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KNOW THYSELF for a world change

Posted January 10th, 2011 - 12:54 am by [CASTAWAY](#) from Lima, Peru ([Permalink](#))



http://www.youtube.com/watch?v=is3CPHzCg_w

Awakening to REALITY (not to another DREAM) comes only suffering the PAIN of dealing with our innermost DARK COMPLEXITIES... and our LIES.

No change will happen by simply forwarding the newest conspiracy videos, questionable New Age Teachings and dubious Channeled material, meditating on love and light, striving for sustainable solutions or just protesting with banners and slogans.

Know yourself. Get aware of the need to know yourself ... and if you want to spread anything, just spread the awareness of the fact that you need to know yourself and nobody is going to do it for you. do your homework.

what are you looking at?

Do not look at me, do not ask me... do not LOOK at the author of this video in search for ANSWERS, do not look at anyone... but YOURSELF.

Here is the article which the film "Know Thyself" is based on:

<http://www.sott.net/articles/show/221046-The-key-to-an-objective-worldview-is-to-know-thyself>

what do you think? :-)

[Reply](#)

Posted January 10th, 2011 - 1:14 pm by [Stoian Sedanov](#) from Bratislava, Slovakia ([Permalink](#))



I'll just add that nobody is smarter than YOU. Learn to listen to your inner voice, because it is mostly right. Don't let the others dictate to you what's right and wrong, and don't ask yourself what you should do, but what you want to do. And to know what you want, i second: know thyself :)

[Reply](#)

Posted January 10th, 2011 - 6:56 pm by [COYOTEDAVE](#) from Portland, United States ([Permalink](#))



I agree full heartedly,
A book that speaks good words in the same light is:
SHAMBALA
The path of the warrior

[Reply](#)

Posted December 19th, 2011 - 4:00 pm from Belchertown, United States



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[Reply](#)

Posted January 14th, 2011 - 4:44 am by [Ewa Ridzalska](#) from Rolla, United States ([Permalink](#))



Have you read J. Krishnamurti yet?

[Reply](#)

Posted January 15th, 2011 - 9:32 am from Utrecht, Netherlands



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[Reply](#)

Posted January 22nd, 2011 - 8:11 am by [CASTAWAY](#) from Lima, Peru ([Permalink](#))



A woman had mentioned Krishnamurti to me several times during a trip across the mountains, she thought I would like him very much... but I was lazy and specially considered that I should find my own way out of any famous thinker's path... And only now, while trying to set a friend free from New Age gurus, using some prestigious thinkers' more impressive arguments than mine, I found Krishnamurti! This finding has been so encouraging for me, as it came right when I was wondering about the strength of my own arguments against those from some prestigious gurus... for me this was as being told the story of David and Goliath right when I was hesitating about the power of the stone in my hand against the Giant attacking me!

An excerpt of a speech

You may remember the story of how the devil and a friend of his were walking down the street, when they saw ahead of them a man stoop down and pick up something from the ground, look at it, and put it away in his pocket. The friend said to the devil, "What did that man pick up?" "He picked up a piece of the truth," said the devil. "That is a very bad business for you, then," said his friend. "Oh, not at all," the devil replied, "I am going to help him organize it." :-)

I maintain that truth is a pathless land, and you cannot approach it by any path whatsoever, by any religion, by any sect. That is my point of view, and I adhere to that absolutely and unconditionally. Truth, being limitless, unconditioned, unapproachable by any path whatsoever, cannot be organized; nor should any organization be formed to lead or coerce people along a particular path.

Reply

Posted January 24th, 2011 - 9:49 pm by [Franco Monaca](#) from Santo Tome, Argentina ([Permalink](#))



This video shows what I was always thinking of. Too many people reading and talking about New Age stuffs, spreading love & light(only by words, talk is cheap), but because is "spiritually correct". Look inside you man, be the change you wanna see.

Reply

Posted February 3rd, 2011 - 10:24 am by [FAHOUILA](#) from Elverum, Norway ([Permalink](#))



Maybe truth is a pathless land? I cannot say I know.

This morning I read this guy's blog again, and his words seem "true" to me in the sense that they encourage me to delve deeper: <http://veilofreality.wordpress.com/2011/02/02/the-positivity-of-objectivity-and-the-time-of-transition/>

"Onwards travellers, onwards..."

Reply

Posted May 8th, 2011 - 9:09 pm by [Mads Lindberget](#) from Askim, Norway ([Permalink](#))



Just a few lines about my opinions and guidelines about this thread, and also some describing lines <- like this one: Only watched 11min of the video, not the full yet, and not read the article.

I first watched the video in skepticism, then I "embraced" it partially; I kinda wanna say: this video has some good ideas, but I feel it's not entirely consistent all the way. It has moments of consistency, but the different consistent parts aren't consistent together. My opinion anyway.

I've watched 1/3rd or so of "all" the videos/interviews (like 4GB torrent or so) on JK several years ago. I was tbh extremely disappointed about him! It sounded to me -- perhaps he was just getting old; "he's only human", but -- like he was actually in a sense very proud, speaking very much like someone who completely buys that he's a guru, superior wiseman, and yet the bloody KIDS out-smarted him imo. He discussed some things with some buddhist-person or whatever, and JK tries lecturing him about something obvious for any semi-enlightened person, and of course the buddhist naturally replies stuff like "yes, I know :-) yes, it's ok, you are right, I know :-)" or whatever, and though undoubtedly JK was one semi-enlightened soul to some degree, oh god, I was just so manifestedly dissappointed, lol.

ANYWAY.

Some more info:

I read about the first page of comments on this thread, I'm too busy to read it all now, etc, I just wanted to throw this post in anyway.

I recommend: Robert Anton Wilson.

