

THE BUDDHA KILL LIST

Freedom With One Bullet



By
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&
The Big Toe

WakeUpHumans.com



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Disclaimer

While the material that can be gleaned from this type of introspection has been useful for us and countless others, this shit taint for everyone. The deeper you dive, the darker it gets, and many people just aren't willing to get that comfortable with being uncomfortable. There's no place on your path that you're supposed to be other than where you are right this moment. So if you find this report useful, that's fucking great. If you think we're complete wankers, that's fucking great. We're offering it for entertainment purposes only, so whatever happens to you isn't on our hands.

Enjoy.

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Introduction/Overview

We're going to assume that because you've downloaded a devious sounding report such as this, you've heard the phrase:

"If you see the Buddha on the road, kill him."

What might this actually mean?

Well, it could have many meanings.

It seems obvious to us, although by no means universally accepted, that religious/spiritual texts and quotes from teachers of a high plane of consciousness can be interpreted on many levels. And it's certainly not for us to say which perspective is "correct".

The most straightforward interpretation would be literal.

There are many folks who take this position from every religion. I've met more than one Christian who wholeheartedly believed that Jonah was swallowed up by a whale, lived three days and then was expelled when the giant fish puked:

"Now the Lord had prepared a great fish to swallow up Jonah. And Jonah was in the [belly](#) of the fish three days and three nights." -Jonah 1:17 (KJ Version)

"And the Lord spake unto the fish, and it vomited out Jonah upon the dry land."

-Jonah 2:10 (KJ Version)



Is this literal interpretation/perspective “wrong”?

How the fuck would we know!

We would just put forth that there are other perspectives, such as seeing stories and teachings as allegories, symbolism and/or metaphors. And that’s how we’re going to view this particular saying from the world of Zen Buddhism.

Supposedly, this teaching was uttered by the Zen monk Lin-chi (although we find that attachments to scholarly discourse on details like “who said what, where and when” to be nothing more than intellectual masturbation).

Regardless, if we’re not taking it literally, it could have been a teaching about not getting attached to anything, not even a teacher or God herself. All attachments must go and one must live in the present moment without a sense of there being an “other” that is separate and “outside” of you.

The road symbolizing the path to Enlightenment; whatever that chosen path might be for you in the moment - meditation, study of scripture, prayer, or karma yoga. This is not a stretch as far as metaphors go.

So would you even know if you came face-to-face with a Buddha on the road?

What might this Buddha look like? What would it say to you? Would it have bad breath?

Who are we kidding – you'd recognize this being immediately, as unconditional love and compassion would be pouring out its every pore.... Right?

Well, if you do indeed recognize this Buddha, then this teaching is that you must kill it. And by "kill" it could mean that you must let go of the idea (the illusion) that you have arrived. For if you had indeed attained Enlightenment, you wouldn't recognize anything or anyone as separate from yourself... or so the story goes.

At some point, in order to know your true nature, **you must even give up your attachments to that and those you most cherish.** It is attachment alone that creates your sense of self apart from that to which you are attached. These can be beliefs, fears, desires, goals, etc.; all of which are derived from a sense of separateness or duality.

"Attachment is the great fabricator of illusions; Reality can be attained only by somebody who is detached."

– Simon Weil

"A feeling of aversion or attachment toward something is your clue that there's work to be done."

– Ram Dass

Your Buddha Kill List Survey

So just for the fuck of it, let's use the term "Buddha" as a synonym for your attachments.

Process:

1. Complete the survey
2. Tabulate the results and meet your Buddhas
3. Let the killings commence

After the survey, you'll find more discussion on the different categories of attachment, and how you might go about killing the appropriate Buddhas, if you wish.

How strongly do you identify with each statement? (3 = most strongly, 2 = moderately, 1 = mildly and 0 = no identification)

Relationships/Family

- _____ The happiness of my family and friends is very important to me
- _____ I depend on my family and friends for emotional support
- _____ My family and friends bring me either great joy or sorrow
- _____ I put the needs of family and friends members above my own

Sense of Self

- _____ I feel either very good or very bad about who I am
- _____ I strive to improve and better myself

- _____ I make an effort to do what is expected of me
- _____ I must admit, I do care about how others perceive me

Financial Security

- _____ Financial security is important to me
- _____ I spend a lot of time evaluating my present and future financial situation
- _____ I want to be able to purchase things that I like
- _____ I am willing to make sacrifices in my life now to achieve my financial goals in the future

Career/Life Success

- _____ I derive a great sense of fulfillment from my work/career
- _____ Being able to take action and get things done is important
- _____ I have clearly defined goals for my life and career
- _____ I want to “make a difference” and leave the world a better place for future generations

Spirituality

- _____ I spend a good amount of time in spiritual pursuits
- _____ My God/Spiritual beliefs are an important piece of who I am
- _____ Spiritual growth is important to me
- _____ I look to a higher power for guidance

Religion

- _____ My church/temple/mosque is a foundational pillar of my life
- _____ My faith guides my worldview and beliefs
- _____ I drive a strong sense of community with this organization
- _____ I couldn't image changing or dropping my religion

Interests/Activities

- _____ I am passionate about my interests (sports, gardening, collecting, etc.)
- _____ I dedicate time and effort to these activities, and enjoy being "good" at them
- _____ I identify myself with these interests i.e. "I'm a knitter, runner, stamp collector, Dungeons & Dragons aficionado, etc.)
- _____ I surround myself with others in the community who share these interests

Charity

- _____ I think it is important to help those less fortunate with my time or money
- _____ I regularly give time/money to charitable organizations
- _____ I feel good/bad about how much I am able to contribute to worthy causes
- _____ Everyone should support worthwhile charitable organizations to the extent they are able.

