

ULTRATHOUGHTS™ TRIPARTITE

INTENTIONAL THOUGHT

RECOGNIZE YOUR BIASES,
LISTEN WITH AN OPEN MIND,
LIVE A MORE CONTEMPLATIVE LIFE



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INSPIRATIONS

Special thanks to a few great musical poets.

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A CARNIVAL BALLOON OF REALITY

Ultra-thinking is a process that requires a degree of success in suppressing your innate leaning toward your logical-left or creative-right. The mind will resist such suppression because we believe the reality we have constructed and have built a personal ideology in support of these opinions. Our construction is our manifest truth. This is the greatest challenge to creating an Ultrathought: forcing the mind to respect all information in the face of an inherently biased narrative.

To help overcome the challenge, I previously spoke of constantly reminding yourself that all is a delusion. Since, mind-myth dominates my view of reality and we don't share our entire myth with any other person, it then follows that there are different realities. From my perspective, your truth is a fallacy or delusion of mind. Conversely, mine is a delusion to you. Speaking globally, any and all personal realities are delusions. We could then say, all is a delusion created by mind.

Encouraging your own mind to consider reality a delusion, a key facet of ultra-thinking, is far more difficult in practice than in theory. In my lifelong quest to explain things, particularly the universe and God, I started to think that it is plausible that some things are simply beyond our mortal minds. That statement may strike you as odd. To make the statement implies I actually thought I could understand the universe prior to my revelation. Of course, I was never quite so arrogant, but I am honest. I am a hard left-leaning thinker who was raised in a modern mechanized society dominated by science. Deep down in my subconscious, I

had been indoctrinated to believe logic could solve literally any problem. Challenges of physics or metaphysics—it made no difference. Fundamentally, I assumed everything could be explained given enough thought or computing power. I recall years ago writing a thesis in support of the idea that problem solving is simply a matter of doing more calculations. Under such a very logical premise, any problem can be solved given enough effort. Any mystery exists simply because we haven't run enough calculations to solve the challenge. Eventually there would be no mysteries.

We are a product of our mind, and to a significant degree, that mind is a product of societal belief. I suspect that prior to creating my process of ultra-thinking, any reality I adopted was simply a reflection of the general view of Western society. Society itself has a kind of mind. This mind of society, or MOS for short, influences our view of reality in conjunction with our personal mind. The influence of the MOS can't be denied any more than you can deny your innate brain-leaning of logical-left or creative-right. They work hand in hand forming reality, or, more precisely, *a reality* for you. I suggest that most of us fundamentally assume that all reality is explainable, largely because of the influence of the MOS.

Of course, our place in the history of humanity is another factor in defining our reality. It should come as no surprise that a thousand years ago the manifest truth of reality didn't include ideas like search engines, air travel, artificial light, and clean water at every tap. This is our reality today, but it wasn't theirs a thousand years ago. I suggest it will be obvious to an open-minded thinker that reality can't be stable from the viewpoint of the individual.

Just to give you an idea about the fluid nature of reality, let me remind you of a couple of points. If you were to research a list of humanity's single most important inventions of the past

several hundred years, you'd see "telephone" as one of the first few items on every list. Pause and reflect. When is the last time you purchased or installed a new landline telephone? Our world is changing so fast we barely have time to compile the revolutionary accomplishments before the list is ripe for change.

Noted scholars can't seem to even fathom the direction of the changes, let alone the specifics. Who even conceived of ride-sharing a decade ago? Search engine technology alone will change everything within a decade, yet no one saw it coming and very few truly appreciate its potential. Your doctor will be virtually replaced in less than fifty years! If you can train your mind to appreciate the speed of change in our reality, you will better appreciate its instability. You will then make progress toward accepting the idea that it must be a delusion. Only a vaporous illusion of reality can change at such speed. What will be the reality tomorrow? We can't even hazard a reliable guess.

Our interpretation of reality is profoundly fundamental to our daily existence. As a result, many will find it virtually impossible to remove themselves from such deep-seated biased interpretation. It is no wonder that most individuals choose not to dwell on the nature of reality. Reality is simply there. To think otherwise is to risk destabilizing your world.

A delusional reality has been very difficult for me to accept. I have been raised to believe reality is that which either has been or will be objectively proven by the scientific method. To deny this supposition is to fall outside the commonly accepted position of my society. My automatic view of reality is to perceive its nature as stable, inherently physical, and ultimately explicable. My reality, our reality, is then physical or material reality.

While the idea has a certain appeal, such a way of thinking is stifling and limits my ability to justly contemplate nonphysical (meta) truth. After ultra-thinking for years about reality, my very

logical mind slowly became somewhat flexible. Though I will always be grounded in my indoctrinated view, I have made progress. What helped was reading, but I continued to run into the same problem. When pushed to the point of serious consideration, my mind became more stubborn, preferring its black and white view of the world. When pushed to express my truth, I denied that which my mind believed could not be explained by science. This meant I ultimately considered meta or spiritual truth fantasy and physical belief fact, despite my best efforts at re-educating my mind. I had two sets of truths, but one was deemed superior.