Now - to point out one inconsistency in the video: in the video it's said by the author something like 'blabla, if you stop lying to yourself blabla, you'll know (exactly?) what to do'. Yeeaaaahhhh, no, not really. Yes, things become more clear; yes, you learn what you certainly want less/don't want. No, you don't see all the bits, 0's and 1's sticking out of the material world because of it.

The video is sort of proclaiming yet another Hollywood'ish idea once again: "Know Thyself and you can do anything"... Yey, more room for books titled "Know Thyself". This is one reason why I like Robert Anton Wilson: don't make absolute statements. The proclaiming should rather be: Knowing Yourself sounds like a good idea, maybe you should try it! Logically, it seems plausible, at least to me, that Knowing Yourself is the first major step that humanity should take. DOES THAT MEAN IT IS THE LAST STEP!? I certainly don't think it's the last step, I think it's the FIRST.

HEY! I have a, in fact THE (on-topic) personal issue in my own life, wanna try help me out? :-) This is perhaps the biggest reason why I'm even on this site, why I've spent all my money on a tent and a backpack, etc too;

I live with my mother, still. She refuses to Know Herself. Not only that, but she's influencing me negatively, to the point that I would only stay here for absolute necessary survival, but I'll move almost anywhere to avoid her. I'm not going to force her to Know Herself, in fact I do every step to isolate her propaganda both from her environments and from herself (by not feeding it, if ever even reply).

She's my mother, not my child, I'm not gonna stick it out to see her one-day be (re-)born (Knowing Herself) - at least that's how I

feel.

Now, what should I do, really? Obviously I'm Anarchistic, anti-corporational (money over people), so I'm not gonna get a job just like that which is acceptable to my moral standards. What I've done thus far is spending my birthday-money and savings to buy some stuff, an expedition-tent from The North Face (VE 25), a -30C comfortable-rated sleeping bag, 100L backpack and some other gears, and I'm considering buying a foldable/portable solar panel and a mini-laptop. I've already got "mobile broadband" which works however only in Norway, and 9months subscription left on it (mobile broadband = internet anywhere) I live in Norway obviously, and it gets pretty cold up here.

Sorry about my inability to write shortly/summarized/prevent ranting, how I mix different issues into one post, etc.

Oh, and I'm a 20yo male. Contact me any way you like, by posting here or e-mail or PM or whatever.... I'm gonna be so >_< if my post is deleted >:(

Reply

Posted May 20th, 2011 - 3:05 am by [CASTAWAY](#) from Lima, Peru ([Permalink](#))

That's Ok Mads, thanks for trying, for thinking, for contributing. I will check Robert Anton Wilson.

In general... what can I say... Just be patient, with both, your mother and yourself. it takes time and living to learn about human nature. We know so much by the age of 20 and we ignore so much, also at the age of 40 and 60. we need to be calmed, humble and patient to see when we are right and when wrong.

Stay quiet, listen... Talk and listen to your mother, to yourself, to people, take a look at the world, talk to people, yourself, your mother... stay quiet again :-)

take it easy! trial and error, trial and error...

Good luck, be happy ;-)

U.

Reply

Posted May 21st, 2011 - 2:54 pm from Kuala Lumpur, Malaysia

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Reply

Posted May 22nd, 2011 - 1:09 am by [ANF](#) from Sydney, Australia ([Permalink](#))

Thank you for sharing the link to the writing. I reposted it on my facebook wall and I hope some will read it. It was a good read and I agree - religion and programming is everywhere, including the New Age and "Conscious Movement".

The discussion here has also been interesting.

I would also recommend experiencing the vipassana process. At the same time I would encourage doing it to learn about oneself and as always have your wits about you. Ask questions.

If there's one truth that I have realised/learnt/come to believe it's that *everything changes, all the time.*

Reply

Posted June 21st, 2011 - 8:09 am by [CASTAWAY](#) from Lima, Peru ([Permalink](#))

Staying QUIET...

Shutting our minds up is so-very-much important! :-)

we have to be humble, our reason, no matter how powerful we might have felt it was while it was useful, has very little power compared to some other sources of information that we could hear if we remain QUIET.

Thank you,
Ulises

(BTW, I'm in Norway these days, in case anyone is generous enough to take me out of loneliness at least for a while, contact me, please ;-)

Reply

Posted January 25th, 2011 - 2:11 am by [Lvnn Rohr](#) from Viroqua, United States ([Permalink](#))

ahhhh.... this feels great... just joined- picked this group and this is the first message i receive- this is my life- knowing myself all of it- wholly- including the dark and now... putting it into practice- walking in the world.

Reply

Posted January 26th, 2011 - 10:01 pm by [Tracv Evans](#) from Toulouse, France ([Permalink](#))

I read the article before watching the video, I think it's so amazing, worth the time dedicated to it! In The Words of the Buddha... going to read that a second time because it's awesome.

"The issues the world faces, the destruction, greed, genocide, economic meltdown, etc... cannot and won't be resolved until man faces himself, looks at himself and does the work to gain Self Knowledge, beyond worship of the personality and ego. Humanity is deeply conditioned through Culture, Society, Religion, Media, Nationalism, Education, Government, our upbringing and all kinds of illusionary Beliefs. Before we can offer any solutions we need to become aware of this conditioning and do the work necessary to truly understand ourselves, our mechanical reactive behaviors, emotional addictions, our biases to take in certain information but automatically reject information that conflicts with our (conditioned) belief system." ~Bernhard Guenther

I whole heartedly agree with the message too, it goes beyond condemning New Age spirituality (although shedding light on this distraction is important too), to touch on the nature of life. It's a great wake-up call to anyone living with their eyes closed, and gives direction to those who want to bridge the gap between living in the clouds and improving what's here on Earth. As humans we have the amazing power to observe and analyze and so few of us -or so little of the time- actually do!