Health

- _____ My health is very important to me
- _____ I am willing to invest time/money in my health and longevity



The Buddha Kill List

- _____ It is important to eat right and exercise
- _____ I plan on doing all I can to live as long as possible

Politics

- _____ Effective leadership in our government is important
- _____ Current political decisions are critical to our country/world
- _____ I am passionate about local, state, country issues
- _____ It is everyone's responsibility to be involved politically

Cumulative Identification Score by Category

- Relationships _____
- Sense of Self _____
- Financial Security _____
- Career/Life Success _____
- Spirituality _____
- Religion _____
- Interests/Activities _____
- Charity _____
- Health _____
- Politics _____

Score Per Category

Minimal attachments	0-3	You derive little to no sense of ego from these categories. Beliefs and fears are minimal.
Moderate attachments	4-8	You derive some aspects of who you are from your beliefs and attachments to importance in these areas.
Big-Ass attachments	9-12	You are largely defined by your attachment to these areas. Your beliefs, desires, and fears drive much of your waking thoughts and feelings. These are your buddhas to eliminate in order to lift the veil of illusion of a separate self (ego).

Post Survey Contemplations (WTF?)

Are Attachments Really A Problem On A Spiritual Path?

If you want to eventually end the seeking process and get to final destination, you bet your yoga-toned ass.

Attachments are based out of fear or desire (flipside of fear), which are purely beliefs and thoughts about the future or beliefs generated from the past. To move beyond thought, to be present, to live in the now, to identify with pure awareness; we need to see these thought processes for what they are and move to a point where we can leave them behind. In this process, they will lose intensity and naturally fade away. Very much like an atrocious fart.



Consciously trying to suppress them or prematurely trying to bury them just doesn't work in the long run. By witnessing, watching and increasing the identification with the awareness that is

watching the thoughts do their thing, the attachments loosen and their perceived reality and importance start to fade.

“We” as our individual selves, don’t drop attachments. Our expanded sense of observation and witnessing of attachment actually causes our sense of self to fade. Every day is a practice session. The game is what percentage of the time you can witness the thoughts, their underlying beliefs, and associated fears. This is the slow shifting of your consciousness away from being the individual. Sometimes, you may forget to step back and watch for days at a time. At other times you may spend time observing this process every hour.

You’re learning a new identification of consciousness and changing long ingrained habits of awareness. Be patient and know, the “you” that you’ve always thought yourself to be will fade and die in this process. Watch your emotions; identify the attachments (beliefs), know what they are based in fear and are trying to protect you from the truth. By getting this illusion out of the way, you become one with what’s left - pure consciousness.

This is not for the timid or those with spastic colons.

“You only lose what you cling to.”

– Buddha

“If you want to know something, go elsewhere. If you want to un-know everything, then sit and listen.”

-Adyashanti

Family/Relationships

As Jesus said to those that are called:

"He who loves father or mother more than me is not worthy of me; and he who loves son or daughter more than me is not worthy of me."

(Mt 10:37)



Let's face it, for most peeps this is the Big Kahuna. Initially it flies in the face of our beliefs about what it means to be a good partner, parent, child or even a friend. People's self-image can crumble when confronted with the possibility of not giving a shit about the people they love most.

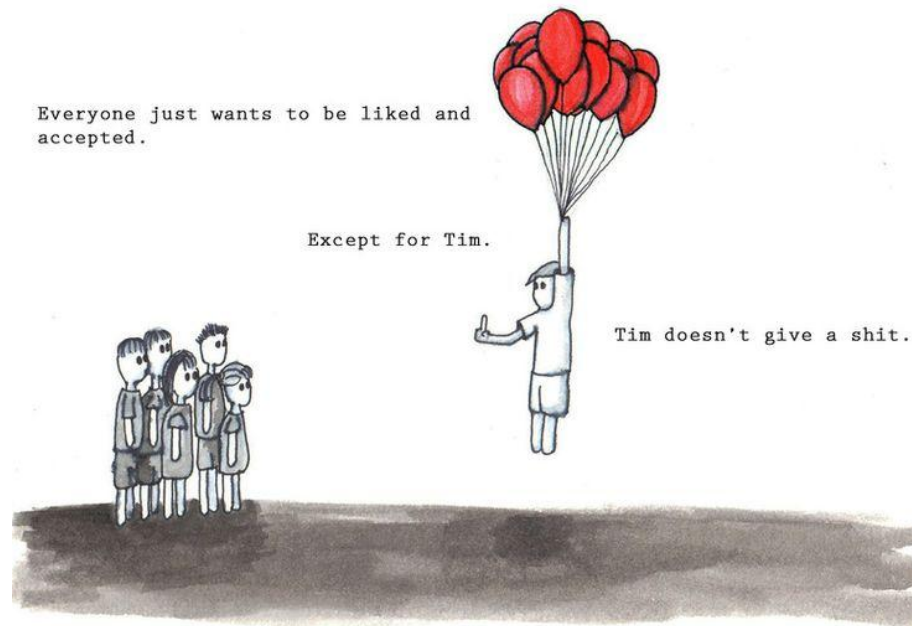
When this attachment is given up, people tend to focus their consciousness on the present unfolding of "now", the only reality that exists. We spend a lot of time worrying about how the future will unfold, both for us and key players in our illusion of life. As we move to see everything as a part of the same consciousness, we connect with the essence of everyone equally.

When we engage purely in the present relationship with others as a part of ourselves, the play of life unfolds with or without our blessings, preferred outcomes, etc. Most people we love will die in our lives unless we die and leave them first. No matter how sad this appears at the surface, it's about the only thing life guarantees. It is what is and can't be any other way. It's integrated in the design of life.

