with a continually watching mind, the whole world becomes open to you.

While the human mind respectively the intellect changes over time, the soul does not. We can feel that clearly when we separate mental awareness from bodily sensations and instead picture the wholeness and infinity of life. Our way of thinking can be changed. The most profound, impactful and sustainable way to change the thinking is to change the layer from where thought arises: awareness. The human condition is no longer dependent on social identity alone as it learns to integrate the three modes of the intra-past, the inter-present, and the extra-future into increased and undivided awareness. As our thoughts and actions become more symmetrical, life will never feel like a lie again.

Living in consort with a comprehensive ability to observe everything at any time is a source of being youthfully enjoying one's body, exploring the world, appreciating social encounters, and achieve high learning goals. Living an awareness-intelligently inspired life guarantees continuing motivation to become and stay our best self. For us, this is a deeper experience, and for others, we'll make a bigger impact.

Hopelessness in the sense of not believing that change is possible leads to depression with the known consequences of low school and work performance, reckless behavior, poor health, self-injury, and even suicide. Multi-cultural competence positively influences a sense of social justice and the promotion of change. The awareness about the possibility of doing things differently across cultures provides a showcase for the relativity of any culture. Global citizenship is not a travel-lifestyle, it should rather be an attitude of compassion.

Multi-relational ability in the sense of Awareness Intelligence is a precondition for cross-cultural competence, but goes beyond as it is culture-neutral. Any travel starts within.

Cultural competence can be developed by putting one's feet in another's shoes. Awareness Intelligence, however, is putting one's consciousness in another's soul. This will not only enable us to experience some different walks of life but to learn to qualify all of the life's souls. Real and lasting change comes from the level of mental models that enable awareness. Only if the deep-rooted individual mindsets shift towards forming a regenerated collective of deculturized societal structures, human behavioral patterns will start to change accordingly as well.

Humans like stability to feel safe. Society prefers consistency in people's behavior to render them into predictable and plannable resources. And yet, people also do not like repetition that leads to boredom. By an awareness-unintelligent mind, everything tends to become judged as boring eventually. However, as people have learned to fear punishment from not reliably contributing to the production and information processes of the modern economic societies, many of them learned to accept monotonous courses of life. While being incentivized by punishment-free long periods of compliance, many forgot the excitement of rhythm and surprising improvisations of a freely lived life. Avoidance is a characteristic of both the awareness-unintelligent inter-past and inter-future. Interdependencies, as they are typical for poor Awareness Intelligence, are justifying the past and controlling the future, which is highly frustrating for individual's authentic development. Only if the inter-past is shifted to the intra-past, judgment-free and timeless self-realization become possible. And only if the intra- and inter-future are transposed to the extra-future, self-focus and fear of punishment and lack of control disappear. We can enjoy social interactions together in the inter-present, but the past belongs to us alone, and the future ultimately belongs to all to come. Isn't it incredible that "Men have made millions of laws to punish crimes, and they

have not established even one to reward virtue” as the Neapolitan economist Giacinto Dragonetti already more than 250 years ago remarked?! Societies’ need to define the tolerable appearances and thresholds of punishable deviations from limiting and therefore provocative social norms is in stark contrast to letting people virtuously thrive. Sadly, if not constantly rags were held in front of the bulls’ eyes, all the bulls would remain gentle and friendly as it actually is their true nature.

The universe preserves itself through change, and so humanity too needs change to survive. Change is our nature, and yet typical management education is about controlling change to create the illusion of stability in administering life as a business. Awareness is about acceptance, willingness, and courage; it is the basis of voluntary human adaptability and learning. If you don’t know what you possibly don’t know, you cannot learn what you don’t know. It would be strange if we didn’t increase our view over time, learned more, and consequently changed our mind. Become an attentive and agile dancer who controls the body, cooperates with the mind, and coordinates the congeniality of the souls to dance the socio-temporal dance of life. Every movement is your decision, and harmony comes from being intelligently aware of your, your partners’, and the music’s desire to unfold. When the spirit of the music intuits your individual and collaborative intention to the imagination that the music is just perfectly reflecting the vibes of melted body and soul, Awareness Intelligence has come to play.