"The necessity to seek truth in oneself and the world and act upon it has to come from oneself. No one can do it for another and no one can push another to do it, until he/she himself/herself realizes the precious times we live in, acts upon it and starts to work on him/herself. Only if man knows himself truly is he able to "do". Before that he's just like a blind man walking in a porcelain store. Free will is not really "free" as long as man acts from his conditioned personality."

Brilliant. Question everything: every thought, every emotion, every action and reaction that arises within ourselves. Distinguish between what are needs and what are wants.

To change the world we must think globally, act locally, as locally at first as our own minds and bodies.

Reply

Posted January 28th, 2011 - 5:20 am by [Jaot Mitr](#) from New Delhi, India ([Permalink](#))

check the messages in this site:

<http://www.kriyayogalahiri.com/htmluk/messages.htm>

<http://www.youtube.com/watch?v=5EH0G-kvbxg>

<http://www.youtube.com/watch?v=m4N9IEFTB5E>



Reply

Post removed.

Posted January 29th, 2011 - 1:07 pm by [Pascal Pernet](#) from Strasbourg, France ([Permalink](#))

This post has been removed by the user.



Deleted Post

Posted February 2nd, 2011 - 8:09 pm by [Tracv Evans](#) from Toulouse, France ([Permalink](#))

I think a step in the right direction is better than standing still.

Have you read the text the video came from? I stand by my word that there are some real gems in there.

Krishnamurti's great and if you're reading his work then you must already realize that work on the self is important.

I think the point of this video is to shake those people who don't realize there's anything wrong with their life.

It's a quick and (sometimes) intense video that portrays the message that there's something wrong and to the broad public base it's trying to reach, clips of the Matrix are effective.

It's one hyperlink away from most people and might just be the knock on the door that gets people thinking about themselves.

Reply

Post removed.

Posted February 2nd, 2011 - 9:04 pm by [Pascal Pernet](#) from Strasbourg, France ([Permalink](#))

This post has been removed by the user.



Deleted Post

Posted February 3rd, 2011 - 10:50 am by [Tracv Evans](#) from Toulouse, France ([Permalink](#))

We learn and discover and grow through discussion not memorizing "facts" and "truths". Like you said "Truth is a pathless land"... I dont think its necessary to apologize, I think it's better to discuss the discrepancy between your point of view and mine, not so much so we can try and convince eachother which one is right - but hopefully to find a common ground? Or get a better view of the whole picture?



"The truth is the whole" -Hegel. I interpret this like the blind men trying to describe the elephant. Each one is touching a different piece.

Truth is too subjective to define, I think it suffices to say that it takes a million different points of view to create a truth.

Reply

Posted February 3rd, 2011 - 12:06 pm from Pisa, Italy

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Reply

Posted February 5th, 2011 - 8:24 am by [Gemma Hawkins](#) from Wagga Wagga, Australia ([Permalink](#))

To move beyond the intellectual understanding to experiential

I would recommend Vipassana.

www.dhamma.org

Be happy.



Reply

Posted February 5th, 2011 - 9:06 pm by [Tracv Evans](#) from Toulouse, France ([Permalink](#))

Haha! Gaelle I like your elephant ;)



Reply

Posted February 5th, 2011 - 11:28 pm by [COYOTEDAVE](#) from Portland, United States ([Permalink](#))

Gaelle,

If a Universal "Truth" were to exist and we all have/had our versions of the world,wouldn't that truth still hold true?

And if one could see(if even for a moment)then they would see that there is another Elephant.

If the appearance of the Elephant has changed to you,it is not the Elephant that is changing.

Fractal patterns,One system into the next.The larger to the next is "GOD".When I'm happy,my body is too.When I'm stressed,Aches and pains,heartburn ... should I go on.I am a god to my own universe and connected in this one and a speck to many more than I can see.

That is just the elephant that I think now is the one I am touching



Reply

Posted February 7th, 2011 - 9:24 pm from Pisa, Italy

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Reply

Posted February 8th, 2011 - 1:41 am by [COYOTEDAVE](#) from Portland, United States ([Permalink](#))

Gaelle,

Juicy stuff!

"The world" of life,the living,The temporal, physical manifest is a world of ever changing opposites all pushing out.Life/Death,Night/Day,Hot/Cold,Solid/Gas and yes Good/Bad.Where fact or fiction can get crossed and is no longer real.

The "bad" fire burned all the trees in the forest:(

The forest that was planted with only one type tree and had no food for most life.Has been returned as "good"fertilizer for the the seeds of greater diversity to be:)

This universal truth as we have so called "it" is the big kahuna.This is the million dollar question isn't it.Have I seen or heard "GOD" so to be able to put a flag on it and say "it" is real. can I,you or anybody say they have and make a difference?Some have,prophets,near death experiences,indigenous people all over,along with a bunch of non believers who call it paranormal.

Another world that is not of this,seems to exist to me.

Back to the thread!If we were all to KNOW THYSELF,can we change the world?

Most people do seem to be drones on program to me.Finding comfort in the routine,hiding from getting to know



themselves.

A drum circle story,

At one circle where a talking stick was being passed a retired man was saying how he has worked all his life at a job he didn't like and then they let him go. Him and his wife did the world travel thing but someday you have to come home, And when we did I found out that I have never gotten to know myself. This senior executive was in tears. He latter came to a sweat and was ingrained with fear ran quick after the ceremony before the potluck. Had to go back to his routine for comfort.

I believe that life is larger than us and the world can save itself. We may not be here. Maybe we don't belong. Haven't we been doing a good job at pulling ourselves away from it? How would the world be if we were able to see (and like) that we are a part of it and truly see how we effect it as we walk?