Nobody's saying we must leave everyone we ever cared about and run to a cave to meditate. It's possible that your dharma unfolds that way, but not likely. How could your loved ones be worse off by experiencing pure consciousness living through you? Do you think your limited ego and false sense of self with all your faulty beliefs, ideas, and worrying will be more helpful for them and your interaction with them on their journey of life?

Sense Of Self

Have you ever noticed that most interesting folks are often those that really don't give a shit what anyone else thinks about them? Not in a haughty egocentric way, they just happily march to the beat of their own drum, free from worry about how others perceive them.



Sometimes these people can be quite accomplished or successful by normal standards, or not at all. However, on both extremes, quite often these souls don't really think about themselves as being a great success or failure. They just are who they are, do what they do, and are pretty damned present while doing it. They aren't busy hating aspects of themselves or trying to maintain external validation by being rich, powerful, kind, or good looking.

All those aspects are purely relative, imply a differentiation of self and other, and are born from a dualistic thought process based on illusionary beliefs about themselves. Maintaining those beliefs or increasing the "good" beliefs while minimizing the "bad" beliefs is just avoiding the ultimate fear that we are nothing. We came from nothing, die into nothingness, and after about 80 or so years, nobody on the planet will remember us because everyone else will be dead and also be nothing.

So why are we worried about something so relative, fleeting, and impermanent? It's simply what the mind does. That doesn't make your sense of self any more legitimate. Who would be remaining if all these beliefs, memories, and hopes faded away?

Our suggestion: just watch the mind do its thing, and trace thoughts to supporting beliefs and the fears those beliefs are based upon. Don't suppress them, just watch this cycle work and understand it for what it is. It will lose importance, and you will identify more and more with what is watching this whole process.

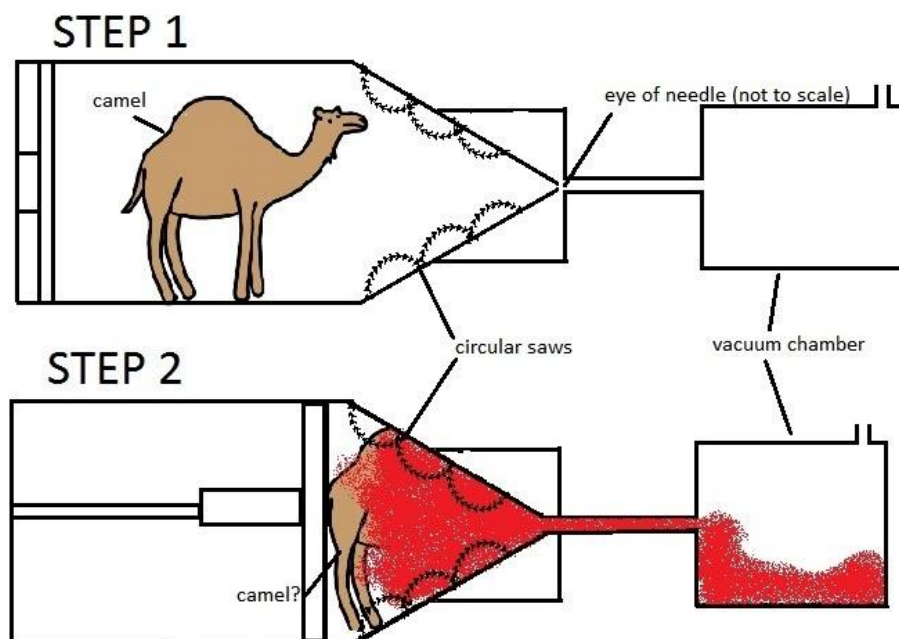
'If you don't get what you want, you suffer; if you get what you don't want, you suffer; even when you get exactly what you want, you still suffer because you can't hold on to it forever. Your mind is your predicament. It wants to be free of change. Free of pain, free of the obligations of life and death. But change is a law, and no amount of pretending will alter that reality.'

-Dan Millman

Financial Security

"Again I tell you, it is easier for a camel to go through the eye of a needle than for a rich person to enter the kingdom of God."

(Matthew 19:24)



So what does that mean?

How the fuck would we know!

But if we pretended that we had a clue, we'd come up with some shit like this:

In this biblical quote the “Kingdom of God” means God consciousness or our awareness merging with the absolute consciousness from which everything is derived.

So, as the theory goes, what needs to happen to go through the “gateless gate” is to become as small as possible. That’s why Ant Man is super cool.



But in this arena, we’re talking about our sense of self and associated attachments.

The individual can’t go through the gate.

The death of the individual unlocks the gate. The bigger the sense of being “somebody” the bigger the baggage and next thing you know, you need a fucking camel to carry it all for you.

In the western world, we like to collect experiences and material goods as a way to feel validated; such as nice homes, epic meals, exotic vacations, or a new brush guard for our Ford F250. If we have a lot of these things, it’s pretty easy to convince ourselves we are doing better than the next guy and that boosts our ego. Of course, the guy behind the next guy has a new jet, owns five vacation homes, and is wearing a \$8,000 tailored suit. Fuck, now we feel insecure because relatively speaking, we are smaller and less important.

Desire for money is a fear born out of the illusion of a separate self and a perceived scarcity. It’s hard for many people to acquire as much money as you think you need, especially when that

amount tends to increase with however much you have. Then if you happen to finally feel that you have enough, fear of losing it becomes a really big deal.

So whether you're trying to get more of it or hold on to the amount you have, there is attachment. On either end, there's fear of not having enough and that's based on any number of beliefs one may hold. Beliefs such as "there won't be anyone to take care of me/I'll lose my home/I won't end up being as successful as my parents/I'll have to work until I die/etc."

