

AKAJ PACHA

The state of equilibrium, the neutrality, in which everything feels perfectly at rest

Life can never be more than 50-50. Each gain generates an equal loss. Each pleasure sets in motion the unavoidable conditions for sorrow and suffering. There can be no success which exceeds the amount of failure experienced.

“Vanity of vanities, declared the Preacher, everything is in vain.”

This is Perfect Justice, the law of equilibrium, karma, yin and yang – *Akaj Pacha*. But what is the balance point? What is it to feel that everything is perfectly at rest?” We begin each day hoping that it will be better than the past, that if we move fast enough and struggle hard enough we will achieve some kind of improvement or victory, supercede the problems of the past, and eventually the world will yield to our force. But how many years have you lived in this body and experienced the swing of the pendulum? Reflect, and you will see that if you swing it in one direction it will have to swing back, past the balance point. If you continue on your present course, your future will not exceed your past. No one’s future can exceed his or her past unless he transforms himself interiorly and stops swinging the pendulum! When one becomes wealthy, with more than others, he also suffers more than others – before, during, or after the prosperity. When one forms a new relationship, feeling in love, he briefly knows the equilibrium only because he momentarily has stopped swinging the pendulum, and he does not see the other side of the relationship; that will come later. Each problem resolved, each challenge met, can be celebrated by ego, nevertheless it is only the moment when the pendulum is poised for its descent. And a pendulum never rests at the balance point until it has no energy left.

If we look superficially, from afar, we can say “Well, this person has exceeded 50-50, his or her life is better than average,” or “I completed this task perfectly, my life is better, it has exceeded 50-50.” However, the one who says this does not know the whole story. Perhaps he does not know how much this “winner” has suffered, or will suffer, thanks to his “victory.” And perhaps he does not know in what way “a loser” might benefit. And, he does not have the intuition to foresee his own future – the full price. God (or whatever) created all of us equal, and keeps us all equal.

The balance point, the equilibrium, the *Akaj Pacha*, is the Nothingness, the emptiness of the mind. *This is no mere concept, but a real and primal experience in the consciousness of human beings.* So this Nothingness is not simple absence, it feels like a fullness: Perfect, unbroken Peace. This emptiness of the mind is the only real experience. All other experiences are illusions, and the one who puts his faith in an illusion is a fool. Out of that Nothingness comes everything that can be experienced – all the dancing illusory images. The Nothingness is what establishes the interaction and interchanges of the complementary opposites which make up the entire universe and all the events in it -- and which all cancel one another! This *Akaj Pacha* functions to attract *all* consciousness toward itself until it, the original equilibrium, is all we are conscious of, and to teach us to withdraw consciousness from the world, our illusion.

The *Akaj Pacha* then is the absolute. Everything begins and departs from it, everything ends in it. It is “the uncaused cause,” “the goalless goal,” “the pathless path” of everything. The *Araj Pacha* (the world of heaven – the future) does not exist in itself, the *Manqua Pacha* (hell – the past) does not exist in itself; “good” does not exist in itself, “bad” does not exist in itself. Each depends on its opposite as a contrast, otherwise we could never experience anything.

From the vantage point of the *Akaj Pacha*, the equilibrium point, every phenomenon is in a state of disequilibrium or chaos. But usually the human being, the observer, is not stabilized at the point of equilibrium. What appears to him to be stable and real and important in his or her state of disequilibrium is also in disequilibrium. Therefore the perception of the human observer is nothing but errors, misperceptions, illusions, fantasies. Then these induce the person to act, and so his actions are also errors. So when he acts, his whole world is thrown into confusion!

If a person or culture deviates from equilibrium toward *Mallku* (the masculine, the aggressive) or toward *T'alla* (the feminine, the passive), it is unnatural and is not stable. If there is a big disequilibrium in the way of life of an entire people, there is a *Pachakuti* (crisis of polarization); this means that things have progressed for these people to the most extreme point in one direction. This is the result if this society or country copes with its out-of-balance problem by trying to force something. The use of force by a human is contrary to the balance of nature; therefore a pressure, a reaction proportional to that force, accumulates. The crisis of polarization – the extreme disequilibrium – inevitably generates a reversal: an extreme disequilibrium in the opposite direction. The Aymara cosmivision identifies in history and up to the present time a cycle of 500 years; every 500 years the pressure reaches a critical level, with opposites of great force, due to the failure of humans to concede to nature. But this working of opposites is not the peace of the equilibrium state, it is an immense pressure, and all it takes is the tiniest additional force to induce a violent swing of the pendulum and produce a rupture of the entire ecological and social order. (Yes, even climatic and meteorological catastrophes are psychic in their origin.) What was great dries up, and its opposite, that which was humble, thrives. This is a catastrophe for only those humans who have grabbed and are clinging to things of the material world, and who refuse to learn the lesson taught by the obvious play of opposites, that everything in the outer world can never be anything more than a mere fantasy and hope; it is always only one side of the coin. But for those who accept this lesson and stabilize themselves at *Akaj Pacha*, the crisis of polarization comes as a blessing, waking everyone up, proving the falseness of ego and the exaltation of the True Self and the inner silence (*Amuki*).

Like an underground river the *Akaj Pacha* is alive, running constantly, to purify everything of its falseness and turn everything toward the equilibrium of Perfect Peace. All deviations are cancelled by their opposites. Nothing can continue as it has been. All is an endless circle. In reality there is no progress over time. Nevertheless, there is no way the mind can conceive anything except in terms of time. If we conceive this process in terms of epochs in time, there is an “upward” spiral trajectory. Due to living with open eyes, learning to distinguish the real from the perceptual trick, and allowing nature to run its course, one little by little sees the opposites beginning to resolve into one another; in his life they become less and less extreme. Such a person is “clearing his karma.” Finally, “at the apex of the spiral,” there are no swings only tiny vibrations; there are no lapses in the continuity of the pure experience of the *Akaj Pacha*. All that can be experienced is the perfection. This state is “the end of

time,” the end of wandering in darkness. This is the meaning of the teaching in *A Course in Miracles* that “The best usage of time is in the timelessness.” Always there are on the earth a few individuals who have achieved this constancy of Peace, before the death of their bodies. And perhaps there have been entire civilizations which achieved this state – Atalantis, Maya, Anasasi, Tiwanaku, y ancient China.

For a culture to survive for millenia it must have “good karma.” In order to have good karma, the people must live by passive acceptance of whatever nature provides; the Chinchorro may be one example. These people must have lived in a delicate moment-to-moment balance close to the experience of the *Akaj Pacha*, without minds cluttered with a lust for excesses of pleasure and power, without violence. And, they must have taught the wisdom of such a life to their children. Then, eventually, when they deviated from this state of consciousness, nature no longer supported their existence.

Herein lies the explanation of all the political, economic, social, and even astronomical crises throughout human history. The principle of karma, *Akaj Pacha*, is all one needs to know. When the numbers of individuals in a culture who shift their state of mind from passive acceptance to personal gain reaches a majority, the karma of the entire civilization reverses. Then, famine, disease, invasion, enslavement or conquest is inevitable. Whatever happens to a person, to a culture, is *always* karmically due and will naturally occur. The widespread decadance of the pre-Inca people of South America is what attracted the vicious Inca conquest, then as the Inca empire lost its Inner Light it attracted the white invasion. No one can blame anyone else; each one of us attracts our experiences by our own negligence of the inner silence and by refusing to accept whatever life naturally brings. The white invader was doomed from the start, because of instead of patiently living in that state of inner silence among the natives, and working alongside of them setting an example of how to recuperate the inner equilibrium, the whites exploited them in ways that were even more unnatural, forging an artificial society for their own pleasures and egoism.

So now the entire gringo world is crumbling because nearly every single person is infected with this sickness, and we have to be purged. Man has always been shown that nature can't be either defeated or improved upon, and it is not his nature to descend to the level of an animal or to pretend to be a god, or goddess. When we forget that nothing will work except to remain constantly aware and alert to the state of mind of the inner silence that is our original state, we have to be shown. Each individual must choose for himself, alone. It is not to be voted on. If one relies on the consensus, and everyone around him is unconscious, he becomes unconscious too. Every moment, the individual must look inside himself or herself and just allow the dream of the “I” to dissolve like a raindrop into the ocean. What then remains is pure awareness of the Source, the enduring, the only Reality. Any other use of time is blind, stupid futility.