### **Chapter 43 – The ability to respond**

Psychological issues, and by that ultimately any human-related problems, come either from neurosis or character weaknesses. Both are a matter of lack of responsibility and typically lead to symptoms of individual and collective stress. If a society and its members decide to see the world as threatening, hostile, and transactional instead of being determined

by love, and if the path to happiness as the highest goal is considered to be depending on what kind of or how much stuff one can accumulate, it is not surprising that this leads to fear of loss, obsessions, and depression. There lie serious responsibility issues in excusing diminished awareness, which lead to selfish, greedy, and passive behavior. Character flaws tend to be excused at all or as illnesses. It appears that it is cheaper for a society to pay for standard treatments, which bring temporary relief of symptoms rather than to invest in the long-term healing of people as whole-human beings. From a financial and law and order perspective, it is more efficient and effective to fight the most extreme symptoms of exclusion, for example, by paying some public assistance and to exploit only to the point that there remains a broad enough middle class that helps defending the privileges of the upper class than to risk a revolution from below. People need to be kept happy enough in their misery that they are still helping to defend the oppressors' authority. That's how it came that everybody's issue and suffering has become nobody's focus of awareness.

Several psychological mechanisms are explaining how people are brought to justify existing social systems that do even disadvantage them. Social justification theory is about the promotion of ideologies, which underline the belief in the inferiority of underprivileged groups. So, it is a myth that Western societies are based on equality of opportunity. The economic success of most people also depends on the level of resources allocated to them, for example at the workplace or by parents who could afford better education and the necessary capital for entrepreneurial ventures. However, many people today believe in the story of meritocracy and attribute economic inequality to their own inferiority. Such unaware system justification is further blocking critical thinking and can also manifest in system-reinforcing victim blaming and stereotyping.

The saying "It's all about the perspective" should not become a justification and excuse for any social exclusion or harm to anybody, regardless of how far away and

seemingly unrelated. It is more sensible to assume a multi-perspective awareness that is all-inclusive rather than defending group interests. People who are not able to coordinate complex multi-limb movements with their body are called disabled and are not allowed to do certain things like, for example, driving a car as it would be too dangerous for others. But people who are unable to coordinate complex multi-perspective situations in their minds are allowed to run organizations and countries. In contrast to a leg-focused person who forgets about the arm-movement and therefore is realistically considered a risk for driving a vehicle, a single-minded career of exclusively fighting for one particular group's interest is likely to be admired for its dedication. Standing up for one group to succeed over others from a humanitarian point of view, however, is like prioritizing eating over drinking. The organism of humankind is doomed to die.

It's time to assume responsibility for one's scope of awareness. Humanity needs a shift from physical protection to a right intention. A society guided by Awareness Intelligence does not build on barriers, walls, and defense mechanisms anymore because nobody needs to be protected against Awareness Intelligence that can't but take care of everybody's needs. Such is the beautiful nature of responsibility of humankind. What else could be more worth to realize?! I, for my part, rather want to have tried. Highest qualities of the mind do not know fear from failure as only failure to learn falls short of them.

Everybody can develop Awareness Intelligence. Once tasted, the knowing about one's self-efficacy irrespective of society's non-responsiveness or punitiveness, is too good to be given up again. Everybody can get the control over one's access to life source, to meet other people lovingly in the current moment, and to serve the communal good and next generations to come. Even if you are discouraged and rather hopeless about what you can do about your future, you always can start with impacting others' today and tomorrow, which, in return, will reveal your future to you as well. Your impact is of the full scope of

humankind. Recognize how important you are. Every dream for a better world, every creative act, and even a seemingly naive idea can inspire and provide the courage to break out of the cage of limited knowing. Think, paint, play music, dance, write, and think again. It's not commercial products that touch people's heart most profoundly. It's what you can do in your mind. It's not compliance, but boldness that nurtures your, others, and all humankind's Awareness Intelligence. Every feed into the expansion of knowing is fuel for more awareness-intelligent thought and more wholesome behavior. Life might be right, and an awarian land of awareness not too far away to be already part of now.