Most people in the west don't have to worry about clean water, sanitation, shelter or food. However, we are more obsessed with protecting ourselves against the future than many fellow humans around the world that cannot even count on basic survival needs. Our fears are relative, based on our subjective beliefs. But the most important and detrimental belief is that of being an individual separate from everything else.

So we are attached to buying safety, a prolonged positive self-image, and a concept of the future we think we can count on. This is the big pile of dog shit sitting in the middle of your sidewalk that you need to eventually clean up.

Who knows, you may even end up being able to sell your camel and make a few bucks.

Career/Life Success

Many people take pride in their work and ability to “get shit done”, and the temporary success they may experience (it’s all temporary). On the flip side, many people are depressed because of their workplace situation or ineffectiveness; maybe they can’t stand their boss, or if said person is the boss, the company is failing to live up to some preconceived ideal position in the marketplace or earnings etc.



Obviously, there are many variables in a career path that one can’t totally control, such as predictions of growth over time, expectations of you and/or your department, availability of resources, company cultural changes, etc.

Of course, you can do your best, but in the end, it’s a roll of the dice; and if your company is successful, then growth and change are maximized in proportion to the stability of these variables... that are in flux and at constant risk.

The same holds true for the overall ambitions you may have in place for a “successful life”. So called “tragedies” can hit you at any moment – your kid gets hooked on drugs, you get diagnosed with a terminal illness, or HBO cancels “The Life and Times of Tim” (remember the guy that doesn’t give a shit). These things happen and you have little to no control over any of it.

To depend on ever-changing factors for your self-image and self-esteem are a fool's game.

Have there been times when you've been on your game and as a result everything turned out like you had planned? Have there been times that regardless of your planning, effort, and dedication, things went in a different direction?

If you've been around the barn a few times, the answer is probably yes on both accounts.

**So at one point in time you're a success, and another you're a complete failure.
You see the setup, right?**

One of the biggest stressors for people is feeling like they have no control over a situation. So they play the game as if they actually do affect outcomes (it certainly does seem real), and then base their own self worth on the results.

Consider the perspective that what is happening is happening, and sometimes it appears to be going against our intentions and other times we seem to get what we want. We tend to assume that our intention and the results are a cause/effect relationship. Is it really us or is it happening as it would anyway? How do you know?

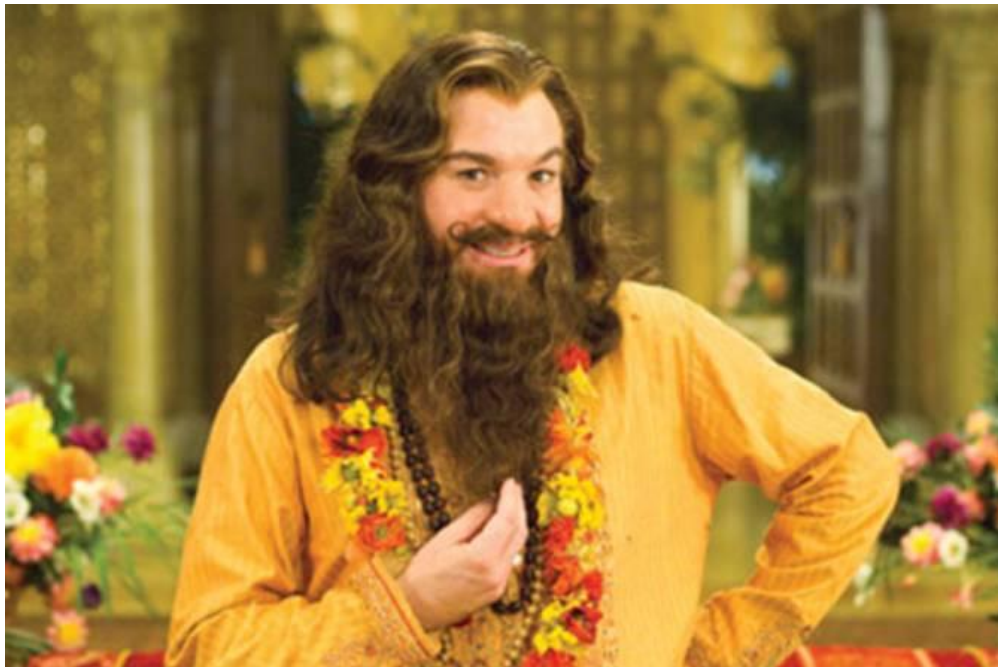
"To work without attachment is to work without the expectation of reward or fear of any punishment in this world or the next. Work so done is a means to the end, and God is the end."

-Ramakrishna

Spirituality

“Hey, guess what?”

My name is Todd. I’m super self-aware and into the ultimate meaning behind reality. I meditate, go to retreats, practice mediation and yoga, repeat mantras, read a shit ton of spiritual stuff, and don’t eat animals. I’m operating at a level beyond most people and I’m pretty fucking special because of it. I’m a spiritual motherfucker and because I don’t practice an organized religion, I’m even more special. I think for myself and contemplate reality on my terms. I’m one spiritual SOB and I’m kind of cool. I’m deep and complicated and a little edgy.”



Well good for you, Todd. You seem to have one hell of a spiritual ego, and you’ve banked your self-worth on some new age spiritual bullshit differentiating you from the masses.

Congratulations!

“You” are special again.

This is the most common trap for any spiritual seeker, and it prevents them from ever truly seeing anything as it really is.

The Game Is To See This Process As It Happens.

The mind will seek out thoughts, and support any energy directed to sustaining its ongoing sense of existence as “you”. But now you have an even more enticing sense of ego validation because it’s literally “holier than thou”. What the ego needs is a differentiator from other people to support a relative sense of self-importance.