So in the final analysis nothing ever goes wrong; everything that happens is necessary, even the most extreme brutalizations and vulgarizations of fellow humans. “Evil” teaches the truth just as well as “good.” If people are living materialistically and have lost the Perfect Peace but are not yet conscious of the miserable fate their way of life is producing for them, the *Akaj Pacha* becomes a mirror so that those who will open their inner eye of conscience can see clearly and can accept the guidance back to the True Self and the inner silence. Everything that happens in the world, everywhere, is mandated by

the *Akaj Pacha*, not as a punishment, but so that every human on the planet can dwell more and more constantly in the experience of Perfect Peace/inner silence/True Self. There is no power on earth or in heaven which can impede this process.

So the ONLY value and meaning of the outer world is to teach humans that it *has* no value and meaning, and to look within their own being for happiness. (Note to the reader: There is great misunderstanding of this on the part of “positive thinkers.” They think this means that they should ignore the feelings they don’t like, and always find some way to cheer themselves up even in the worse circumstances. This turns the equilibrium into your enemy! So if this practice seems OK to you, there is nothing more that can be said to you, because if you don’t like what is said you will just shut it out, and then there is no possibility of learning anything deep.)

All that we need to do is to be honest. We have to accept both sides of the coin, and as inner vision is thereby purified, an inner gate opens and we no longer need an outer world or even a body. The process of being shown this continues, and deepens, throughout the life of a person. At every moment he is given exactly the amount of correction he needs in order to see, until he finally relents and makes the decision to stop chasing after the world and to remain tranquil, connected with True Self/Perfect Peace constantly. Without this huge step, this actual Reversal and transformation, what you call “I” and “me” is only a body and a personality, and what you call “my life” is only a blanket of lies, deceptions, and games, more and more complicated and confusing, chasing you right up to the moment of death – the moment of no hope of enjoying escape from it. (Once you are dead you cannot experience the joy of escape) “Life,” out of balance, is never stable, requires constant competing, nothing comes without a hopeless fight against the *Akaj Pacha*. We even fight just to keep the body with its ego breathing and moving every day, even though it is the very source of our problems. It is like a person who is sleeping and fighting a monster in his dream. One who fights to keep what he does not want and what is not real anyway is insane, and besides this, he will never win.

And now we can address the reality that there is no time. One who enjoys things that take time, such as sex or drugs, *makes* time. That is, he compels his mind to be locked on to a time line in which he must experience a duration of pain of the same length as his pleasure. Above, we conceived the escape from this as “an upward spiral trajectory.” The time- and space-bound person must slowly grope his way up out of the hole he has made. The epochs of time are reduced, the pendulum swings less and less until it finally arrives at stillness; this is the equilibrium, the Perfect Peace. The person who has forsaken the real Reality and is playing in the dreams of his own mind must wait and wait and wait, as his karma runs its course. He cannot just decide “OK, enough’s enough, I’m ready to go Home.” That is why the concept of the “upward spiral trajectory” is useful. But for the person who has not left the real Reality to play in his own dream of an external world, who has remained constantly, or at least consistently, conscious of who he is, there is no “progress,” “evolution,” “growth,” or “upward.” He is not caught in space and time. So in a sense we can say that the upward spiral trajectory is itself an illusion, and the “person” on it is also an illusion. Only the eternally complete True Self is not an illusion.

Today, in this age, nearly all of humanity is in a crisis of polarization because we have identified ourselves as our illusion of a separate “I.” We have dim consciousnesses and lazy consciences. Because we have taken too much from nature, we have allowed ourselves to “get caught” on the pendulum and

now we must endure an existence permeated with pressures. We have additionally inured ourselves to these pressures, have been accustomed to a horrible, limited existence. We have allowed our cultures to make us believe that we must build and defend pitiful squirming egos. We are sucked into this because we are lazy and scared and have forgotten who we are. It takes a tremendous amount of time and energy to build and defend an illusion; in fact, it is not possible. And yet, if one does not he is declared by the profession of psychology to be “abnormal.” But to build and defend an ego is not natural. It is not human. It is for the financial benefit of the supernational corporate echelon, to turn a sensitive and conscientious god/animal into a robot and a prostitute. This cannot satisfy a real human being ever. There is much more in your true integral being – which is also your oneness with all of nature – than having to react all day to prodding of one sort or another by the lures of the illusion/society. Existence is not real without your integrity, moment to moment. Nevertheless, if a human cannot feel that something is wrong, there is nothing anyone else can do. Nearly all humans alive today know only an incomplete life, an unfulfilled life, a wasted life.

A society based on technology is artificial. It has been built by the brains of those humans the most extremely out of balance toward the masculine, the aggressive. Complicated machinery and circuitry are products of huge egos and their fears and lusts and unscrupulous ambitions. True, these inventions are more efficient if your measure of efficiency is how much money can be made for yourself and for those who already have too much; and, one progresses much faster toward the extreme of insanity and disequilibrium, for himself, his family, and the entire humanity. That is what you “produce,” “contribute to” when you go to work. But in reality it is not any kind of gain for anyone; the *Akaj Pacha* balances all monetary gain against intangibles which sink you deeper into misery, such as the dead feeling of being disconnected from what you are doing, being forced to use tools which only a few engineers in the world can truly understand. Thus the human is reduced to a slave of a specific machine and a specific environment, and to complete his tasks he must accelerate himself to the speed of a machine that he has no real connection with and can't even repair, so he is always in a state of tension, preoccupied because he had better not damage his machine! Once he allows himself to be put in this position, nature can't help him. His own inner guide, his intuition, his quality of being alive, is useless. The natural rhythm of his activity is lost, and is replaced by the droning frequency of the machine, and the grinding away of the other robots and prostitutes, his co-workers. To operate the machine or the computer he must ignore his being and try to think like the robots and prostitutes who engineered it. Everything is in parts, disconnected, fractured, twisted, contaminated by a sick spirit – the environment, the tools, the materials, one's body and its senses, one's mind, one's feelings, one's relations with other human robot/prostitutes on the job, one's very soul. We might as well be oarsmen in the hold of a slave ship, it is no different. Except that the truth is better concealed now.

Since everything is so extremely out of balance, the human must run and run and run, think and think and think, plan and plan and plan, in a state of anxiety all day. We have become accustomed to this, and would not know what to do with a few moments of silence and solitude. We are so far from who we are that we don't even know how to begin to plumb our own depths and feel real feelings. We fear it, we fear our own selves. This is the price we pay for the privilege of surviving one more day in somebody else's artificial world, so that we can go to sleep, wake up, and waste our life energy on the same thing tomorrow. “Life” has become a series of hoppings, from one foolish game to another, and somewhere along the line we are robbed of all our winnings.

By continuing to participate in such a culture a person makes himself insane. For example, the problem of crime in the cities. The young person thinks it is great fun to play with the pleasures offered by a rich culture that stimulates his or her senses. But he or she does not realize that to play in this he will have to forfeit his True, innocent Self. So before he can realize it he has fallen asleep. He is mesmerized by immersion in an artificially accelerated sensory world dense with attractions, and he loses his ability to choose to return to who he was before, and so he becomes neurotically dependent on a peer group. He actually forgets the inner, the peace of the equilibrium state and how fulfilled he already was. But now he has no free will; he is at the mercy of the predatory advertisers. Exactly like the African enticed into the carriage of the slave trader. Once he steps in, he passes a point of no return, the moment in which he is no longer a human with free will, but a robot and a prostitute. But one never feels quite at home in the world of concrete and steel, music and intoxicants and sex. There is always the *real* part of him that tries to pull the stupid part away from all that. His constitution, his base, his root, can never be the physical house in which his body “lives” or the city that lures him; every time he goes out he hates himself more for his weakness, his addiction. He turns this hate outward upon the society, its unfulfilled promises, and the people who “get in my way.” His confusion is total: “his way” is his way back home, and this is found only in silence and solitude; to blame something outside yourself for not getting there is backwards, insane. Everyone longs to feel his life energy dancing constantly with his environment, until all boundaries dissolve. In a natural life, everything is felt living, pulsating. If a tiny moment of tension arises, it is washed away in the natural flow in the next moment without effort, and there is a joy in the interchange. The person receives a response from his natural world, a world that is not much distinct from himself, and then he answers back, subtly, tenderly. It is pure, direct communication, unthought. The experience is one of flowing endlessly. The mind joyfully relaxes and empties. The full Nothingness of the equilibrium is always *right here, right now*.