Most people who think like me would have been stuck, and frankly would have soon lost interest. I too remained stuck for quite a while. The difference in my case is I am obsessive to the extreme. Though it is not a characteristic I enjoy, for the most part I manage to focus my obsessiveness on productive tasks. This book series is a product of my obsession in a way, but before the books came a visual aid. The visual aid helped my mind move toward a willing consideration that reality itself is but an illusion of mind.

Since the creation of the visual, I have effectively created dozens of Ultrathoughts concerning truth and reality. My mind has been somewhat, but not perfectly, liberated from reflexive bias. In a way the visual is a kind of an Ultrathought itself. It has been tremendously helpful to me and hopefully will do the same for you. I call my Ultrathought about the nature of reality the “carnival balloon of reality.”

As a child attending the state fair, my favorite thing was a particular type of carnival balloon: a balloon placed within another. If you recall this is a translucent balloon, relatively large, having a smaller, more opaque balloon inside. In my visual, the entire balloon represents all reality—a delusional reality of our creation.

Being comprised of two balloons in one package, reality can then be considered as two realms. I define these realms as the physical realm being the smaller interior balloon, and the meta or spiritual balloon being the larger balloon.

The volume of air within each balloon represents knowledge or beliefs. Note: I use knowledge and belief somewhat interchangeably. The knowledge is then segregated into physical knowledge and spiritual knowledge. The entire balloon is all reality, but types of reality are segregated by the determination of the class of knowledge or belief. There are two distinct realms or balloons in the representation.

The visual also reminds my mind of a not-so-subtle point. Though all knowledge expands over time, the interior balloon can never exceed the limits of the outer spiritual balloon skin. The physical realm is technically limited and may even be considered finite. Though its limit may never be fully understood, a limit does exist. The spiritual, or unknown meta, will continue to dominate all reality. Since nothing will ever explain the limitless or infinite, the spiritual will reign supreme. All known reality is ultimately subordinate to the unknown realm.

The skin of each balloon changes as the amount of knowledge changes. As a result, the line of delineation between them constantly moves. When the smaller balloon expands, the interior balloon encroaches on the domain of the spiritual. This represents an expansion of physical knowledge as mind makes sense of truth heretofore believed to be meta.

Though we don't often appreciate the idea, the delineation line between the two moves in both directions. Occasionally, what was once considered manifest truth or physical knowledge moves back in favor of spiritual belief or knowledge. A prime example occurred when we recently discovered that some types of particles (in quantum context) may in fact travel faster than

the speed of light. We had accumulated a great deal of seemingly irrefutable scientific proof that this was impossible, yet it has been confirmed that certain particles do move faster than light. In the visual, knowledge that was once a physical proof residing in the interior balloon has been relocated to the unexplained meta, or spiritual, balloon.

Using the visual, I've come much closer to a willing acceptance that all belief and knowledge are permissible in my reality. Furthermore, I am reminded that the placement of knowledge in one realm or another is left to the judgment of the author of a reality. Just as a child believes in the tooth fairy with all her heart, I can believe otherwise. She may view her knowledge as a physical reality. She has her manifest proof—money left in place of a lost tooth. Years ago, she and I shared the same truth of belief in the physical realm. Yet today, she and I each live different truth.

My mind continues to lean left, and the MOS of the West continually guides my overall view of reality. However, by keeping in mind the visual, I've made progress and seem to be creating a mind-myth that is more flexible and willing to consider the truth of others.

Throughout the Ultrathoughts series, I speak rather casually of a spiritual realm being a kind of subset or even a dominant factor in your reality. When I say the words *spiritual realm* or even *meta*, I appreciate that the concepts are loaded with emotion and stereotype. If I were to walk down the street and openly speak of my view of the spiritual realm, just imagine the looks I would get. A few would listen, several would laugh, but most would simply avoid eye contact. While I am no street-preacher or Ranter myself, I respect attempts by believers to urge others toward some sort of spiritual awareness.

Before we can delve deeper into a consideration of what I call the spiritual realm, we must clarify the terms *realm* and *spir-*

itual. A realm is a domain. In my balloon metaphor your truth and even your view of reality are compartmentalized within the context of similar beliefs. The domain is not an actual location, of course, but an area nonetheless. An area, domain, or realm of similar beliefs exist with the label assigned by your mind. Your mind labels and stores those deemed worthy of consideration. Once labeled, the belief is assigned its realm. I understand the circular nature of the statement; still, once you appreciate that all you believe is all that is important to you as a person, you will get the point. The mind validates, labels, and classifies your truth within a domain of similar truth.

I suggest that the labeling of your truth is not as important as the process of labeling. All reality is a delusion, but if a consideration is not labeled it will not be part of your reality. When your mind deems an idea worthy of consideration, you are considering the idea as plausible. At that point, you've allowed the idea to exist somewhere within your carnival balloon. Further contemplation may move the idea to the physical realm, but absent any movement, the idea is an unexplained yet plausible reality. The spiritual realm, and for that matter spiritual reality, is any plausible idea not yet considered a physical proof.

If you truly wish to ultra-think and find yourself routinely failing to honestly appreciate the truth of others, the carnival balloon of reality visual should help. All reality is one balloon of self-created belief or knowledge deemed plausible. What is deemed physical or proven knowledge is merely a component of all knowledge you deem worthy of consideration.