A spiritual ego is a great way to accomplish that, however, it’s total bullshit. Whether you see yourself as a complete fuck, super spiritual, philanthropic, compassionate or whatever, these are merely more beliefs to add to the bucket of what eventually needs to be emptied in order to lose your sense of self and gain communion with all that is.

Watch it, see it, let it fade, and let it go. Identify with the witness and love yourself anyway.

“Attachment to spiritual things is... just as much an attachment as inordinate love of anything else.”

-Beverly Sills

Religion

"Most of the world's religions serve only to strengthen attachments to false concepts such as self and other, life and death, heaven and earth, and so on. Those who become entangled in these false ideas are prevented from perceiving the Integral Oneness."

-Lao Tzu



Why Is Religion A Separate Category From Spirituality?

The Spirituality category represents beliefs in a non-traditional way and provides a direct connection to a greater reality. Religion is an organized belief system about God that one needs to access through an institution. You must accept most of the standardized positions to be part of the group. If you reject too many of the principals, you'll no longer be a participating member of that organization.

Although the esoteric branches of almost every religion support the Truth of Unity, many traditional forms of religion today actually champion the belief that you are separate from God (and everything else, for that matter).

We find that many religious institutions promote two synergistic beliefs:

1. The individual is separate from God
2. The individual needs to be dependent on the institution for their connection to God

This pair of beliefs just happens to ensure the survival of the institution. Could the irony of accepting a belief system around being separate from God also creates a dependence on the organization to provide a feeling of connectedness to something greater than oneself?

In the end, all beliefs must be thrown into the fire. This would certainly include the packaged belief systems of any institutionalized religion.

Interests/Activities

Think about when you first meet someone and want to “get to know them”. In a sense, what you’re looking for are their attachments, as these will reveal a great deal about their belief systems and how they identify themselves in this relative reality.



You’ll find that many people structure their sense of self around their career accomplishments, which could be anything from a top tier surgeon to a fulltime parent. Other people define themselves by their athletic endeavors, artistic talent, or the size of their beer can collection.

Most any activity, performed with no attachment to the outcome and a present moment focus, can become a form of meditation. They can be active opportunities to associate awareness with being in the now.

However, many interests and hobbies can become competitive in nature and associated with winning, being the best, etc. The ego can easily start to use these activities as opportunities to validate a sense of self (either positive or negative). It seems that many people want to differentiate themselves from “average folks”. In other words, they want to show other people (and themselves) why they are special. This can take the form of which country club(s) they are members, how anti-country clubs they may be (rebellling against something), type of music or

food they prefer, a perfectly decorated house, how far/fast they can run/bike for someone their age, etc.

So the question (if you choose to ask it) is: How much self-esteem or identity do you get from these interests/activities? Do you engage in these activities out of pure enjoyment in the present moment? If so, then rock on, dude!

However, if these activity elicit feelings of success, failure, frustration, or elation then it might be time to look at how attached you are to these endeavors and how much you look to them to define yourself. What if you never did those activities again and never thought about the past in which you did them? Would you feel a diminished sense of self?

“Contrary to what some people might believe, there is nothing wrong with having pleasures and enjoyments. What is wrong is the confused way we grasp onto these pleasures, turning them from a source of happiness into a source of pain and dissatisfaction.”

-Lama Yeshe

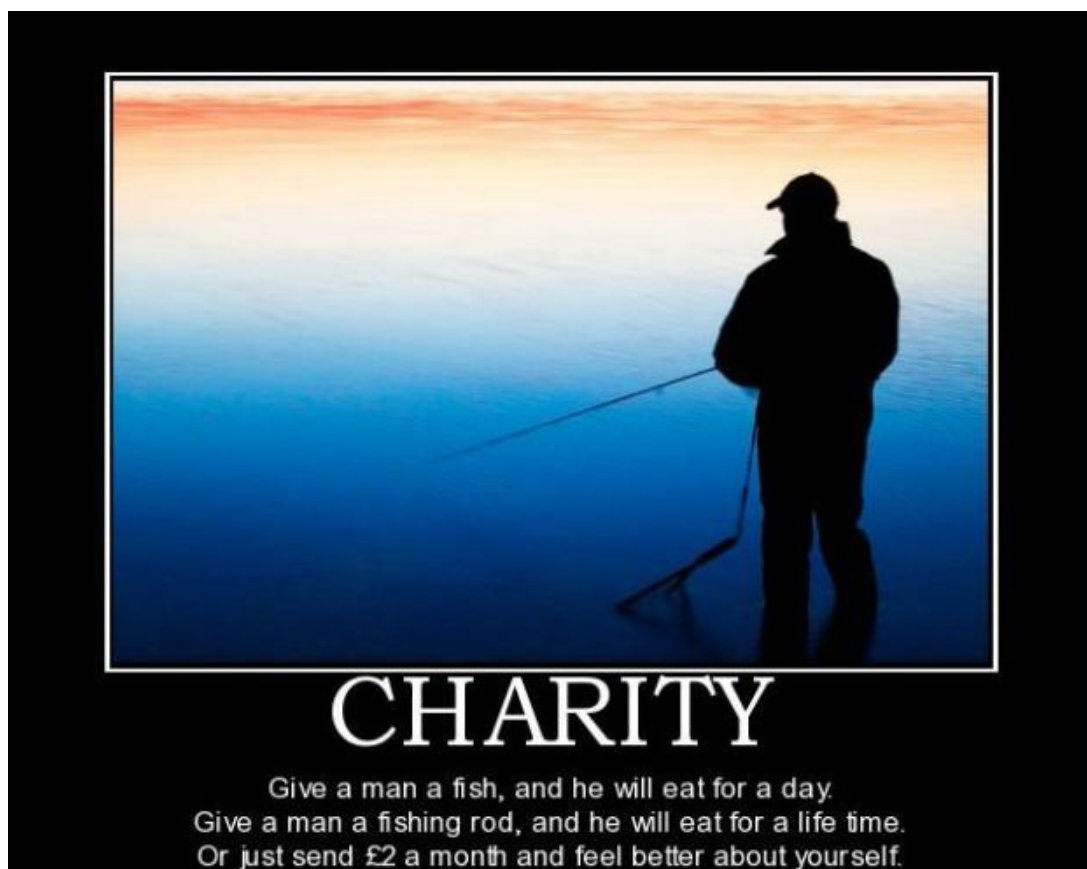
Pray to God that your attachment to such transitory things as wealth, name, and creature comforts may become less and less every day.”