But in a world made by wealthy, power-hungry human robots, there is no natural dance. The living conscious human must suppress the current of energy that wants to flow naturally in tact with its world. And he must force himself to respond to a dense barrage of unnatural events. So interiorly his system is always in a state of disequilibrium, of vulnerable instability, of mortality. There are constant pressures, especially the pressure to *not* express – or even feel – real sentiments, to *not* feel who he really is. But it is not possible to suppress the truth; eventually, like a volcano, it must burst forth into the light of day. Violence and sex for tension release are *not* natural! But in those persons who have let themselves be enslaved too long by the corporate predators and the intoxicants they offer, persons who can barely remember the voice of the humanness deep inside themselves, these poisons which have been possessing them and controlling their every move in the game of the artificial society have to be bled from the being. Whom do we blame? Not the corporate predators. One who is true to himself does not play the prostitute for them. So do we blame the prostitute/robot, that is, the vast majority? No, this would be like blaming a blind man for his lack of sight. But perhaps the blind man can see with a deeper eye how he has done it all to himself. Perhaps under pressure he will remember that he is in some way responsible for his own blindness.

And here we have the key to the solution of the problem: only the individual human can know how he may have caused his own situation and begin to explore inwardly to find the way to “uncause” it. I

cannot blame anyone else for anything in *my* own experience. We each attract our own experience, in accordance with how far we have deviated from truth. **One always has the choice: be real or lie.** If in any moment I return to the *Akaj Pacha* within myself, my world *has to* conform. Each moment offers two possibilities which are diametrical opposites. Thus each moment is a crisis – a crisis of conscience. Making the choice for truth, to be real, is the only way out, and no one else can make this choice for you. Then the equilibrium is automatic, and only when it becomes automatic will I remember real original happiness and dwell in it. There is no advice which can help; one must test: *one must try living an impeccably honest life.* There is no other way to escape ignorance. Moreover, it is no use fretting about anybody else's conduct or his world; his world is his illusion, which is only a reflection of my illusion. But only he can know how he *sees* his illusion, only I can know how I see mine. If I just do my inner work and return to who I really am, I am free of my illusions – and free of those of everyone else in my illusion also. This is the only solution.

When one is choosing the false world, he must be ignorant of the serious damaging effect of his choice, or he would never make it. There is an unconscious process of sinking deeper and deeper into hard and cold illusion. This process must be reversed. We learn from childhood to harden ourselves. We suppress our awareness of the depression and desolation we feel due to the loss of the True Self, which happens when we cave in to the pressures to build an ego to adapt to the unnatural. And in order to do this we suppress our original conscience, our only trustworthy source of guidance. So now we can't distinguish the real from the false! This is an immense loss. We advance laboriously through our tasks of the day with our minds filling up with unnatural, dead stuff. We could have refused to do this, we could have chosen to keep our minds pure and clear and empty. A pure and clear and empty mind is the source of the power to attract circumstances in which it is easy to keep our mind pure, clear, empty. By doing no more than living an honest life we clarify our karma; then we needn't worry about anything, we needn't do anything, just trust our good karma to control everything. When we give up this power of the silent mind and just zombie through our day we are *using our minds in the service of some false god*. That is when we are pushing the pendulum and we attract false, unnatural, difficult circumstances.

We have become murderers of our own nature, of the very thing that makes us human: our tender and delicate and finely-tuned consciences. We can no longer feel in our whole being when something is out of equilibrium. There is nothing within to tell us if an action we are doing is throwing us further from the real or drawing us closer. We have to rely on something outside ourselves. But this superimposed social or religious or political "conscience" is robotic and prostitutorial, and can only further sever us from the True Self. Pressure builds up in one's being during each day in which he keeps trying to make the false work. The tiny but persistent voice of True Self within can seem to be a devil when we are very far from equilibrium, a force supernaturally destructive. This foreign element *does* attack – it attacks your false reality, and never ceases in trying to pull you back into *real* reality. So, usually at night when our ego defenses are weakest, *we must* find a way to silence the consequences of the huge quantity of stuff that has contaminated our minds that day. The more one has dedicated his mind during his day to the chaos of information and stimulation from the man-made world, the deeper he has sunk into illusion – and delusion – and the more recovery the small voice will require before he can find a few sane, quiet moments. Because of the overwhelming density of stimulation in modern society, many people nowadays, perhaps most, need an artificially amplified, strong, violent

counter at night to what they have endured that day. This can restore for a few poor moments the experience of equilibrium, but it doesn't last. All that it is doing is temporarily paralyzing a few memories.

So we use our relationships with others, our sexuality, strong food and drink, bitter conversation and jokes about people and things that we hold accountable as our obstacles to an easy life, boasts about our work, etc. as vehicles for release, but we thereby pervert everything in our lives, everything that could reconnect us with reality. We may feel a little relief through this unnatural use of these natural things, but it is only a temporary diversion. It is destructive, and it throws us back down into our same old black hole. And in the process we are wasting valuable time that could be spent in silence and solitude unraveling the knot that was our day, seeing things with a clear eye, admitting our stupidity, reconstructing the continuity of our moments of inner silence. Since we do not experience anything more from life, we believe that we cannot hope for anything more than this dead bipolarity, that it is *the only* life, the only way to use time. And, we are incapable of seeing that regardless of how violent or strong the stimulation that gives a few moments of release may be, *it is never enough!* Our longing for peace drives us even more to rush through the tasks before us, and so we never enjoy the profound joy, our connection with eternity, in that moment.

So an entire night of indulging in "release of tension" is never enough to offset one day of twisting the being to try to force it to conform to the demands of the artificial world. And, tomorrow we go out and put ourselves at the mercy of the same world and we do the same things and add another load of the same problems on top of the ones we couldn't escape yesterday! Pressures accumulate over one's whole life, and inner silence and the True Self are buried. This is a serious mental illness. Perhaps the psychologists and psychiatrists declare that since everyone is like this it is "normal." This is also a serious mental illness! Then, when someone talks of inner silence or perfect peace or equilibrium or True Self we say *he* is the crazy one. We can't relate to it, it is too far from "the realities of life" -- the shit we have put on our plates every morning.

Why not recognize that I am off balance interiorly, let go of the outer world, and seek the *Akaj Pacha* within? Only those who take this step can escape the trap of a life of insanity. Those who continue chasing the things of the outer world lose their inner consciousness of right and wrong and no longer live lives of value. The psychologists and psychiatrists who are part of the corporate and political greed and counsel us that it is "normal" to "adapt," to keep producing and keep consuming, and to keep following the crowd, are right in there with the other psychopaths, grooming our belief that the artificial world is real.

Our option: Reversal. What do you have to lose? Why not admit that you have made yourself crazy chasing somebody else's rainbow, *fully feel what you really feel about your "life,"* find a few moments of equilibrium as a new frame of reference to compare your usual state to, follow the superior quality of these few moments, linger in the joy and peace of a tension-free mind, and reject the artificial world of money and status? Only those who have the inner integrity and courage to take this step can escape the trap of a false, meaningless life. Those who continue to pursue the things of the sensory world lose, every day, a little more of their humanity, are a little less able to distinguish the real from the false, and forsake their opportunity to live a life of value. Their "bad karma" guarantees that there will be no escape from a miserable future.