Lotsa love
(:oyote

Reply

Posted February 8th, 2011 - 9:36 pm from Pisa, Italy

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Reply

Posted February 9th, 2011 - 5:07 am by [COYOTEDAVE](#) from Portland, United States ([Permalink](#))

Gaella,

I would like to say first off that I too am sceptical about whether getting to KNOW THYSELF would be enough to change the world, even if that can or should be done.

I only like the idea of it because it's something that I can do and it has helped me see the beauty in all this chaos. The world may not be at peace, but for most part I am.

I think this living world is more organized than we are able to comprehend these days. For the most part it seems to work well with all its overlapping organisms passing energy around and all are able to push growth out. All but us. We seem stuck on the concept that "life" is a resource for us, making it then unnecessary for us to also be a resource. "Nature can take care of herself". I do think that as we continue to get farther from nature, the world will also be getting more chaotic.

This may seem off target but it's this interconnection that I think most would agree exists, but we don't see it. That is why I think nature seems unorganized or chaotic. I think life is very VERY organized. To get to truly get to know ourselves would also lead us to understanding the larger self that is us.

Granted we (or kin) has built machines that are predictable and the parts and working are understandable. A synthetic life form if it were, but I think that is a backward way to try and understand life and living and how to live with life. That seems like chasing an illusion or a cop out thinking that technology is going to help us be able to live with/in life better.

I agree with you that the notion of one true "way to follow" for all is flawed. Just another form of trying to make life be to our understanding. I don't think that's natural. Diversity is nature's way.

Reply

Posted February 10th, 2011 - 8:30 am by [Aurelien Regat-Barrel](#) from Ceret, France ([Permalink](#))

Hi,

> I'm even less comfortable with the Good/Bad concept. For me, that's the same, plus it comes to giving a judgement on something. And I can't help thinking: who are we, poor humans, small part of a world that goes beyond our understanding, to give any judgement on it?

Be careful with words and concepts, it's so easy to fall in meaningless direction. For example, we could answer that "if there is no good and bad, what's wrong in judgment? Who are you to judge judgment?" and so on... That's just empty talks, a loss of time.

There is definitely - very - bad things, it's not a matter of judgment but perception. Judgment starts where comprehension stops. Once you get the whole picture, you stop judging and you start to see things as they really are, to experience them. And then, immediately, without any effort, you change your behavior according to what you can see, according to your perception of the consequences of your acts.

I think I understand what you mean by "good and bad is the same", it's a matter of point of view. However, yet again, it depends of how you use words. Krishnamurti said that good isn't bound to bad, otherwise it wouldn't be good. Other people prefer to use the words correctness/incorrectness, others truth/delusion, and so on... But I think there is definitely a concept of correctness in things, or at least of "incorrectness", which sounds like an euphemism for those millions of terrible things happening out there.

In my opinion, being able to strongly reject and say no to something is a byproduct of "inner growth". Krishnamurti use the term "integrity" to speak about that attitude. Otherwise, what it is good for if not to change the way we behave?



You can see the "bad" as a way to push you in the direction of change. But I don't think you can deny it.

Have fun,

Leo

Reply

Posted February 10th, 2011 - 9:08 am by [Lubomir Nenov](#) from La Linea de la Concepcion, Spain
([Permalink](#))

Well said brother Leo,well said.



Reply

Posted February 10th, 2011 - 6:38 pm from Pisa, Italy

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Reply

Posted February 11th, 2011 - 1:42 am by [COYOTEDAVE](#) from Portland, United States
([Permalink](#))

How does the saying go?
"A lot of different paths to get there."

But is "there" the same place for all?



Reply

Posted February 11th, 2011 - 8:32 am from Pisa, Italy

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Reply

Posted February 11th, 2011 - 9:47 am by [Aurelien Recat-Barrel](#) from Ceret, France
([Permalink](#))

Hi Gaëlle,

I agree in saying that by nature nothing is neither good nor bad: it's always the context that gives something its value - that's what I used to say. But, now, I also know we do not live in a context-less world.

You say: *"this is right, but only at a very personal level. You can see how things "really are" for YOU, in YOUR "world", and grow according to this vision, YOUR vision, which can be very true for YOU."*

You can't see how things really are if you remain in your self-centered world. And that's what we are talking about.

You are talking about big issues, that are beyond anybody's single control. I'm talking about my small, narrow, day-to-day reality. If I can't see the reality of my relationships, if I can't see my true motives, how can I pretend to catch the reality of bigger concerns and solve them? That's why we are talking about: knowing thyself first, then change the world (mostly as a side effect).

It's probably impossible to fully see how Reality really is, even in small things. But yet again, that's words and concepts, meaningless discussions. Because it is possible to perceive enough of it for immediate, positive change - and that's enough for most of us.

On a larger scale, you can't see how things really are. But depending on your intention/awareness, you can decide to contribute to the evolution of this world, tell the Universe you are willing to participate to it, and let Life do the rest for you.

Regarding the French Revolution... each State develops a romantic vision of its [hi]story mainly for conditioning purpose: "La vérité historique est souvent une fable convenue" - Napoléon.

That's quite similar to the way we remember our own personal history :)



Reply

Posted February 11th, 2011 - 10:01 am from Pisa, Italy

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Reply

Posted February 14th, 2011 - 6:59 pm by [COYOTEDAVE](#) from Portland, United States ([Permalink](#))

Something that I have been observing that has helped me see who I am that I would like to share is a perspective of shadows. Our shadows for those who have not been shown them come in four forms so here told.



The shadow that is easiest to see are our secrets. These are the things that I know about myself that I don't let others see. I think it's my ego that protects them.

The other side of this are the things that I don't see about myself, but are seen by others. A big part of what I see going on in these threads.

There is also the shadows that I see in myself and let others see. In-to-me-see

The last group of shadows are the ones that are below the surface, neither I or others can see. These are relayed to use in our dreams and through moments of insight.