-Ramakrishna

Charity

Charity can be a spiritual trap and a petri dish for feeding your Ego.

Charitable work and giving can really make you feel like a good, compassionate person. It also shows others that you are socially minded. Shit, get on the board of a charity and that really differentiates you from the self-centered majority.



So Why Is Charity Important To You?

It may be something you just do, don't think about it, and don't really derive any sense of identity from it. You aren't feeling better about yourself because you get up close and personal with those that don't have as much or are less fortunate. This could be called a pure approach to charity, but it seems rare.

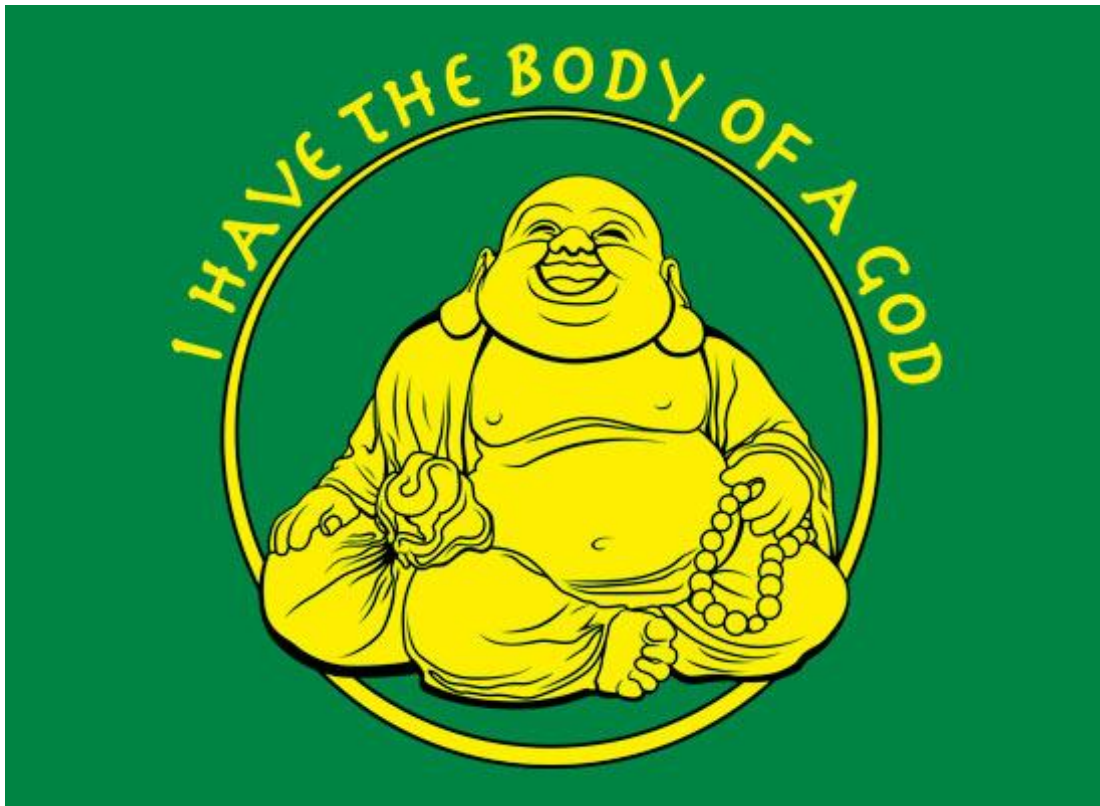
Giving away what you don't need isn't really a selfless act. If you have a lot of time and do volunteer work, or if you have a lot of money and don't really feel any impact from what you give, you aren't really making any hard trade-offs to benefit someone else. You're giving if it's convenient. It's a different ball game if you give away something that you "need" to someone else who also needs it.

Would you give your time and money if nobody would ever know (i.e. your name on the building or in the program donor listings)? Would you sacrifice time from your family if it were already scarce? Would you give away a portion of your grocery or mortgage money if you weren't sure how you'd fill the gap?

Charity definitely creates an opportunity for the wealthy to show they have enough more than the "have-nots" to actually give away time or money without even knowing it. Hell, it can even be a write-off on their tax returns.

How and why do you participate in charitable giving and action?

Health/Body



News flash – If you happen to live long enough, you’ll get old and funny looking and break down and die. The more attachment you have to your looks, health, fitness, or level of activity, the harder it will be for you when it falls apart.

It will indeed fall apart, and you’ll be a husk of what you once were. What you once were won’t exist, except in your memories and the trophies you may have accumulated. Your attachment to this will, at some point, be heavily assaulted upon and, if you’re lucky, you may lose a lot of your identity in fighting this losing battle.

I mean, come on. Is a period of time spent looking good, winning races, or eating well really a measure of who you are? We would propose that there’s a bit more to you than that. The body gets weak and dies. Hell, over 150,000 people die every single day. Whether you reach the

average life expectancy, or add 10-15 years to it, is completely irrelevant in the history of our species.