#### **Chapter 44 – Safety, satisfaction, and connectedness**

It can be argued that there are three basic human needs. First is safety. You were safest before birth. In your mother's womb, you were still well protected. Then the rough, dark, and cold world appeared. On the other hand, also sunshine on your skin, light in your eyes, and later the awareness that consciousness, the spirit of your soul is still and will always be with you. You need to re-connect to your intra-past, your safe source that is always yours.

The second of the three basic human needs is satisfaction. If you look at what you do from a non-judgmental viewpoint that is free of other's past-based opinion and future pressures, then fearless creation, experimentation, and joyful learning become possible. The same is true for relationships. If you meet others in the here and now without transactional distractions and ulterior motives, if your soul's need to meet other souls in the inter-presence is met, deep satisfaction ensues.

And third, the need for connection can be met through connecting to all humankind in the extra-future. Billions of others have gone through human life before, and many more will follow in the perpetual renewal and passing of the precarious expression of life. The end

of one life is, at the same time, the start of another one. Just within yourself, you can achieve an awaring of how your 'coming-from' and 'going-to' meet in humantime, which connects you to infinite time and humanity as a whole. Some people feel alone even among people. And there are people who never feel alone, even when solitary. What is needed is a shift from separateness to wholeness. It is not our corps connecting the soul to life; it is our soul connecting the body to life. Enjoy your vision, but trust your inner eye. There is no need to physically bind others as there is a deeper connection to whole humanity anyway.



## **PART X: Quit and grow**

### **Chapter 45 – Healing beyond relief**

The quest for pleasure and happiness has driven us into a lot of emptiness, addictions, and violence. However, the post-shallow-happiness era is all about meaning. What do we get from it? Joy. The fear of not getting enough leads to unhealthy opulence. The over-desire to be safe and comfortable leads people into risks and symptoms of dissatisfaction like, for example, obesity and depression. It's worth to examine one's desires awareness-intelligently. Some people seem to manage their exaggerated desires well. But often they have just replaced one unhealthy obsession with another, stronger one. This might lead to some application of one or two Awareness Intelligence modes, but not of all the three. That's why often the deepest motivation of athletes can stem from anger, the motivation of politicians from greed for power, and the one of religious teachers from the desire to withdraw from inter-personalities. These awareness-unintelligent motivators often claim a high price; the more dominant their position, the more they block the soul's longing for expanding into a harmonious application of all three tenets of Awareness Intelligence. Anger, like many other negative emotions, is a reminder of limitations in a larger perception of life. It can be only replaced and kept away with certainty with a quality of mind that is unconditional love, timeless kindness, and purposeful service at the same time.

Desires don't have to be something bad. Life itself is the soul's aspiration to expand and to become aware. The crucial differentiation is between extrinsic and intrinsic desires. Extrinsic desires do seek pleasure from material and outwardly supplied motivators, while intrinsic desire is the realization of the inspiration from within. Intrinsic and extrinsic desires are both legitimate to a certain extent; one puts the priority on the sensing of the culturally understood world of form, while the other focuses the real, conscious universe of socio-temporal awareness. When getting tired in the hedonic treadmill of life understood as

depending on pleasing sensual pleasures and relieving bodily tensions, it is helpful to remember that real joy lies in virtue-seeking and virtue-realization. Joy feels so superior to pleasure because it comes from meaning. Conscious life itself is the meaning. So, whenever our thinking and activities are congruent with the holy, whole, and wholesome nature of life, a sense of meaning arises. Pain, which is not to confuse with suffering, is often closely implicated with the experience of joy as well. For example, without patient waiting, there is no joyful arriving; without childbirth pain, there can be no joy of birth; without dying during a lifetime, there can be no personal growth. Pain indeed is unavoidable, but it always comes with joy. Suffering, on the other hand, is the result of awareness-unintelligent conduct, such as attributing one's destiny to the conditions of the outer, uncontrollable world instead of creating the world one wants to realize from the inside. Joy ultimately comes from the dialogue of your awareness with your true self, your unconditional relationships, and the selfless contributions that connect you to humanity.

