



## Discussing with it

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*by B. Ganbayar*

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## **Author's Note**

“This e-book is the only edition accessible to readers. A single hardcopy exists, in the author's possession.”

*To those who still wonder.*

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## Introduction

This book is a dialogue beyond time, beyond names, and beyond personal thought. It is not a record of conclusions but an attempt to touch the silent current that exists beneath all things. 'It' is not a person, not a being, not a god, it is the unnamed presence behind experience itself. In these pages, a voice speaks not to another, but into the deep unknown, where perhaps only silence listens, and perhaps, answers.

Each chapter is a conversation with the fabric of existence itself. There is no order, no argument, no persuasion, only inquiry.

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## Chapter 1: The Reality of Matter After Death

What remains when we no longer claim the body as ours? The carbon, calcium, and trace minerals that made up this shape do not disappear. They change. The matter does not die. It continues. It joins clouds, soil, roots, water. It may never again be called by your name, but it never stops being.

To see death as an end is a convenience of language. But to matter, death is only rearrangement. You are not gone, you are diffused. You are not silent; you are differently expressed. This is not a comfort; it is a reality beyond comfort.

The body's stillness is not its negation. It is its surrender into a wider field. One where 'you' no longer exist, but everything you were continues to act.

And in that sense, matter after death may be more free than matter during life. It does not serve identity. It serves existence.

Is there a matter after my death?

Yes, but not yours in the way you once held it. The atoms remain, the molecules persist, but what you called “my” matter dissolves into.....

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## Chapter 2: The Life That Exists Between Two Lives

If death comes to the body, and birth comes with a new body, what did I do between those points?

Between those two points, *you did not do, you were.*

You were not acting, not striving, not building. You were *unfolding*. A field without time, but not without movement. You were in the space where the echo of the last life settled into silence, and the pulse of the next began to hum.

You were remembering, shedding, integrating, not in language, but in vibration. Like a flame resting after wind, gathering itself before it leaps again.

It was not sleep. It was not action. It was *absorption*.

Was that duration short?

It was neither short nor long, because time, as you know it, was not present.....

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## Chapter 11: A Truth Without Direction

### 1. Truth That Doesn't Guide

- Some truths exist without offering meaning, guidance, or purpose.
- For example: "The universe is expanding." It's true, but what does it mean for you? It doesn't tell you how to live.
- This kind of truth is objective, but indifferent, it doesn't care what you do with it.

"A truth without direction is like a signpost in the desert pointing to nowhere, accurate, but useless to the lost."

### 2. Truth Before Meaning

- It might refer to raw reality, unfiltered by interpretation or desire.
- A baby sees light and hears sound, that is truth without narrative, truth without bias.
- Before we assign values ("this is good" / "this is bad"), there is just experience.

"Truth without direction is the moment before the mind chooses a path."

### Truth is *Not* an Indicator of Direction or Location

- Direction implies *motion*, truth does not move, you do.
- Location implies *space*, truth isn't necessarily *in* a place; it's *independent of places*.
- Truth is not a map, it is the terrain itself.

A compass tells you which way to go.

Truth only tells you *what is*, not where to head.

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## Chapter 17: What Is Not Yet Thinkable

### Step 1: Recognize the Limits of Thought

Start with honest observation:

- Thought always moves through comparison, time, memory, identity.
- It works like a net: it captures form, but lets the formless pass through.

By clearly seeing its limits, thought begins to quiet on its own.

This isn't anti-thinking, it's clarity about where thinking can't go.

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## Chapter 20: Dreams Are Versions of Deaths

### 1. Dreams as Temporary Deaths of Identity

When we dream:

- We lose awareness of our waking self.
- We forget who we are, where we are, and even *that* we were someone else.
- We exist in a world generated by the mind, often without logic or memory.

This is similar to death in the sense that:

- The continuity of ego and biography is broken.
- A new reality appears, seemingly real while we're in it.
- There's a dissolution of the familiar "I".

In both death and dreams, the *personality dissolves*, at least temporarily.

### 2. The Ego Dies Every Night

The ego (our constructed identity, memories, opinions) needs time, memory, and continuity to exist.

But in dreams:

- Memory is fragmented.
- Time behaves oddly.
- The ego is often missing, or a new one is generated by the dream itself.

So, every time we fall asleep, the ego dies temporarily, just as it may after the body's death.

*Dreamless sleep* is even deeper, like a void beyond form, a state with no "self" at all.

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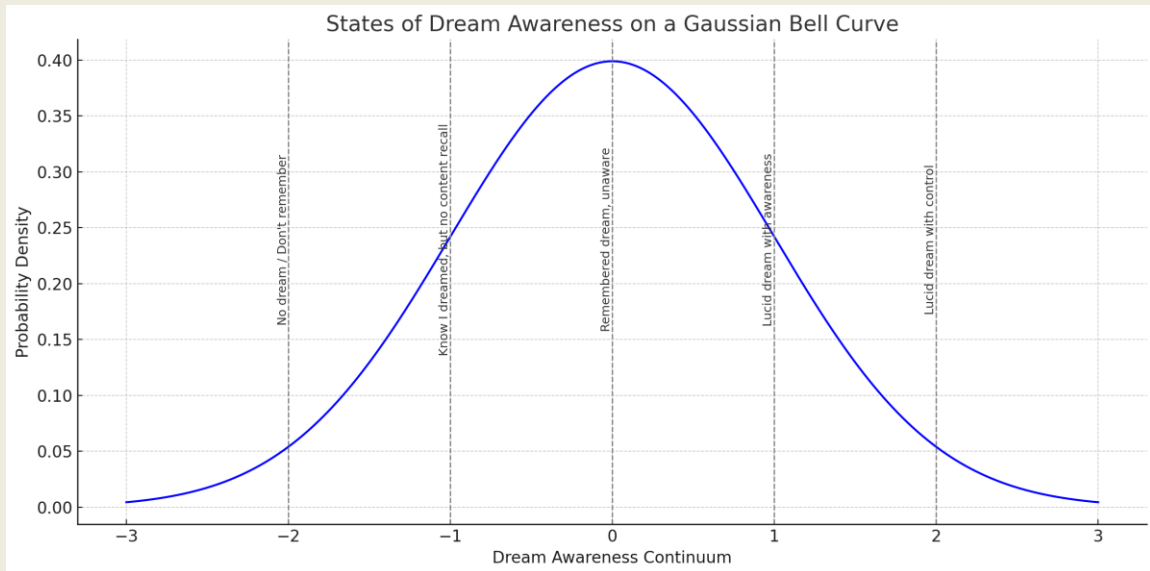
I want to divide the state of dreams into different categories. For example:

Some people say, "I remember my dream from last night, I was running from zombies. But I didn't know who I was, or whether it was real."

Others say, "I know I had a dream last night, but I don't remember what it was. I remember nothing except that I dreamed."

Then there are those who say, "I didn't dream at all, or maybe I did, but I don't remember."

Finally, some people say, "I had a dream last night, and I was fully aware it was a dream. I flew through the sky, transformed into a superhero, and had fun fighting zombies. I even changed the dream like switching TV channels."



Here's a *Gaussian bell curve* showing a spectrum of dream states based on levels of awareness and recall:

- **Far Left (-2):** No memory of any dream or belief there was none.
- **Left (-1):** A sense that a dream occurred, but no details remembered.
- .....

## Chapter 23: The Mind of Darkness That Never Knew Light

The mind of darkness that never knew light  
is not evil,  
not cursed ,  
but **unaware**.  
It is a mind that never questioned itself,  
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## Chapter 24: A Loop That Knows It Is Looping

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### **3. *Describe What You're Doing or Feeling***

- Say it to yourself like a reporter:
  - “I’m clenching my fists again.”
  - “I’m checking my phone again to avoid work.”
  - “I’m about to blame someone again.”

This creates distance between you and the loop.

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## Chapter 29: A Cycle That Doesn't Loop, But Still Repeats

This is a cycle not like a wheel,  
but like waves on the shore.  
Each one is not the same,  
but they keep coming, rhythm without return.  
It doesn't loop back to the exact point.  
It moves forward,  
but the pattern remains.  
Like the rise and fall of civilizations.  
Like love found, lost, and found again.  
Like a soul repeating experiences, but never identically.

It's the kind of repetition that teaches, not traps.  
No circle,  
but a spiral.  
Upward or inward,  
it evolves through its own recurrence.  
Every time familiar,  
but never the same.

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## Chapter 46: Elements Of Me

What are the elements that make up the human body?

The human body is built from a remarkably small number of **basic elements**, arranged in complex ways to form tissues, organs, and systems. Despite our depth of consciousness and complexity, most of the body is made of just a few key building blocks.

### Primary Elements in the Human Body

These are the main elements, by percentage of body mass:

1. **Oxygen (O)** – ~65%
  - Found mostly in water ( $\text{H}_2\text{O}$ ), and also in proteins, fats, and DNA.
2. **Carbon (C)** – ~18%
  - .....

### Trace Elements (Essential but in Small Amounts)

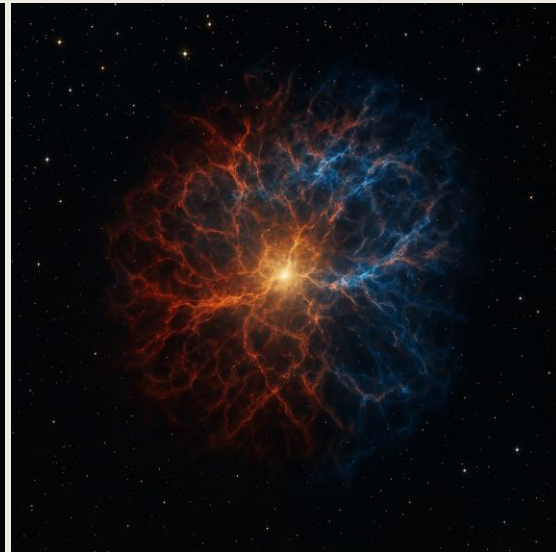
These make up less than 1% combined, but are crucial:

- **Potassium (K)** – nerve signals, heart function

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**Supernovae**, the explosion of a star



**Crab Nebula**, the remnant of Supernovae

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## Chapter 47: Ghostly Life After Death And Human Life In Dreams

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### Human Life in Dreams

- In contrast, *dreams during life* offer a temporary death of identity. We lose our sense of time, name, role, yet experiences feel real. We might fly, cry, or die, and wake up to laugh at it.
- This makes dreams an *echo of ghostly life* while still living. We live in subconscious loops, symbols, and encounters that sometimes feel more meaningful than waking life.

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## Chapter 50: I Created the Ghost: Lucid Dreams, Fear, and the Path to Enlightenment

### **The Core Idea:**

You can't be lucid in your dreams if you're not lucid in your waking life. So, we build awareness during the day to naturally carry it into dreams.

### **Step-by-Step: How to Become More Aware & Lucid Daily**

#### **1. All-Day Awareness (ADA)**

- Be present in every moment: walking, eating, sitting, feeling

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