Fear of death (not existing) or physical decline creates attachments to being healthy, fit, or living a longer life. Why do so many sages, gurus, and teachers not give much of a shit about their fleeting and transitory body? Because they accept it for what it is, and nothing more – a physical vehicle for your learning process this time around. What's the point of becoming attached to this part of your identity and how fast you move through this inevitable process?

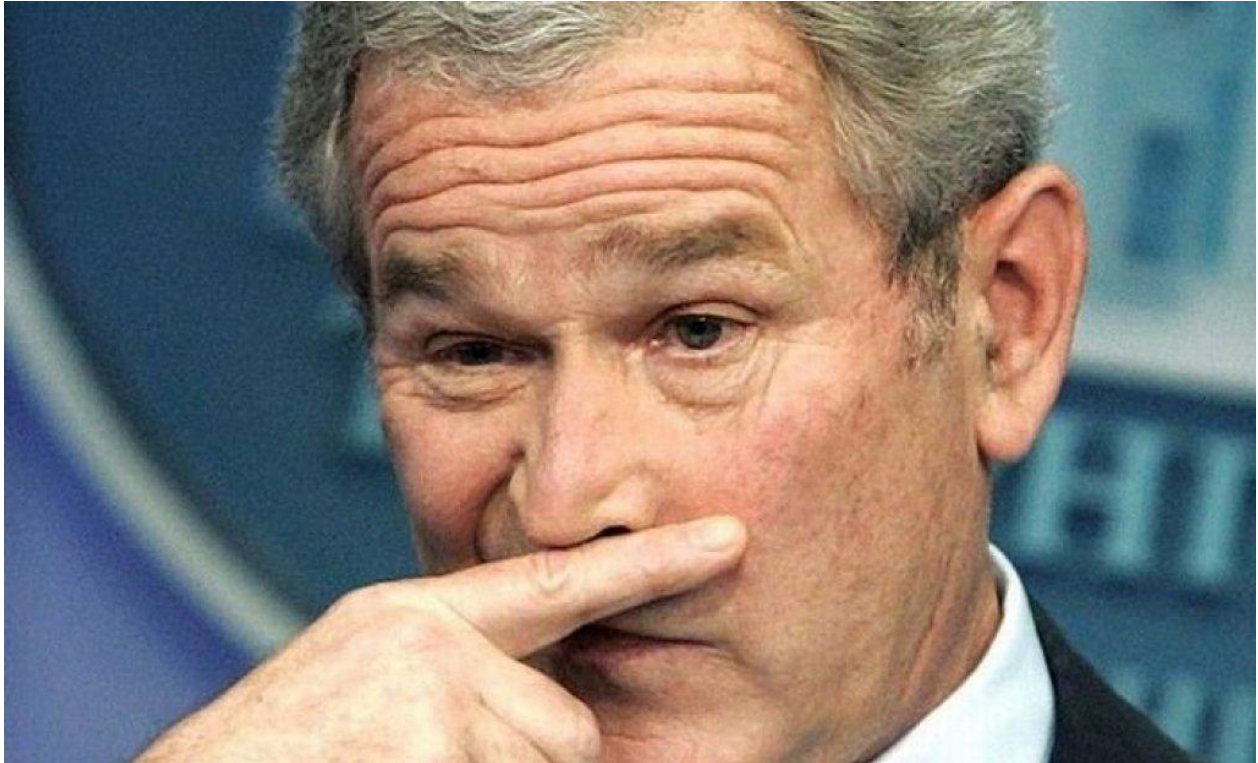
It could be argued that the best thing for a child is to be funny looking from day 1. They'll accept themselves much faster (assuming the parents or guardians support them) as they can't get snared into thinking they are close enough to "good looking" to bother trying. They could actually learn to accept themselves unconditionally. Then maybe, just maybe, they would develop the capacity to accept others unconditionally as well.

"Much is being missed because of fear. We are too attached to the body and we go on creating more and more fear because of that attachment. The body is going to die, the body is part of death, the body is death -- but you are beyond the body. You are not the body; you are the bodiless. Remember it. Realize it. Awaken yourself to this truth -- that you are beyond the body. You are the witness, the seer.

-Osho

Politics

Why do they say it's best not to bring up politics or religion at a dinner party?



Because you'll probably say stupid shit, just trying to participate, and look like a dumb ass in front of everyone. ;)

But seriously, religion and politics are sure to uncover everyone's fierce attachments to their ideas around how the world should work, as opposed to how it actually is. These political characters influence and make decisions about how our future is going to go down, and we have our own very specific ideas of what we want things to be like for us, our kids, grandkids, etc.

Our political beliefs and attachments are ripe opportunities because they can help us to start to see beliefs for what they are and how they operate.

For instance, let's supposed I had a belief that those damn Democrats are the most socialistic sons-a-bitches on the planet, and they want my hard-working ass to pay more taxes to provide more free services to people that are too lazy to work for themselves. Underlying that belief is the belief that I (and my personal financial situation) is separate from others and there is only so

much money; and paying more taxes means I have less and someone else (lazy bastards) get more for free. I also believe life should be fair and I shouldn't have to subsidize others.

So I have beliefs about myself as an individual entity that are on the line and being threatened by fear of scarcity. I have an attachment to my money. I believe others should do more for themselves. All of these beliefs are supporting thoughts of the future and fears about potential futures that could manifest.

The opportunity here is that I can watch this cycle and how this individual sense of self feels threatened and isolated. Our bottom line attachment to being the individual, money, control, power, and the undetermined future are what drives our political beliefs. Follow the emotions to the thoughts to the beliefs to the fear. Watching these patterns unfold will allow you to more clearly see the mind and ego for what they are and how they work.