How about the crisis of polarization that humanity is said to be now facing? Each person makes his own future. Those who continue to indulge in every available and condoned pleasure as if they can avoid the miserable opposite are on a fatal trajectory. "The wages of sin is death" means death of awareness of Perfect Peace/the equilibrium state, it does not refer to bodily death. The power-hungry and the pleasure-obsessed hope that bodily death comes before any "judgment day." But this is not the case. The poles *are* already reversing, worldwide, for all those who have competed and have fought their way to the top, or have allowed others to suffer while they enjoyed. For all these people polarized at the masculine, aggressive extreme, who have refused to accept what comes naturally, who have prostituted themselves to the world, the crisis of polarization is happening in their experience. It will be cruel and it will be devastating. But this crisis will not devastate the entire humanity; there are those few everywhere who have lived faithful to the equilibrium, who have refused to turn away from their inner Light for the sake of artificially intensified pleasures and ego-satisfactions. For these few, the Light of their joy will not be extinguished; any outer shift of poles will bring blessings to them, as Fate weaves its mysterious patterns.

In today's world skewed toward the aggressive, toward *Mallku*, everyone grabbing whatever he can whenever he can, the most serious perversion is in the women. They too have become out-of-balance toward the aggressive, have imitated the men, in their ideas, their greed, their actions, their ambitions. Even their so-called "feminist movement" is essentially masculine in character. The majority of women have lost their appreciation for the value of true femininity. In their loss of equilibrium as a woman they have lost their perspective, lost their ability to stabilize as the beautifully feminine creature they naturally are, and to preserve their virtue in the face of the machismo disequilibrium of the men in their lives. Thus, the tension they feel is immense. This in itself is degenerating all humans who seek a deep intimate relationship with one person, and/or a family. That which a woman alone can offer, from the depths of her being, is not happening, and all suffer from this unnatural state of affairs: men, women, and children.

Can you see why a young child needs to be exposed to a balance between the masculine and the feminine? Study what the balance point really is. Then you may see how far both fathers and mothers in a high tech world are functioning way out of balance toward the masculine. Can you think of a nation or civilization in today's world which is out of balance toward the feminine, toward *T'alla*? A matriarchal society may be feminist but it is not a feminine society, it is one in which the women are more masculine and assertive than the men. A feminine society would be one in which everything is fluid, all is accepted, tenderness and delicacy would be treasured, less violent ways of resolving differences would be tirelessly explored. These qualities are not weaknesses, they are the natural strengths of a woman. Perhaps a society out of balance toward the feminine would not persist in any rigid form, would have no army and no constitution, but would have many diligent workers, and would care for and nurture everyone. So perhaps many cultures in ancient times passed in and out of a feminine tendency, in an unstable equilibrium with phases of leaning toward the masculine. This would certainly be more sane than what we have today. The woman needs time to deepen in her feminine awareness, to gain the strength to show men how to feel their own feminine in a natural way – inwardly – rather than through homosexual relationships. Possibly a few of the smaller third world countries which are relatively deprived of wealth are tending toward the feminine, or are actually for a

time stabilized at the balance point. The people of such a civilization, both men and women, would be characterized by silence, clear and empty minds, the joy of Perfect Peace, cooperation, and virtues such as prudence, kindness, and fidelity. Such a society can never be planned or engineered, because its basis is the individual: each person, in silence and solitude first finds his own path to *Akaj Pacha*, and then this *naturally* guides all of his doings in the society, with no effort and no plan.

As soon as you plan, or organize, you kill this. So nearly all humans alive today, waging their war against nature as they try to adapt to the unnatural, cannot find their inner balance. There is no person or society which can be naturally balanced, at peace, and at the same time develop new technology and enjoy the pleasures of the sensory world. The latter is extremely masculine. Each of us must give up one or the other, and it is obvious which one we have to give up: we can never win the war against our own nature and its balance. All governments, reforms, critics pro and con, liberal and conservative, try to deny this most obvious thing. In effect, they all advocate the same thing, just in different colors. Each of us must forget *all* the rhetoric, relinquish egoistic polemics, and go much deeper than ego into our being and accept what is: the equilibrium and peace natural to us means 50-50. A unit of pleasure nets a unit of pain. The struggle for pleasure or ego-gratification is insane and impossible. So retreat, relax, disconnect from the delusion which is the outer world. This is the principal lesson taught in *A Course in Miracles*: "There is no world." Sooner or later, everyone must learn to slow down and find the Inner Light. The only Reality.

The sooner that a person or nation abandons egoism, stops fighting, and finds the inner silence of the *Akaj Pacha*, the better for us all. If one refuses to humble himself, a worse humiliation will be imposed; this will be necessary for the restoration of the natural equilibrium. If a person or nation is very aggressive and out of balance, this humiliation is as destructive and cruel as they have been to others. That restores the balance.

Both as a nation and as individuals, the people of the United States have lived very out of balance lives, taking pleasure and power, using nature's resources, in ways which caused suffering and death to many other humans worldwide. Therefore, this country is about to pass through a period of severe purification and equilibration. This is seen as inevitable to anyone with eyes. The people of this country have not had a cosmivision to guide them, as have the people of the Andes in South America, for example. The white man has basically desecrated and suppressed the cosmivision of the native North Americans, which could have helped all to deepen, to balance, and to avoid what is about to come.

It is difficult for many peoples of the world to understand the whites, devoid of a deep spiritual foundation; they see the white man as a devil, they can't believe that any people can be so stupid that they can't see that everything is a circle. They watch the people of the U.S. press forward in straight lines, persisting in pushing for what they think will satisfy them. In the minds of many citizens and leaders of the U.S., the only solution to every problem is more force, more money, more violence – all the way straight ahead to another war. This is a defect in each citizen due to his lack of personal cosmivision and awareness of his own deep root, which connects him to *all* humans: he does not know how nature, the *Akaj Pacha*, brings everything to fulfillment, and at exactly the right time. So he doesn't wait. Instead, he formulates a plan of action. He acts quickly, decisively, on the basis of ideas and

information not inspired by cosmovision, but programmed into the media by the corporate predator who believe that these lies will manipulate the people into doing things which will lead to ultimate satisfaction of his animal cravings. Any person who cannot feel within himself an unrelenting anguish whenever he participates in a society upheld by depriving or harming or killing outsiders is not alive inside. That is, he is functioning as only a half human, unaware of his real beauty and real value. He is not vibrating. He is cold. He has no inner guide, no conscience, and so keeps tripping over the same blocks on the same path. He or she may have all the symbols of the good life – including a sparkling personality – but he or she is dead inside. So gringos are constantly stumbling upon weird karmic problems which they do not have the equipment to resolve; they just forge ahead, continuing to fight their futile fight.

Perhaps it is fair to lump in the same category all people of all nations which are currently enjoying ascendancy over others due to violence. To varying degrees, their karma is “bad.” But perhaps there is at the present time no people which has done more unexpiated harm than those who take shelter as citizens of the United States. Some of them may still be able to convince themselves that they owe nothing to anyone, but most are currently being forced to admit that the outer life – that is, their material world – is slowly disintegrating. Many are in a state of paralysis; for about three generations their government and military could handle anything, insulating the people from having to endure day to day what those billions in other poorer countries do have to endure. And, up until now, the insensitive, arrogant, self-indulgent habits of the majority of people in the U.S. have kept them all distracted from reflection, and the press has not provided an accurate “reality check.” So the atonement process that is now beginning is certain to include some violence within the country. People are perplexed, unable to admit that their nation is rapidly losing power, influence, and friends. It is no longer the same nation. It might be called a Communist country now, and this is fitting, karmically, considering its past witchhunts.

What does a person do when he finds that he can no longer live in the manner which is the only manner that he knows? And where does he get the energy to support institutions that are failing, especially when the effort to outrun the painful consequences of this support is itself failing? The people of the U.S. are tired, depressed, angry, lost in confusion. Each person needs, individually, the Andean wisdom and insight. There is no government or political party, no social movement or economic reform which can prevent the Reversal toward an equilibrium worldwide. The fault lies totally with the individual. When a person refuses to back off from self-indulgence and achieve his own inner Reversal through honest self-exploration and purification, he is a gravedigger. He may think he is mining gold, but he is burying his real life, his inner life. There is a severe split in the Self, and every moment that the person refuses to acknowledge and reverse it worsens it, and worsens his karma. So “Americans” (what an arrogant term!) have left themselves stranded, in a strange and hostile place far from Home; they have exhausted themselves worshipping their bodies, their egos, their superheroes and their country – their false gods – and have no energy left for the deeper things in their being. Every human does have the True Self and its wisdom and integrity equally; the True Self is everything and everywhere. Nevertheless, the people of the U.S. have forgotten it, have cut themselves off from it, preferring to believe what they read in the newspapers, and so they have also forgotten how to revive who they really are.