Fearful attachments to fleeting pleasures cause more fear, greed, hoarding, protective, and aggressive reactions. These are the reasons for our suffering. Fear incapacitates love, the love for ourselves, for our relationships, and for any fellow human being. The socio-temporal matrix of the intra-past, inter-present, and extra-future helps you to remember what you really want and what brings you infinite and immeasurable joy in place of mere glimpses of pleasure that will never sustain any real sense of feeling safe, satisfied, and connected.

Problems from unharmonious awareness occur when the universal desire for learning is restrained. Critical thinking diminishes when human's inherent compassion and desire for truth is constrained. Unsatisfied desires are substituted with harmful pleasures, which can be found all too easily. Not everything that momentarily feels good is good. Be it through sugar-laden food, tobacco, caffeine, alcohol, or other promises of consumable salvation;

resourceful enterprises invest all they can in turning us into dependable customers. The streets are full of advertisement for that purpose. There is little visible promotion for helping people staying independent and self-sufficient human beings though. Nevertheless, more or less consciously, people feel that they are caught in dependability as their control over their behavior is slipping. Losing control then is compensated with aggression and violence against oneself and others. It is only a return to awareness-intelligent thought that allows self-control to be regained. Spirituality is an indispensable factor in most approaches to cure addictions and other out-of-control behavior. Understanding the use of Awareness Intelligence in that vein might help to overcome the stigma that still is attached to spirituality. Spirituality, in that sense, is nothing else than respecting all life's nature that is in ourselves and anybody else. Life's true nature that we all are is free of the self-imprisoning stress of lining up urgent desires and exclusive events instead of a timeless and inclusive state of being of importance.

Don't fight your negative habits. Don't fight symptoms. Hopelessness raises the value of chemical aids. Therefore, it's hopelessness itself that needs to be addressed in the first place. Hope comes from within, from your intra-past. Don't rely on external approval and support for becoming who you really are and want to be. Use your Awareness Intelligence to freeing yourself from others' opinions and potentially wrong beliefs about yourself that may hold you down. You are not dependent on single substances, behaviors, or even persons. Doctor's don't heal you, healing occurs within yourself. It's life itself with all its rich variations, diverse types, and different ways that expect you to know and express what you really want. If life can create new bodies and souls, why shouldn't it be able to heal the same? You will find everything you need in life if you serve it by helping all humanity that comes and goes. Real healing may require you to quit some situations, be it jobs or relationships, anything that is unsupportive of your journey in line with holy thinking. The

assertive expression of your legitimate desires and quitting temporal states, spaces, and dependencies that are awareness-unintelligent is unavoidable to remove what is inhibiting the wholesome life in humantime that is available to you too.

#### **Chapter 46 – Establish integrity and integrational abilities**

To become a real leader is founded on mastering self-leadership and on being at peace with oneself and the world. For being able to serve as a role model, one has to be ready to give up his or her title and position. Too dissonant can a professional identity become with the aware self. How could one ever enjoy people who admire rather their title-based authority and social status rather than knowing about their creativity, vulnerability, and loving character in the first place?

As a life begins to readjust to a broader perception of life, jobs for the mere purpose of earning a lot of money might make the place for work with meaning at any price. One's public and private identities begin to converge, and a deep sense of joy of living a life of awareness always reminds of the possibility to reconcile even the most difficult situations with awareness-intelligent spirituality. One might soon find his or her true passion written not only on a private note but soon also on the publicly shown service card. Social and private identifications merge, and so might roles in different situations. Not focusing on one specific Awareness Intelligence mode only but integrating the intra-past with the inter-present and the extra-future helps to not go astray in any extreme and unhealthy direction but to reap all the benefits of living a life aware of the threefold nature of life.

