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# Living in the Eternal WOW!

## Surfing the Earth Plane

Everyone wants to know the secret of how not to suffer. Buddha wanted to know. He decided that *life bites – don't be born*. ("Life is suffering. Balance your karma so you won't reincarnate.") The problem is, you *are* born. But who wants to reincarnate a zillion times to be free?

IROOT:NOTology states that people create much of their suffering, *because they are caught in polarized fields of paradox*. They usually *believe that they are right*, yet *their rightness causes them to suffer!*

Surfing the Earth Plane can help. It requires that you walk **The Fifth Way**. What is the Fifth Way? Unfortunately, it can only be hinted at. Here's a hint:

"I listen to reasons that prove *Free Will* is true. They sound logical, and I believe. I listen to reasons that prove *Fate* is true. They sound logical, and I believe.

"Yet, each truth is exclusive. Each prevents the other from being true. Therefore, both are false. This sounds logical, and I believe. I move now to **The Fifth Way**."

This makes no sense to the

logical mind (because it's *Void Logic*). Yet, if you grok the message with your Fifth Eye, you'll sense the metalogic to it. You can see the metalogic, can't you?

One you get the hang of this, you'll notice that *you'll be suffering less*, because you'll give yourself and everyone else *more slack*. **It's not about winning or being right**. It's not even about knowing what's going on, metaphysically speaking.

It is very helpful, however, to be conscious of what's going on around you. Without this awareness, you'll treat others like idealized objects. Some Lightworkers are so spaced out that they *lose touch with their life!* Don't miss your life. Your existence is the *only guaranteed metaphysical reality* that you've got.

## Highs

and

## Lows

Even the most high, loving, and pure person will experience sadness, pressure, confusion, or some other equally "negative" state.

This happens because *you're in an animal body*. Vibrations constantly bombard you from the inside and out.

You have the vibrations of the planets, the dark forces, the emotions and the actions of others, the mass unconsciousness, bad chemicals, energy vortexes, cosmic particles, DNA, viruses, bad hair, and much more to deal with every day. At times, your mental, emotional, and/or physical body will sag.

When this happens, most people "lose it" and go unconscious. IROOT:NOTians, however, can lose it *and not go unconscious*.



Now available: **Future Alchemy**. Fifty pages of IROOT:NOT transmissions (complete works). \$10 (For you, s&h is free.)

In a way, Buddha was right – life can surely bite. Yet, you can *live a miraculous life* and have the last laugh! The secret is to *quit relying on your left and right brain*; start using your **Center Brain**.

# ALCHEMY

## Fear

Fear is another brick-in-the-head that animals – including humans – have to live with. Like most experiences, however, it's the *position of your consciousness* that determines how you'll feel about it.

*Fear is just another experience.* It's the same as putting on your socks (except it's unpleasant). But there's a difference: Your physical body goes into mild shock whenever you experience fear. Biochemicals shoot into your bloodstream; the body tenses, making the emotional body panic. The mental body follows by thinking that bad stuff is happening. So, you feel bad.

With practice, you'll be able to *watch your fear* through your **Fifth Eye**. You'll be able to say, "Oh, yeah. One of those 'fear' [sad, angry] experiences. It's part of my life while I'm in this animal body. It bites, but hey, *it's a life*." The more religiously oriented may add, "And my body is a Holy Temple [that is afraid]."

Winston Churchill said, "There's nothing to fear but fear itself." That's good Third Eye advice. Fifth Eye information says that *you don't even have to fear fear*. It's just an experience; it's part of your life. Take a deep breath, and *just sit through it*. Show it who's boss!

So concludes *Surfing the Earth Plane*, Part I.

IROOT:NOT alchemy works like the alchemy of old: It transmutes. The big difference is that the IROOT:NOT transmutational "magic" works on *you*, not a metal.

The early alchemists attempted to create **The Philosophers Stone**. They took lead, the base metal, and ground it with mercury, sulfur, and other ingredients, heating and purifying them. They would grind and grind for years, hoping to be grinding at the moment *when the cosmic timing was ripe*. Apparently, nothing would happen unless the universe was in the "right mood" to make it happen. Time was an element in the mixture.

IROOT:NOTics grinds your psychological self. *You* are the base metal, refined though you may be. It grinds your astral self. It strips away the dense layers of illusion. As it purifies, you become lighter, and you begin to take your beliefs – part of your ego – less seriously. You "lighten up." This is good, because that's what *enlightenment* is about.

Read the IROOT:NOT material. Embody it. Will you avoid suffering by doing this? No, but you will suffer less. You will become more wise. Others may comment on how wonderful you are; yet, you'll see yourself as a person, just like them. IROOT:NOTics has a built in humility circuit. *You know it's all words, images, and passing emotions*. We're all unique, tiny bubbles floating inside the same cosmic ocean. When we pop, we're one again. Until then, *Live a Miraculous Life!*

### The Four **Universals** of IROOT:NOTics

- The Universal One:** *He is alive. One day, he will die.*
- The Universal Two:** *You are one with creation.*
- The Universal Three:** *Life goes by.*
- The Universal Four:** *It's a life.*