With that said I would like to say thank you to all of you for being you. I have seen shadows of mine brought to the surface that I was unable to see and that has helped me. It has been told by many that the warrior is the one without fear and willing to expose their soft spot and have faith to open up. If I "speak" things in a way that may come off unjust I will not apologize for myself. I am only a fool who means no disrespect. Do not worry about stepping on my toes to speak what you know/see/feel. If I am offended then that is for me to deal with. It's when I'm rattled that seems to help me grow.

Love and thanks
Coyotedave

Reply

Posted February 16th, 2011 - 1:48 am by [CASTAWAY](#) from Lima, Peru ([Permalink](#))

Dave!
Man!
you were really inspired in this last post, as if you had drunk Ayahuasca!
Thank you very much, Bows to you...
Namaste,



ulises

Reply

Posted February 23rd, 2011 - 6:08 am by [CASTAWAY](#) from Lima, Peru ([Permalink](#))

As well as our individual perceptions of the universe, no matter how little we can see, no matter how distorted, how personal, how so not objective our perceptions... when shared, contribute to a better perception of the whole...



the same way as there is no ONE TRUTH but a conjunction of many little, partial "truths", giving birth to a better understood, collective, general TRUTH among those who share theirs, as better a representation of the universe as greater the number of people sharing theirs... the same way, the better we get to know ourselves, the more we become able to live true to ourselves, interacting with our environment and others in a better way, thanks to a better understanding from getting rid of the distortions coming from our tendencies and conditionings created by what we have been living. Thus, this higher level of awareness bearing a more adequate interaction with the world will be unavoidably shared, perceived by others, influencing them to change toward more objectivity, therefore originating increasing collective levels of consciousness and awareness which will allow us to act in a wiser way, with a more positive impact in the world.

Why to expect a Positive impact?

Because I think this is the Natural tendency brought by getting closer to this collective, more objective perception of a general TRUTH, the whole Elephant. I believe that Love as Solidarity is a Natural consequence of getting to know others, and this knowledge, a Natural consequence of getting to know ourselves more.

Not convinced yet about how this can create a positive change in the world?

then take a simple decision:

what do you prefer, to know Yourself MORE, or to know yourself LESS?

Choose and watch!

Reply

Posted February 3rd, 2011 - 11:43 am by [Tracy Evans](#) from Toulouse, France ([Permalink](#))

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Reply

Posted March 5th, 2011 - 7:07 pm by [Lobna Al Lamii](#) from Istanbul, Turkey ([Permalink](#))

very inspiring...the article, the video, the discussion, the people...all of a sudden it doesn't feel that lonely anymore :)

Thank you for sharing.

Love

Reply

Posted March 5th, 2011 - 7:17 pm by [Lobna Al Lamii](#) from Istanbul, Turkey ([Permalink](#))

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Love

Reply

Posted March 13th, 2011 - 7:42 pm by [Lisa Stautmeister](#) from Dresden, Germany ([Permalink](#))

Dear people,

I also wanted to thank you for this thread

Ulises (or Castaway), thanks for posting.

All the others thanks for sharing your thoughts.

I put it into an Email to share it with those people who are not on CS but are interested anyway. As Lobna I'm thankful about knowing -at least with my head- that there are even more people than those I already know thinking into this direction, as I do.

I think the questions raised above are also connected with trying to be honest to yourself. Again and again.

Vipassana is one technique to confront yourself with everything that is (in) you. And to be honest to yourself.

I haven't tried it myself, still too busy with other things and probably too scared of it. But I am getting closer! :) I did some one-day Zen-retreats with hourlong sitting. I am deeply thankful for having the opportunity of doing such meditation retreats, because although it is painful (it really is for mind and body - my back sometimes really doesn't like it) I feel it brings me at least a little closer to myself (or myself) than everything else in the world could bring me till now. This helps to feel rooted, to feel authentic and in the end also to act out of yourself. (and be the change, I guess.)

Just wanted to share this with you!

Thank you great people! :)

Love,

Lisa

Reply

Posted March 20th, 2011 - 8:28 am by [Diane Emerson](#) from Albany, New Zealand ([Permalink](#))

Lisa, you mentioned Vipassana. I highly recommend it as a good way to get to know yourself for world peace. In fact, I have decided that one of the very best uses of my time for the good of the world is to volunteer long term at a Vipassana centre. Here's why. I know of no other place where one can go for 10 days where all one's distractions are removed. No speaking, no writing, no reading, no photography, no computers, no cooking, no cleaning, no pets, no cell phones, no Internet, no listening to music or meditation tapes. So it is the most boring thing you can possibly do! And that very boredom, that inability to escape from yourself, leaves you no option. You might as well face what is inside you - nothing else to do! 14 hours a day! So when I was too bored to even meditate, I started doing life reviews - beginning with my earliest memories, and going through it all. Some were painful, and I didn't want to look at them. I had filed them away years ago as painful memories not to be revisited. But when I did revisit them during Vipassana, the distance of the years gave me insight into what had happened, and great compassion for the younger me. Then I put myself in the other person's place, and lived their lives as much as I knew, from their perspective, and this gave me greater compassion for them. All of this was very healing. And it wasn't even the meditation part!!! That gives other, long term, wonderful benefits. Like learning how to make body pain dissolve. That is a pretty good skill to



have! So go for it, and stay the whole 10 days. It's free, you know. Everywhere in the world.
Diane

Reply

Posted March 20th, 2011 - 10:26 am by [Mia Joniak](#) from Olomouc, Czech Republic ([Permalink](#))

I must say thanks too. There is very few articles online which I identify with but this one is definitely one of them! Im almost finished with a Czech translation of the text as feel the need to share it with those who dont speak English.