Just because you are, in case, diligently and loyally working for somebody else's dream doesn't mean that you are right-focused fulfilling your own human potential. First and most it is your task to be yourself. Intend what is your source's intuition and become who you imagine being remembered for. How do you contribute to the collective human

consciousness? Does it add life-supporting meaning, unconditional love, and timeless kindness? That would be living a life aligned to humantime.

### **Chapter 47 – Your Awareness Intelligence tools**

That to lead an awareness-intelligent life is possible at any time and in any situation doesn't mean that it is easy. If, at times, not turning a blind eye to issues feels like rebellious, remain knowing that resistance is much preferable over apathy. Stay disciplined in your attention to your awareness, claim your control, express your humanity, and become an agent of life for your joy, others thriving, and the benefit of all.

Deliberate practice makes mastery. Studying Awareness Intelligence as depicted by the socio-temporal matrix helps to identify blind spots and limiting automatisms in thinking and behavior to no longer restrain awareness and its consolidation into the long-term memory. You can explore each Awareness Intelligence mode specifically. For the intra-past, for example, it could be contemplating inspirational teachings and self-reflection on awareness. For the inter-presence, radiate loving energy, courageously go out, forgive, give unconditionally and see how you will enjoy your social interactions. For the extra-future, give up something you find indispensable, die small deaths of the ego, volunteer for a charity, help strangers, and align your goals and aspirations to serve not only a specific group but whole humanity. For example, help spreading the power of Awareness Intelligence. Eventually, integrate all three pointers of intelligent awareness into the full-grown intelligence that we all so desperately need to develop.

As you've learned, pleasures are shortcuts for joy, meaning does trump happiness, and everything starts with being your true self as if there were no expectations and boundaries to you. Don't take the lift and complain about bad fitness. Climb one mountain after the other, unlearn the stories of deficiencies you told yourself, overcome the illusion of

being able to possess or be possessed by any worldly thing or person, and take the chance to choose change toward a more awareness-intelligent humanity.

Look out for the threefold nature of humantime. You will everywhere and in everyone find needs and solutions related to the intra-past, inter-present, and extra-future. Notice the tripartite intelligence that is in all aspects of life. Visualize and fill the template of the socio-temporal matrix with your own examples and experiences. Soon, Awareness Intelligence will become your nature too, which will stimulate and enrich your spiritual, emotional, and intellectual faculties in undreamed-of ways. Always think thrice. Keep on moving, walk, read, re-assess your awareness, and think again. Appreciate how your decisions become more aligned to the ultimate intelligence of life. Use the socio-temporal grid for orientation. Check your positions and harmonize them intelligently. That's how you invaluablely contribute to the creation of awaria, the world of awareness that unites everybody in peace.

Take care of your body and brain, but know that all these devices are fueled by consciousness, controlled by awareness, and realized by thought. And remember, without pain, there is no joy. However, any suffering is futile consequences from a lack of awareness-intelligent conduct of life.

If you like, create your own symbolic representations to remind you of the three Awareness Intelligence categories at any time. Create your mantras and affirmations and let them help you point your attention away from commercial pushes to the pull of your soul. Use your symbols to trigger your new thought-habit creation. By respecting the principles of all-inclusive and timeless knowing, no ritual can become unharmonious, discriminating, or otherwise unhealthy as it serves Awareness Intelligence that isn't but holiness, wholeness, and wholesomeness in accord with conscious life itself. Be creative in expressing your real beingness. Reward yourself with helping others to grow their awareness too and teach the

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comprehensive and yet simple enough socio-temporal matrix of humantime. I'm confident that we have laid the ground for a revolutionizing human evolution towards higher Awareness Intelligence. Developing this all-determining ability is what we owe all present life and the next generations; their thriving is our eternal life.

Finally, don't take things too seriously. Laughing at a challenge with humor is proof that you can die the little deaths required to give birth to a more aware self, awaring communities, and humanity in awaria.

This has been Awareness Intelligence: Holy, Whole, and Wholesomely Human.  
Thank you for your awareness and may its joy be with and through you!