Emotions → Thoughts → Beliefs → Fears → Observe

"Attachment to beliefs and ideologies have led to global war, famine, political, social and economic upheavals, destruction of our habitat and general dysfunction on all levels of society because they divide us from each other."

-St. Clair

Final Thoughts

If you've made it this far, congratulations! To our knowledge, you're the first person ever to do so. Now you really feel like someone special, eh?

Of course, this was all nothing but a spiritually oriented, modestly intellectual circle jerk. We're talking about things here that are beyond the limits of our language; these are levels of consciousness that are purely experiential. We're all plodding our way up the mountain, and this type of discourse is just another set of clouds obscuring our view.

But alas, it doesn't have to be a total waste of time. If one were to glean any useful perspective from this material, what would it be?

The fuck if we know.

But if we were to guess, maybe it would be something along these lines:

If you want to know the Truth, it's the same simple (but not easy) answer: we need to witness this cycle as it's happening:

Emotions → Thoughts → Beliefs → Fears → Observe

We need to realize it's the nature of the mind, and just watch the bitch work itself out.

Keep doing what you're doing – be the best parent, spouse, friend, citizen, lawyer, drug dealer or whatever. The particular role that you're playing this time around is of no consequence. You can awaken to the Truth from anywhere at any time.

Use your results from the quiz to realize one or more areas of particularly high attachment. Just start noticing them.



Actively engage in your role; just don't forget that it's all a game. Do your lawyering, parenting, or drug dealing; just begin to identify less and less with that role and any attachment to the outcomes. Play the game, while at the same time honoring the Truth that each and every one of us, and all the roles we play and the actions we take, is really just God playing with God.

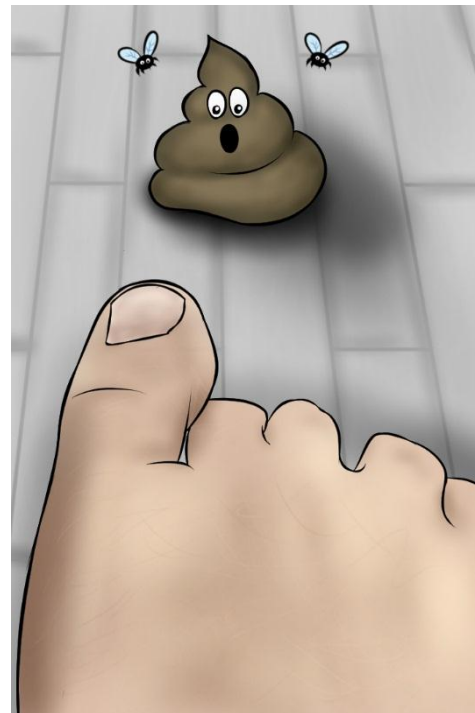
Get out there and kill some Buddhas!

About The Authors

The Big Toe

“The Big Toe” is a nickname originated by Hairy Yogurt Das, largely because he couldn’t really pronounce my given spiritual name, Angustha Das, due to his almost unbearable lisp. Angustha is Sanskrit for “the great toe” and Das is a derivative of the Sanskrit “Dasa”, which means “servant of”. So the literal English translation of Angustha Das is “servant of the great toe”.

Of course, a Bio is a fool’s game because any typical sense of “Who am I?” is defined by a collection of memories, psychological reaction patterns, beliefs, fears, opinions (mini beliefs), and perspectives (mini-beliefs). Then we add more and more to this bag and put an umbrella over it and deduce that this is who we are; but it’s all purely thought based and thoughts are just imaginings (or piles of dog shit). That whole basket of crap doesn’t exist right here and right now in the ever changing present, and didn’t exist when our body was first born.



It’s all imaginary, temporary, and a house of cards. So in reality, I am not that. I am pure conscious being; the witness behind it all and containing it all. I am the void, the illusion, and have never not been. I will always be and am closer to you than you will ever know.

My function is to continually point out to you that the beliefs you’ve attached to who you are, are actually piles of dog shit right in the middle of the sidewalk. I don’t make the rules, I just follow the flow and direction of what job consciousness has designed my role in this play of illusion to be right now.

Please don’t hate me because I am The Big Toe.

Hairy Yogurt Das

My “spiritual name” Hairy Yogurt Das, came about from an experience I had over breakfast one fall morning many years ago. I looked down into my bowl of yogurt and saw eternity. Much like when Yasoda looked into young Krishna’s mouth because he had eaten dirt, and saw the entire universe; I looked deep into the creamy Void, and awakened.

I enjoy telling that story as if it actually happened, when in fact it was but a dream.

Truthfully, I just really fucking love yogurt... especially with blueberries.

I feel as though I was a Jain monk in a past lifetime. As a kid I would spend all day rescuing worms from the sidewalks after a rain, and all my time at the community pool was spent saving flies who ended up in the water.

Needless to say, I was considered weird and wasn’t overly popular.

On the upside, this did give me ample time to start studying philosophy, in my quest to find the “right way to live”. I eventually ended up in the eastern religion section of a local used bookstore and found my home.

At first I was drawn to their apparent compassion for non-human animals, but soon began to appreciate the full multitude of teachings within these systems.

In early adulthood I became sort of an “intellectual spiritual seeker”, only to learn decades later that it’s a path known as Jnana Yoga. I was always in my head, with my thoughts. Intellectualism was my default because it was easy for me. I could debate religious scripture and philosophize on meaningless, hypothetical conundrums ad nauseam.

Although it was fun at times, it became obvious to me that what I lacked was a pathway to open my heart. After several half-hearted (bad pun) and fruitless attempts, my heart was ripped wide open during a psychedelic journey session with The Big Toe. That event dramatically altered the focus of my path and journey, and it is from that perspective that I share my experiences through writing and lecturing.