*

Reply

Posted March 22nd, 2011 - 3:30 am by [CASTAWAY](#) from Lima, Peru ([Permalink](#))

Thanks Diane, i liked very much your description of Vipassana and I am considering trying it. I feel I'm quite fine. Those who know me well, know how mercilessly I can pursue lies in myself as well as around me, while searching for truth, but I know My Mind can be very tricky, deceptive, and I can fool myself just as anyone... so I hope Viapssana can help me uncover my tricks, unbury some "forgotten" feelings and events in my life and make me face them, and then embrace my dark side also... (I hear it saying "I'm your father luke")

and PLEASE Mia... please send me a copy of your translation, I don't speak Czech, all I can say is (I don't know how to write it) "Rehoré, rekgnie re" (well pronounced, my friends would say :-)

I would like to share it with my Czech friends!

Namaste!

Ulises

Reply

Posted March 27th, 2011 - 4:40 pm by [Mia Joniak](#) from Olomouc, Czech Republic ([Permalink](#))

OK Ulises :) Im still working on it but once Im done I will send it to you too ;) ...and you must have some very rebellious Czech friends as this phrase is one of the most difficult ones. SO if you can pronounce it well then I take my hat off :D

Cheerio

Reply

Posted March 27th, 2011 - 8:53 pm by [CASTAWAY](#) from Lima, Peru ([Permalink](#))

Thank you Mia,
I will keep practicing that phrase... I might get a Master's degree in it!
and I'm looking forward to receiving your translation! you will illuminate Czeck world and enrich their culture! ;-)

Reply

Posted March 30th, 2011 - 7:48 am by [argali](#) from Kathmandu, Nepal ([Permalink](#))

CASTAWAY, You have opened great windows of learning for me through those links. They are great help in steering us to seriously contemplating digging deeper for Self. With increasing "enlightenment gurus" offering their solutions' concepts, the Sott site and Krishnamurthy videos among others are truly gifts to come across. Thanks brother.

Reply

Posted April 4th, 2011 - 5:53 am by [CASTAWAY](#) from Lima, Peru ([Permalink](#))

You're welcome Argali, indeed these links are good in that they encourage you to think freely, based on your own singular nature, instead on relying on the massive recipe that a spiritual leader would tell us to follow in our lives, something so much on fashion these days, specially dangerous when most tell you not to think but to use only your heart... to just pray with love for a solution, thinking only on the "positive", closing the eyes to the "negative"... in an attitude similar to psychological denial... ignoring that "positive" or "negative" are relative concepts, we should only open our eyes to reality, beyond any moral judgement...

Reply

Posted April 6th, 2011 - 4:10 pm by [Stoian Sedanov](#) from Bratislava, Slovakia ([Permalink](#))

I'd like to share this long long 9-part presentation here
<http://www.worldtransformation.com/>

It just made me sit still for hours :) and I believe I know myself a little (or a whole lot?) better thinking about what I learned from these theses. I saw myself in his examples.

love

Reply

Posted April 8th, 2011 - 5:53 am from Kuala Lumpur, Malaysia



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Reply

Posted May 2nd, 2011 - 4:20 pm by [CASTAWAY](#) from Lima, Peru ([Permalink](#))

In my CS profile I wrote: one amazing thing to me is "I am learning to see with my heart!". I think learning to see with my heart is another way of saying that I am learning to separate the "ego" from the "self", or maybe part of the same path. I imagine this process working also as if I learned to recognize different channels, sources of information, specially by silencing the one which is playing louder now, in my case, what I call "reason", to pay attention to a signal that right now feels weaker, as I, "ultra-rational", do not have practice fine tuning to sense such subtle signal.

I found this link:

<http://www.sriramanamaharshi.org/teachings.html>

some of you might find it very interesting, beyond words and names, paying attention to the processes and concepts described there. The main question is the same:

"WHO AM I?"

For all thoughts the source is the 'I' thought. The mind will merge only by Self-enquiry 'Who am I?' The thought 'Who am I?' will destroy all other thoughts and finally kill itself also. If other thoughts arise, without trying to complete them, one must enquire to whom did this thought arise. What does it matter how many thoughts arise? As each thought arises one must be watchful and ask to whom is this thought occurring. The answer will be 'to me'. If you enquire 'Who am I?' the mind will return to its source (or where it issued from). The thought which arose will also submerge. As you practise like this more and more, the power of the mind to remain as its source is increased.

thank you Dilip,
Ulises

Reply

Posted May 3rd, 2011 - 12:29 am by [COYOTEDAVE](#) from Portland, United States ([Permalink](#))

Ulises,

It's interesting that you tied seeing with the heart in with this. Such a concept would have sounded like crazy talk to me a short time ago. But I too have been learning the value of this.

One thing that I have been doing that you may enjoy is an old exercise for speaking from the heart that you might find interesting is the passing of the talking stick.

When the people of the community (be it a house hold or larger) have things that are to be talked about and gather. A talking stick is brought out. The one who holds the stick is the one who speaks. When speaking with the stick, one speaks from the heart. When the one speaking has felt heard, then the stick is passed. The "rules" are open to be molded for one's own desires but it is often passed clockwise. One is not required to speak. The stick may be passed. Just being there as a listener has as great of importance.

When circle is held with a stick it has a way of becoming a tool for speaking/seeing/being in the heart.

Enjoy,

Reply

Posted May 3rd, 2011 - 10:10 am by [Ines Alves](#) from Lisbon, Portugal ([Permalink](#))

The source for it all, the only way that leads to anything meaningful and truth: **love and respect**, for yourself and all the other living beings, for the planet and the universe.