Like the Andean cosmovision, the ancient Chinese cosmovision contains all that one needs. They are one and the same. In Oriental terms, the society of the U.S. has accumulated much “bad karma,” beginning with its incarceration of the natives (“reservations”) and its enslavement of the Africans. This is a debt to the whole of humanity. It generated an extreme disequilibrium, a yang, energetic, forceful movement against nature. Ancient China (not modern China) had all the wisdom that the Andeans have had. The words and the icons differ but the intuitions are the same. These two cosmovisions verify one another. Today, while the U.S. is declining, South America and China are beginning to prosper. However, the people of each will, and soon, have to make a big decision: to imitate the model of the U.S. or to make the turn inward and forsake the pursuit of mundane power. If the people of China and the developing South American countries decide to adopt the direction of materialism and lack of conscience, as have the people of the U.S., these countries will be on the same trajectory as the U.S. and will suffer the same fate.

This can be seen from the point of view of the Taoist/Aymara teachings of Jesus:

“He who exalts himself shall be humbled, and he who humbles himself shall be exalted.”

and

“Blessed are the poor in spirit: for theirs is the kingdom of heaven. Blessed are the meek: for they shall possess the land. Blessed are they that mourn: for they shall be comforted. Blessed are they that hunger and thirst after justice: for they shall have their fill. Blessed are the merciful: for they shall obtain mercy. Blessed are the clean of heart: for they shall see God. Blessed are the peacemakers: for they shall be called children of God. Blessed are they that suffer persecution for justice' sake: for theirs is the kingdom of heaven. Blessed are ye when they shall revile you, and persecute you, and speak all that is evil against you, untruly, for my sake: Be glad and rejoice...”

(Matthew 8)

and:

“But woe to you that are rich: for you have your consolation. Woe to you that are filled: for you shall hunger. Woe to you that now laugh: for you shall mourn and weep. Woe to you when men shall bless you...”

(Luke 6)

If the Chilean people treat their prosperity with the same arrogant, unconscious gluttony as have the people of the U.S., abandoning the state of humble acceptance and forgetting the Andean wisdom that everything is circular, they will speed to their destruction. Their grandchildren will suffer due to the ignorance and egoism and greed of the parents.

Thus an understanding, an *innerstanding*, of the Andean or Chinese cosmovision – or better still both – is urgently needed at this moment in history. Their antiquity, their enduring quality, indicates that the ancient Chinese and Tiwanaku people must have lived according to true and profound principles discovered *individually*, in solitude and silence; that is, cosmovision. Can we conclude that these two

cultures were stabilized at the equilibrium, the *Akaj Pacha*? It is possible. And if so, it is within the reach of any human. Today, this moment, each one of us can choose to take the turn inward. Individually, without any “support system,” one can open his or her inner eye and accept what is seen as he soberly reflects on his conduct in the light of these teachings. This is the way one breaks the momentum and prevents even further disequilibrium, beginning a movement within himself toward the perfect peace of the balance point. And when this happens, it will bless his world. Where else but from within can the equilibrium originate? Then, with this seed sown, and only then, will peace be possible in the outer world. The outer is not real, it is only a reflection of the inner.

Probably the people of every great empire in history never could imagine that their nation could be superceded and their way of life be replaced. And yet all have been. Today, the U.S. is demonstrating all the same symptoms, but very few people seem to be breaking away from the pack and making their own personal inner reversal. Perhaps it is too late for the U.S. But perhaps it is not too late for the countries of South America. Each South American can take time in his day to find the state of inner silence and restore the *Akaj Pacha*, the equilibrium, in his being, in his life. Through solitary passive reflection – independent of the encouragement or discouragement of any group or person – one stabilizes in the intuition that pleasures, material things, triumphs are very, very temporary – and futile. One sees that all disappear into their opposites, and that to live in the deep and constant joy of the *Akaj Pacha* is the only sane alternative. Every South American has the opportunity *each moment* to remove his mask, stop being a robot and live a real life. And leaders can learn how to meditate, to experience self-curative mystical moments of pure silence. The ideas and feelings of a person are changed by meditation. Before meditation, one’s mind works according to what he has been taught by his society. His “world” seems outside of him, his “life” is just things and events. He has put himself in the position of victim, programmed like a senseless robot – or a prostitute. He cannot “think outside the box” to depart from the ordinary consciousness and experience a state more real. But when one’s mind stops and silence is experienced, a new seed is planted. As is said on the first page of the *Tao Te Ching*, by wandering in darkness, all the way into the darkness within the darkness, one finds the only way out of the darkness.

If human beings of different cultures continue trying to resolve their differences without returning to the inner silence as a prerequisite, no progress will ever be made. The thinking mind must be transcended, practically forsaken. An excellent example of a great misunderstanding due to the different ways of thinking of two cultures is the treaties between the natives of North America and the white invaders. Their different concepts of time and of the future is part of the problem. The chief of a native tribe signs the paper because his state of mind is in accord with the spirit in which the paper was drafted; it reflects the cosmivision which this wise elder has been trying to teach his people. His signing is an act of humility. He himself values living in the state of mind of peace, compassion and cooperation, and he sees this same spirit in the white man *at the time when they draft the treaty*. However, if in the future he meets a white man who is not in this state of mind, it does not matter that in the past the chief has signed the paper; the white man has already broken the treaty. To the native, the treaty is inner, of the heart, of the deep link among all humans as symbolized by the mixing of blood, and if the white man’s heart has changed, there is no longer a treaty. In contrast, to the captain of the army of the white man the treaty is the piece of paper. When he obtains the signature of the native chief on the paper, in his mind it is an obligation on the part of the native for all future time. If

the whites figure out a way to gain an advantage without actually violating the specific terms of the treaty as set down on paper, the white man does not consider this a breaking the treaty. Moreover, why must the natives, whose fragile balanced existence close to nature is being threatened, honor an accord which has been forced upon them by an army from a foreign place – an army which is much bigger, better armed, better provisioned? (The very concept of “negotiating a treaty” between two enemies of unequal power is ridiculous.)

So how can the peoples of these two so different cultures ever understand one another? This is possible only if *both* can reach deep within themselves and connect with the universal in all of humanity: the inner silence and the True Self. And this cannot be accomplished overnight; it requires a longstanding, constant practice of living an honest life and attuning oneself to how truth *feels*. This opens the mind and heart of a man so that he can see and feel deep into his whole being. It is a complete reversal of his use of time and energy; it is to live for the deeper cultivation of the inner life and to turn away from the objective material world. The part of the psyche in which resides the eternal root, the sacred, the transcendent in a human being is not accessible through the intellect, as in conferences and negotiations, nor by determination, guts, will power, as on the battlefield. The person must dedicate his entire being, his integrity, to the inner work. Then, after he has allowed the transformation to take place within himself, he is prepared to enter the meetings, and to meet others at this same level.

But the current state of affairs is more than a few heartbeats away from this possibility. We think in terms of divisions, of distinct identities – of separate egos and separate nations and the preservation of their resources and their positions in the world. When the representatives of various countries meet, each one brings with him a heavy cargo: the point of view of his country. This is a product of the consensual value system and the plan for the future of the society that he represents. Then, the greater part of the meetings is an effort to clarify these various positions to one another. This mentality, and this process, block in each person the unitary vision that would allow him to see all points of view as of *equal* value, as of reflecting exactly the same fears. The equilibrium, the balanced vision, within a person which is contact with the inner Light, and which allows him to see all points of view resolved into one, is not possible, and everyone is thrown into confusion, and back into his fearful state. A battle, with bitter polarized feelings, is the inevitable result, and everyone goes away believing that this is all we can ever expect from human beings.

We must go deeper than this. And the only way is for each representative to do a lot of solitary inner work honestly and courageously identifying and resolving all of his own fears and other emotions. In the process of touching his own core he will understand that all people everywhere feel exactly the same things he does. But when these powerful feelings are kept unconscious and the person is thus split, he cannot progress, cannot grow, no matter what happens in the negotiations. Unconscious fear makes a person into a rigid ego, and his “reality” into the hard, cold, mechanical material world. Fear of their loss is the motive for defending a point of view as if it were a fortress. This fear does not exist for one in contact with the True Self.

Only when one can digest, accept, absorb and afterwards resolve, within himself, all points of view into their common denominator, fully experiencing everyman’s fear, can he truly “relate to” another human. He has shifted, propelled, to the spiritual level of being where the discrimination is refined

and he can clearly sense the difference between the state of equilibrium/perfect peace and the state of disequilibrium: truth and the lie. He also sees that there is no excuse for not living by this vision; no line of reasoning or justification for clinging one-sidedly to a particular point of view is strong enough. One must, by himself, reestablish the equilibrium within himself. Ironically, it takes much more tension to maintain a disequilibrium than to naturally relax into equilibrium. Our fearful struggle and longing to attain our fixed idea of what we want blocks in the being the free flow of energy which naturally redistributes it equally in the being and provides the conscious experience of release into the vast collective consciousness. In other words, our struggle to get what we want blocks us from getting what we want! It is a great moment in a person's life when he realizes this. And until he does, he remains mentally ill, mentally split from who he really is, mentally split from the joy of universal consciousness. He has degenerated into a stagnant, incomplete human.

Regular meditation slowly dissolves the walls within and opens all parts of the psyche so that they communicate with one another. In our youth, the psyche was unitary; its nature is everything flowing at once. As adults, we are full of fears, we do not let things just flow. So when all parts of the psyche first begin to enter consciousness the feeling is intense – both joyful and fearful. If we take our capacity for compassion as an example, and try to intuit what it would feel like to feel the pain of all humans, we see the problem. Over many years we have repressed and repressed – events, their memories, physical pain, and overwhelming feelings of commiseration. Repression is our habit. We keep limiting more and more the kinds of feelings we can exhibit, the kinds of compassion we can tolerate, until we are numb to most of the suffering of most people. In the extreme one feels “corazón” only for his or her own immediate family, and even then one cannot really feel many things that brothers must endure. And the psychopath can't even naturally and passively feel any of it, and must pretend compassion. So to get along in society the psychopath learns to cry “on command,” at all the “appropriate” times. Imagine the shock to such a personality if all the pain of humanity were to suddenly break through his or her defenses and into consciousness. Such a personality could not survive it. But one who has kept alive his or her capacity to feel pain, loss, depression – both his own and that of others – has much less ego. We can say that he has already died many times. He does have the capacity for true compassion, to feel for even those in extreme situations of deprivation, humiliation, brutality.

One cannot reach to the profound in himself without passing through the stage of this kind of compassion, because oneness with all of human experience IS our nature, our True Self, our equilibrated state. Anyone who tries to avoid this pain stage, such as by causing harm to another in order to guarantee his own safety and comfort, is thereby splitting himself from himself inwardly. And the “wages” of this kind of cowardice is psychic death – the incapacity to feel anything deep. Those who live in, those who support, and especially those who fight for a society which has hoarded in any form will have difficult futures. If they are involved in controlling the direction of another society, it may seem to be a benefit to that society, but karmically, according to the law of equilibrium, it will cause only harm. Therefore the “powerful” governments of the world must take a back seat, and allow the equilibrium to work. This would resolve many problems, not the least of which is the prevention of armed conflicts. Those capable of meditation – those who have already opened themselves to global human suffering and have refused to deny their responsibility to feel it and to not contribute to it – have the better karma. Their participation in meetings would generate more openness, more

commiseration, more healing unto the Oneness of all. Simply throwing money or food or medical care or education at a country is not the solution. Again, the healing power is from within. The healing power is the suffering in silence and solitude.

There is no part of the psyche, the spirit, which cannot be opened through regular, deep meditation. Therefore, there is no problem anywhere on the earth which cannot be resolved. But, since we are all connected to one another, each human must decide to give in a little. We must relinquish our *ideas and ideals* about how to change the world, we must stop trying to superimpose them upon the timetable of nature itself. Do you feel your fear well up at this suggestion? Well, this is the same fear that is now blocking everything, that is the basis of all hate and all conflicts. This fear *can* be faced within you, you *can* begin to allow more of the pain of mankind to be felt as your own, you *can* accept feelings of guilt and shame. And if this fear and this pain and this guilt can be faced, daily, little by little, by you, your world will change to reflect this inner peace and inner beauty. If you cannot let the fear arise when you are sitting alone, take a smaller first step: study the cosmovisions of the Andeans and the ancient Chinese. Relax your mind and allow intuition and insight to flow. Visit sacred places such as Machu Pichhu Peru, or Tiruvannamali India, or a Buddhist temple in Tibet, or any place where humble people live and work. Find a place in a desert where there are no tracks of vehicles or people. Be diligent, be open, and you will slowly begin to understand. You will have your own cosmovision. This will give you the courage to feel the pain of others, because you will experience the blessings that come from suffering with others.

Step two will be to live a simple, humble, and sincere life. One need not actively change his circumstances to do this, one need only to be impeccably honest. If you are in the wrong place, if honesty will not work in the world you have got yourself into, you and your honesty will be rejected by it. You need not do anything! This teaching is expressed by the Aymara in their ideal of humble service to Pachamama through farming. Allowing yourself to be controlled by the timetable of natural events is the best way to learn that there is a much more powerful source of safety and of joy than your own plans. Outwardly many changes will spontaneously occur as you purify yourself: you will cease to attract the contaminated, and the pure will gravitate toward you. When you see this happening, when you recognize true cause-and-effect, you will find a great surge of trust in the inner, and you will not need to think or talk or act as you did before. Feeling will predominate, compassion and conscience will become sensitively tuned. You are becoming human again.

And the third step will be to shift from the position of learner to the position of teacher and guide. But the true teacher does not teach. He just IS. He has no urge to influence others, and takes no action with that in mind. He remains meditative, constantly alert, and aware of the heaven within. He has no idea of a future, but is simply put somewhere; those who are ready to learn feel him as a presence.

When any person knows himself deeply, he will love himself – *The Self* – in a more fulfilling way. Then it is not possible to hate or to harm another, or even to fear. These are the people who are fit to be representatives of groups or nations in conflict – or as arbiters. But their value will not be in their diplomacy, or in their skill as negotiators, but in their presence. By passing through all the steps, by living humble and honest lives, the space their body fills has a different character than does the space filled by other human bodies. Those who have meditated can feel it, and even those who have not

meditated are unconsciously affected.

The day will come – as it has many times in the past – when the people will select their representative on the basis of this sense of presence, and of the humility and sincerity with which he has lived. Now, what we do is primitive and brutal, choosing someone good-looking, shrewd, and probably a crook, on the basis of how savvy he is economically and politically, and how ready he is to go to war. Any person who has not had the courage and integrity to undergo his own process of purification until all stain of prejudice and self-interest is cleared away is not fit to represent anyone. To feel whole one's primary aim must be constant profundization, new insights and deeper ability to not fight the daily pains of life in a body. The logical mind cannot see how such persons as representatives of political entities can ever resolve the complex problems of the world, but it is only with such persons that life cooperates.

Any agreement reached in meetings of such humans who have lived meditatively and are meditating together will be a great step – a miracle – for humanity. It will be a collective experience of the *Akaj Pacha*, a state of being far beyond what any individual ego can know, especially those who have political ambitions. To be a political figure in today's world is a heavy load to carry: a head full of information, opinions, agendas, mandates, timetables, false images of who one is and what his nation is, grudges, allies to placate, preoccupation with money and possessions, sexual urges perverted by an artificial man-made society, an ego with insatiable needs – and a heart filled with fear. The aura of such a person is bound to attract disaster after disaster, as long as the person – and the people of his nation – remain unpurified. His only “reality” is the contaminated contents of his mind; the essential, the pure and clear mind at rest is impossible. The awareness of who one really is is then impossible.