Reply

Posted May 3rd, 2011 - 1:46 pm by [CASTADRIFT](#) from Perth, Australia ([Permalink](#))

I love this thread. This is what it's all about I think - opening yourself to a new idea, processing it via your own mind/heart filters, rejecting or adapting it for yourself, then sharing it. I am new at this thinking for myself business, not as well read as most of you and lack the common language to communicate my thoughts. So much of what you guys say rings true (and a lot of it goes over my head). Attempting to know yourself and your own truth is the only rational path for us as individuals to grow. People seem to get trapped in this universal perspective of the world and motivated by this "we all have the power to change the world" attitude. As this post says, we would be better off forgetting about these grand noble ideas and just look inside, listen to our hearts, think, act in a way that is true to ourselves, and in the process of self-realization, there will indirectly be good that goes beyond us to the external world (as natural consequences as you said).

Often I go down the rabbit hole and things become so complicated that I feel like it's all become meaningless. I wonder if I'm really better off now, than back when I was an unthinking drone living in ignorance inside the machine. Then I realized something amazing... I have so much less fear inside of me now. Despite being faced with more unknowns more uncertainties and more questions than ever before, the fear has subdued. Now I see my fear of loneliness as the fear of not having distractions from myself. And when I acknowledge that, I only feel curiosity and desire to explore it. Fear of the future and of death, similarly, no

longer plague me the way it used to when seen in the context of all the new ideas I have been processing.

So I realize I diverged from the topic, and maybe it sounds basic to the people who have posted. But as I am only just starting to explore this new world outside the matrix, i got quite excited reading this thread and finally finding people who, not necessarily have the same ideas as me, but seem to share a similar approach.

So please continue sharing :)

Reply

Posted May 4th, 2011 - 8:54 am from Kuala Lumpur, Malaysia

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Reply

Posted April 15th, 2011 - 3:54 pm by [CASTAWAY](#) from Lima, Peru ([Permalink](#))

Thank you for your link Marek...
Interesting but I've not been able to go through all of it though... man, he goes too slowly for me! it will be a good exercise for my patience, anyway, I've been called "weeping warrior" not "peaceful warrior" as you, after all :-)
thanks,
u



Reply

Posted April 23rd, 2011 - 7:27 pm by [Margaretha B](#) from The Hague, Netherlands ([Permalink](#))

Hello my friends I joined this group a few days ago and i am very happy i did, there are so many interesting topics and great response. I didn't read everything yet but it's wonderful to see that so many people are communicating with each other and read the different thoughts about this...



Love margareth

Reply

Posted July 4th, 2011 - 5:41 pm by [Kunal mithril Vinod Choksi](#) from Mumbai, India ([Permalink](#))

Please Call Me by My True Names
I have a poem for you. This poem is about three of us.

The first is a twelve-year-old girl, one of the boat people crossing the Gulf of Siam. She was raped by a sea pirate, and after that she threw herself into the sea. The second person is the sea pirate, who was born in a remote village in Thailand. And the third person is me. I was very angry, of course. But I could not take sides against the sea pirate. If I could have, it would have been easier, but I couldn't. I realized that if I had been born in his village and had lived a similar life - economic, educational, and so on - it is likely that I would now be that sea pirate. So it is not easy to take sides. Out of suffering, I wrote this poem. It is called "Please Call Me by My True Names," because I have many names, and when you call me by any of them, I have to say, "Yes."



Don't say that I will depart tomorrow --
even today I am still arriving.

Look deeply: every second I am arriving
to be a bud on a Spring branch,
to be a tiny bird, with still-fragile wings,
learning to sing in my new nest,
to be a caterpillar in the heart of a flower,
to be a jewel hiding itself in a stone.

I still arrive, in order to laugh and to cry,
to fear and to hope.

The rhythm of my heart is the birth and death
of all that is alive.

I am the mayfly metamorphosing
on the surface of the river.
And I am the bird
that swoops down to swallow the mayfly.

I am the frog swimming happily
in the clear water of a pond.
And I am the grass-snake
that silently feeds itself on the frog.

I am the child in Uganda, all skin and bones,
my legs as thin as bamboo sticks.
And I am the arms merchant,
selling deadly weapons to Uganda.

I am the twelve-year-old girl,
refugee on a small boat,
who throws herself into the ocean
after being raped by a sea pirate.
And I am the pirate,

**my heart not yet capable
of seeing and loving.**

I am a member of the politburo,
with plenty of power in my hands.
And I am the man who has to pay
his "debt of blood" to my people

dying slowly in a forced-labor camp.

My joy is like Spring, so warm

it makes flowers bloom all over the Earth.

My pain is like a river of tears,

so vast it fills the four oceans.

Please call me by my true names,

so I can hear all my cries and my laughter at once,

so I can see that my joy and pain are one.

Please call me by my true names,

so I can wake up,

and so the door of my heart

can be left open,

the door of compassion.

~Thich Nhat Hanh

Reply

Posted July 4th, 2011 - 5:46 pm by [Kunal mithril Vinod Choksi](#) from Mumbai, India ([Permalink](#))



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the door of compassion.

~Thich Nhat Hanh

Reply

Posted July 4th, 2011 - 6:00 pm by [Kunal mithril Vinod Choksi](#) from Mumbai, India ([Permalink](#))

i dont follow anyone.
and havnt for a long long time.
i went to a break away school from krishnamurthi where he is simply not mentioned

years later what i wrote i was told sounded krishnamurti(ish) so i read him. got very influenced by him. even went to KFI. did a bit of work there.thought a great deal. read a great deal more.
and tried not being philosophic. then finally one day , somehow and perhaps luckily. i got out of and over philosopy. i be came more and more real.

to be yourself...without all the philiosopy and writings and big words and all the rest. is tough. as everything is u. actually is. so,just dont be so hard on yourself. first and foremost. we are very hard on ourselves, i have seen that first hard with me :)
hug yourself, in the phycal way as well as pychologically.

kindness to others begins with oneself.and selfdiscovery through too much introspection or reading is just another layer of indistinguishable jargon that sounds prettier than it is.