In all cultures, those considered “matriarchical” as well as those considered “patriarchical,” women always hold the power. They control everything in the outer world because they control the hormones of the men. (That is, of all men who do not live in the perfect peace.) And the hormones of the men determine their thoughts, fantasies, desires, emotions and impulses for sex and violence and to be a war hero. The man who believes that he has control, even over his own will, lacks insight. This can be demonstrated in many ways. The trite saying “You are what you eat” is relevant here, because many foods and beverages powerfully stimulate or suppress hormone levels. You may feel like you really want to do a certain thing today, maybe idea after idea is occurring to you and you have a lot of energy for this thing, but think back to the ingredients in what you ate and drank for breakfast, and what you often eat that may have built up a chemical tolerance in your body, and produced a habitual overstimulated pattern of thinking or behavior. And who is feeding you? With whom do you eat? What do you like to eat together? This is only one example. Perhaps “free will” does not pertain to our thoughts, feelings or actions as much as we would like to believe. Perhaps what we “want” is not due to free choice, but all comes from our chemistry at the moment.

Every human wants to believe that he or she has control of his or her life, but this is an illusion. Whoever controls the hormones of a man controls the man. Even if a man sees that he is being controlled and tries to rebel against it, she is the source of his rebellion, and controls how it is resolved. In this sense, it is the women who have the responsibility for all conflicts and wars in history. Of course, women want their country and their neighborhood to be safe for themselves and their children; so they want their men to be aggressive toward any threat, and they encourage men to demonstrate

their preparedness to fight. Some women will reject a man simply because he does not measure up in this test. But also it is necessary to carefully “tune” a man; she wants him to be passive and gentle toward her and those she cares about. Through sex, affection, feeding the man’s ego, and controlling his diet and cycles of rest and activity and social contact as her primary tools, the woman can raise and lower the hormone levels of a man moment to moment. If she can maintain a close emotional bond with a man, she need only show her own fear and the body of the man will respond in preparation to defend her. Once again, the only man whose “will” is not controlled in this way is the one who is beyond his body, and such a man is probably not in a relationship with a woman.

There is no man who wants to believe that a woman in his life has this kind of control over him, or that she would want to use it. And there is no woman who would admit to the man she loves that she uses such a power consciously. We must carry this one step further: in reality, the woman is not in control either, *her own hormones are in control of her too*. What she believes to be her “free will” is just her hormone cycles, and attitudes and actions that she disavows responsibility for are still originating from within her body. And where does *this* come from?: She has not done her inner work and found the True Self beyond the body; she has not stabilized at the equilibrium of perfect peace. Like the man, her *only* freedom is the freedom to choose to do this; and if she does not exercise this choice she is doomed to a life of hormone-controlled ego and body games. So once any human chooses to turn his or her back on the clear mind experience of perfect peace, that person is trapped. Body chemistry control everything.

We can escape this closed system and end the cycle of wars and conflicts in only one way: end the conflict within *myself*. This may need to begin, as a part of the three steps outlined above, by men and women who are in relationships meditating together and facing the power of their hormones, admitting honestly everything that they can introspect about how and why they do what they do with and to one another. There is a separate layer of lies and deceptions that has to do with the male vs female hormone situation. To cut through this layer I must re-examine the real nature of my relationships. I must remove my mask and start an honest dialog with my partner -- about *everything*. Male ego vs. female ego is the core of the problem, and ego identities are born at puberty; so egos are all basically hormone-driven. Before the hormones are produced in large amounts, the young male and female child is more or less still at equilibrium, happy. The child does not strongly identify himself as either masculine or feminine. Then the out-of-balance, extremely macho or extremely hembra adults begin to program the child, making him or her feel abnormal if he does not adopt “sex-appropriate” behaviors, however they are defined at that particular time in that particular culture. This pressure stimulates early production of hormones, which induces the child to actually *feel* either aggressive or passive. This development of a “one-sided” identity also involves the suppression of its opposite, so that now the adolescent is aware that he is out of balance. He feels a need to solidify an ego identity; one does this by “taking sides” against one part of himself. Basically, what he or she is doing is caving in to the constant pressure to take a position, which we call “developing a self-image.” This is essentially an aggressive attitude and further stimulates *male* hormones in *both* boys and girls. The ego becomes solid, rigid, heavily defended, *whether it is “manly” or “womanly.” The person thereby carves out a niche in the society, a specific personality and contribution that is supported and rewarded by the men and women of that society.*

Perhaps the reader can see now how humans become so estranged from the equilibrium/perfect peace/True Self. We reach the point where our egos must be constantly asserting, defending themselves, protesting that they are who they appear to be; we can't tolerate our own silence because that would expose who we really are! Our minds are so preoccupied that we can't hear the subtle voice for truth. A superficial look at a strong ego seems to indicate that this is a stable, balanced, "together" person. But spend more time with the person and you will see his or her severe inner struggle. A strong ego never stabilizes at the point of inner peace; his life is all ego-assertion and then paying the price for it. Those with the biggest egos always suffer the biggest defeats and live on the most dizzying roller coaster. This is because the person is not natural, he or she is artificial. Normal hormones produce a person who lives close to equilibrium, but as soon as he or she decides that it is more important to be successful in an out-of-balance society, the hormones balance is likewise upset, and this is what drives the process of deviance, further and further from True Self, until a selfish, perverse ego is solidified as a substitute. So sex and violence are a deep problem. It goes right to the core of what a person believes "I" or "me" is. Therefore, the solution requires that the person retrace the entire process to rediscover who he or she really is – *free of gender identity!* The belief that I am my ego and its personalities must be left behind.

When one begins to work directly with the hormones – in a way other than by discharging them through a sex act – one's "cosmic egg" breaks and a whole universe of truths begins to unfold. Tremendous amounts of energy are required to hold together an ego identity, and when one lets go of it the hormones cease to limit him or her. Simply to teach women to suppress their hormones, or to convince men that it is normal to shift the control of their hormones from a woman to himself is not a solution. These and other strategies to try to escape the pressure have been tried and tried for millenia and the world is still full of sexual perversion and wars. How many couples have sex in order to exhaust the energy of anger? But catharsis is a temporary relief only; it seems like a cure, but always produces worse problems later.

The ego must soften, must accept humiliation, must live an honest life, must stop ingesting stimulating foods and drinks and pills, and wait for the effects. One must admit that he has lived wrongly, that he has lost his balance, and he must fully feel the desolation and depression of seeing this. Then the final step: the Reversal. The decision to invest energy and time in the inner silence and to withdraw it from all mundane desires. *This is the cure. This is the real solution.* And if comes the day when all women of the world complete this step, the world will be at peace. Men will have no reason to fight. They would have nothing to gain by asserting their macho egos. Their only recourse would be to join the women in meditation. Men cannot solve the problem of world wars and sexual violations if the women in their lives do not achieve the Reversal. This puts the man in a vast space of Nowhere, and he sees that the whole problem was that he *was in fact* at the mercy of the hormones of the woman, and now, once he admits this to himself, he must begin his own individual search within, to find himself. As they deepen in meditation together as a couple, each will achieve the peace of the equilibrium of masculine and feminine principles *within*, and will no longer need the hormone battle with the other person. The control-through-sex insanity will end, and their relationship will realize an intensity of love never before felt. This kind of love changes the world. It boils down to one thing: "I face the truth about myself, no matter what, and I live it."

As deeper levels of one's being open up, deep insights and beautiful experiences – “coincidences” – occur and one is encouraged. He becomes addicted to meditation, and meditation is the most alive thing. It grows! Joy and freedom from hormone control deepen effortlessly, as inner conflicts and wars with the self end. The natural balance we felt in childhood returns as we atone and regain our innocence. This innocence is our inner silence, perfect peace, equilibrium, *Akaj Pacha*.