Reply

Posted July 5th, 2011 - 6:32 am by [Zoe Teno](#) from Taipei, Taiwan ([Permalink](#))

Paul Hawken "How the largest movement came into being, and why no one saw it coming"

<http://www.youtube.com/watch?v=N1fiubmOqH4>

like the activation of the immune system of this living community/organism of earth, without the awakening AND "action" of individual cells, forming groups and building links and functional organizations for a collective purpose, the movement wouldn't have come to this positive state today...

"The Flow" is created by people who is aware of it, and by going with it what we do - each one of us - is crucial to its direction. only dead fish does nothing but going with the flow, living fish swims in it, and keeps the nature of the water alive.

another positive metaphor :)

"The caterpillars new cells are called `imaginal cell.` They resonate at a different frequency. They are so totally different from the

catepillar cells that his immune system thinks they are enemies...and gobbles them up–Chomp! Gulp! But these new imaginal cells continue to appear. More and more of them! Pretty soon, the caterpillar's immune system cannot destroy them fast enough. More and more of the imaginal cells survive. And then an amazing thing happens! The little tiny lonely imaginal cells start to clump together, into friendly little groups. They all resonate together at the same frequency, passing information from one to another. Then, after awhile, another amazing thing happens! The clumps of imaginal cells start to cluster together!.., A long string of clumping and clustering imaginal cell, all resonating at the same frequency, all passing information from one to another there inside the chrysalis."

A wave of Good News travels throughout the system– Lurches and heaves...

Then at some point, the entire long string of imaginal cells suddenly realizes all together that it is Something Different from the caterpillar. Something New! Something Wonderful!....and in that realization is the shout of the birth of the butterfly!"

thank you, blessings.
zoe

Reply

Posted July 5th, 2011 - 3:46 pm by [Kunal mithril Vinod Choksi](#) from Mumbai, India ([Permalink](#))



all movements begin with one :)

There is no need for temples, no need for complicated philosophies. My brain and my heart are my temples; my philosophy is kindness - dalai lama.(i love living with this)

Reply

Posted September 9th, 2011 - 8:58 pm by [CASTAWAY](#) from Lima, Peru ([Permalink](#))



Thank you very much...

I've been traveling the last months, only now I read these last contributions. I absolutely agree with you, but I could not have written it so beautifully, thank you very much... I will write more later, thanks

Reply

Post removed.

Posted September 9th, 2011 - 9:04 pm by [CASTAWAY](#) from Lima, Peru ([Permalink](#))



This post has been removed by the user.

Deleted Post

Posted September 12th, 2011 - 9:20 am by [Monica Rinaldi](#) from Ouagadougou, Burkina Faso ([Permalink](#))



Totally agree
great video
anything else by him?

Reply

Posted September 13th, 2011 - 2:58 am by [Simone Vincenzi](#) from London, England ([Permalink](#))



I love the spiritual activity of this group!!

I'm learning now how to get in touch with myself and what I learned so far is that meditating in nature and really breath with nature, unfold all my boundaries and I even don't feel myself anymore. is like getting lost in me, as all this world is a perception and an extension of me. Love is the ultimate reality for me. as love is the driving force of all the living being. I saw the power of it in every great relationship... a pure, free love... I love, than I'm love.
I love you!!!

Reply

Posted September 14th, 2011 - 2:01 am by [Simone Vincenzi](#) from London, England ([Permalink](#))



http://www.youtube.com/watch?v=uEuGlnDt1yc&feature=player_embedded

friends have a look at this... it put order on a lot of spare thoughts I have... I'm to western to deny the impact of a response based on science and I was, actually, pretty skeptical, at a subconscious level, of all the ideas I developed in these last months... but now everything seems to get a better clarity!!!

I just want to share with all of you all my joy and delight in this very moment!!!

I love you all!!!

a new Simonw

Reply

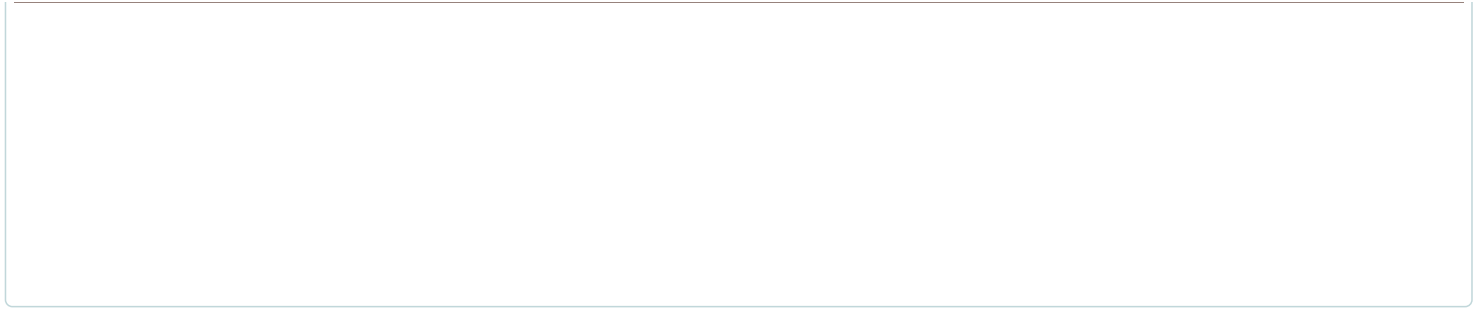
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Posted December 13th, 2011 - 3:33 am by [Malus Svlvestris](#) from Leitrim, Ireland (Republic of) ([Permalink](#))



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