In the philosophy of ancient China, the awareness of *Akaj Pacha*/perfect peace is called *wu chi* or *The Stillpoint*. *Amuki*, the inner silence, is called *The Great Void*. In modern times there are many different systems of the ancient Chinese cosmivision; these are called *Taoisms*. However, these are similar to Western religions, with fixed rituals and sacred scriptures. Many words, much formalism, but nevertheless they do not well serve the individual who seeks direct, balanced experience of the *Akaj Pacha*. If one is looking for a written, authentic, poetic expression of the ancient Chinese cosmivision, he needs only one document: the *Tao Te Ching* of Lao Tsu. What it expresses is equivalent to the Tiwanaku cosmivision as it has been handed down through the Aymara people. (Note: We remind the reader that cosmivision is fundamental truth, an inner *experience*, but is always framed in concepts and images unique to each individual. It cannot be put into words, but only alluded to. But many people worldwide attest that the *Tao Te Ching* is the best written reflection of their cosmivision. A mere 5000 words, it probably originated nearly 3000 years ago. Only one book in history exceeds it in the number of times it has been translated: *The Holy Bible*.)

Why could it not be possible right now, today, to devote *this* moment to cosmivision and an inner life? We now have the wisdom of at least three millenia of written and spoken wisdom, plus observation of the working of the opposites in the outer world. We have seen that pleasure and entertainment lead to pain and sadness, and that the humble and meek who refuse to fight do indeed survive and finally inherit everything of value. Why can I not, on my own, seek, find and experience who I am integrally and how the material world really works? Am I so distracted by the temptations in that world that I can't concentrate and see it for what it really is? To relax and see clearly is the most natural path, and that path leads to the ability to let go of wars and jealousies and ego's fears and never want to return to these treacherously temporary substitutes. What is the impediment that is stopping me from a deeper search for a more real awareness, a true inner peace and true self? To use *this* moment to go deeper or not *is* my choice, and illumination on the part of the individuals of a collective is the only way that the collective can be a happy place.

One cannot rely on leaders to do this first. If a person expects someone else to do what he cannot, he stops growing. That is because we each need to learn that there is no worldly power, there is no person in a position to save me from my own individual self-search and self-rescue other than myself. The joy of life is in the solitude of the free flight from nowhere and to nowhere. If one admires or envies others who seem powerful, he may imitate them, and never learns that to *just be* will fulfill him. So perhaps there is wisdom behind the election of the unenlightened to the high-paying positions, consigning them to a hell of confusion, running around in circles where no solution is possible. We, though, must recognize that they are not our wise elders, that they cannot be real leaders, that one's only true guide to the Light is his own inner silence. This silence is the Way, the Truth, and the Life. He who dedicates his time to following It has a new power, a real power, moving with him. This power lifts all at once the hearts and spirits of all who open to it, anywhere in the world, because it is not a thing limited in

space and time. One who attains to this silence and abides in it is healing his world, and the worlds of all who are open to this vibration. Those who reject him and reject the egoless search for True Self are making their worlds into hells.

So meetings in physical spacetime are not necessary. Meetings for meditation, though, can confirm and stabilize a consciousness of man's highest potential, that of disappearing into the Silence as a humanity. All, regardless of their appearance, are essentially the same. The bond of a higher vibration of joy touches all who bring their silence and offer it to others. The churches and temples and priests were a step, but prayers and scriptures become the bar too. Dedicating one's time and energy to social movements, demonstrations and partisan activities accomplishes nothing if these activities do not stimulate the deep conscience of the individuals, moving participants to abandon the partisan goals of the collective and to meditate in solitude. For example, one of the biggest social movements in history was the Civil Rights Movement in the U.S., with the march on Washington in 1963, Martin Luther King, Malcolm X, the Black Panthers, and many sincere and dedicated people. But the majority of the people who joined these demonstrations were people who were still functioning at the relatively superficial levels of ideology and emotion. So the effects of their efforts were ephemeral, and in truth only provoked an equal and opposite reaction in the long run. This is in accord with the law of equilibrium, which cannot be transcended. The effect of any collective of individuals on the outer world cannot go any deeper than the average of the level of consciousness of the individuals. Again, the disease is in the individual. If he brings a disease – such as hate – to the social movement, he drags the whole movement down, attracting to the movement the same thing that he brought. So it is not numbers of people that is the effective principle, it is the integrity. If the individuals who are meeting are touching the root within themselves, they cure themselves, and this affects all. There is a real, a deep communication, a new understanding, a new spirit. There is a new-found courage to abandon the hidden agenda, the clever political maneuvering, and the goal becomes simply to enjoy with other humans – one's companions in the journey Home – the purity and trust of the moment of truth. Therapy, formal education, logic and reasoning and mathematics, knowledge of politics and economics and anthropology and psychology the same; all useless if they do not drive the person deeper, beyond them, into his inner silence. Then all can relax into passivity and trust the equilibrium to rectify everything. Each one of us returns to our true state.

It appears that at the present time each person on the planet who is still clinging to his outer world and hoping it will improve is being challenged to abandon this hope. I have no alternative but to deepen my own consciousness, to somehow disregard the lures of the material world, to live a more honest life, and thus balance everything for myself and my brothers and my grandchildren. It has the potential to be a wonderful time because quickly we may see many people making the Reversal, and learning the method of stabilizing in the zone of *Amuki* and forsaking preoccupation with money and material possessions. From egos and personalities, we re-become True Self: a tremendous shift. One lives meditatively, aware that the "I" includes all humans. Our differences do not exist in Reality.

If we cultivate the inner silence – the only paradise – we find that there is enough on the planet for everyone; we need only to not interfere, and nature will run its course.

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Dictionary

Aymara	Spanish	English	Chinese
Pacha	generador de toda energia, espacio y tiempo	origin of all energy, space and time	Tao
Araj Pacha	el mundo arriba, cielo, sol, el futuro	heaven, sky, sun the future	yang
Manqha Pacha	el mundo debajo, muerte, el pasado	hell, inert, the past	yin
Mallku p.e: Inti	macho, masculino, activo, agresivo sol	masculine, active, aggressive sun	yang
T`alla p.e: Pachamama Cochamama	hembra, femenina, pasivo, receptivo tierra mar	feminine, passive, receptive earth sea, ocean	yin
wali	lo bueno	good	?
Qhuru* (no exact equivalent)	lo malo	bad, evil	
Jisa	si	yes	
Jani	no	no	
Inasa	capaz que si, capaz que no (ver ambos lados)	could be yes, could be no (see both sides)	
jaqi (Aymara is a word originated by a European in modern times)	la gente	the people	
Tunupa (pre-Tiwanaku) Viracocha (Tiwanaku)	El Creador, Dios	The Creator, God	Tao
Kuti	turno, inversiòn	reversal	

	(cambio de polos)	(change of poles)
Pachakuti	crisis de polarizaciòn	crisis of polarization.
Pachakamaq	chinchorro	Chinchorro
Q`ara	no-indigeno, hombre blanco, gringo	foreigner, white man
Yanacona	hombre solitario	man alone
no equivalent	hermitaño,	hermit
no equivalent	monje	monk
no equivalent	buda	Buddha
yatiri	sabio	wise man
Willka, Vilca	maestro	master
Saya	parcela de tierra	parcel of land
Ayllu	comunidad organizada	organized community
Araj Saya	fracciòn alta de la ayllu	high (rich) portion of the ayllu
Manqha Saya (However, not a pejorative term, to be low is not to be inferior – all are equal)	fracciòn baja de la ayllu	low (poor) portion of the ayllu
Auca, awqa	guerra, conflicto, enemigo	war, conflict, enemy
no equivalent	la meditaciòn	meditation
no equivalent	la reflecciòn	reflection
no equivalent	relajarse	to relax

See: *Diccionario Practico Bilingüe* M. Mamani Mamani, Emelnor Norprint, Antofagasta, 2002.

Aruskipasipxañakasaki puniraskispawa -- "Yo sè que es deseable y obligación de todos,
incluyèndolos a Ustedes, que nos comuniquemos."

"I know that it is desirable and incumbent upon all of us,
including you, to commune with one another."

"Yo te doy y tù me das lo que corresponde."

"I give to you and you give to me what corresponds."

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(Note: The value of the various ancient languages is not in the literal meanings of the words as much as it is in their symbolism and the sound of their pronunciation. Thus each language offers a new way of thinking, feeling and communicating – especially the languages of societies before money.)

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