



Slavery to Psychedelics to Awakening

Slavery

Defining Slavery

Slavery is the process of *maintaining* wanting of the world *against* the information that the world will never provide it. This information that the world will *not* provide what we want is actually... *all of the information in the world!* The maintenance of this comparison and the drama of being caught within it requires more wanting, and the wanting requires more maintenance. No amount of money, sex, love, fame will cool it. Do *not* underestimate the pain and pervasiveness of enslavement to wanting the world to be other than it is. All you need to do is *look*.

Are you perfectly satisfied with your looks? Your marriage? Your sex life? Your money? Your car? Your health? Your ability to play that sport or perform that work? Your family? Your friends? This essay? Your standing in the group?

If you are not satisfied, this means that within your mind exists an image of comparison where you are more beautiful, loved, gratified, gifted, rich, and that in your mind this *more* will cause greater satisfaction. Every part of that understanding is one hundred percent wrong, because the *persistence* of dissatisfaction is indifferent to the fantasy we had about this or that “*gain*” solving the problem.

The simple situation of *wanting* is that it necessarily *triggers* a simulation of an alternate wanted reality, while the person wanting is of course doomed to dwell in the comparatively unwanted reality, which most people look upon with private grimness as “*life*.” With Awakening you will discover that life is not imperfect. Life is perfect.

The Nature of Slavery

The mental juggling of simulating wanted-reality within the mind - which is really a wanted *fantasy*, and shuffling around trying to make *life* live up to a fantasy *when fantasy can never become reality* because fantasy and reality depend on and originate from one another. Which is a fancy way of saying fantasizing is truly insane!

Simply put, our fantasies are changing at the whim of reality: of our spouse’s mood, of what’s cool, of our health. Look closely, and you will see *without believing me*, that attainment is not satisfaction... In fact attainment is little more than *climactic* dissatisfaction! The result is that the boulder never stays on top of the hill, and we go on laboring and suffering until we die crying, trying to pin our name tag to a gust of



swirling mist that is laughing at us. Enlightenment is not mystical, it is nothing more than laughing along.

The Severity of Slavery

You need do nothing more than look around *for yourself* to see the horror that *all* of humanity is enslaved to this process, as well as when I say that for most people there is hardly a single a noticeable moment of freedom from this slavery from birth to death. But this is hard to do when we have subscribed to the death march ourselves, with all due respect.

Every single other challenge humanity faces compares as a dust ball to a galaxy when we understand the profundity of suffering. Beyond that most of those other challenges we face such as injustice or insufficient resources have been *created* by the millennia of culturally-evolving suffering coming to a head - yours and mine. I wish there was an easier way, but I must agree with the old cliché: the only way is to “be the change we wish to create.”

The upshot is that life is pretty good as-it-is! Actually, it's perfect! Come and see. There's not so much to freedom... We have only to *unforget* reality, and the only way to do so is *passively* - but *not* inactively! We don't have to *create* reality. We can't. Reality is already *here*... even your fantasies are part of reality. The beauty of perfection is that it's already here. Enlightenment, like love, is about *letting go*.

This means that pursuing enlightenment is the easiest path in life by far - in the beginning, the middle, and the end. Emancipation from slavery is enlightenment, and enlightenment means freedom to live within the world as-it-is unburdened and free of all want, and this *is* possible. It's not a woo woo aspiration. True happiness is *not* beyond us.

Psychedelics

One way modern people get a *taste* of remembering perfection is using psychedelic drugs, sweat lodges, tantric sex, extreme fasting, certain yogas, and many other *conditional* interventions to *glimpse* this perfection. A psychedelic is an “external” force which comes in contact with us and causes reality to be seen differently, and an *awakening* psychedelic experience disrupts our cage of wanting, and causes us to glimpse reality more clearly, more as-it-is.

Most of us have never had a noticeable break from fantasy and slavery. I notice a lot of experimental people using mushrooms, LSD, DMT, and other hallucinogens. Some just like the cool visuals. Many others feel they are having some kind of reprieve from their



habitual way of seeing things - a profound reprieve, an annihilation of their habits - of themselves! There are several important things to notice about the accounts of spiritual psychedelics that are worth putting forth in evaluating their role in the end of suffering and the ignition of enlightenment, and this would include my own personal account with psychedelics.

These experiences seem to replace “reality is not good enough, I want that fantasy,” with things like “there is neither reality or non-reality” or “everything is a fantasy” or “I learned that I am the universe,” and many other fundamentally disruptive or illuminating insights. These statements may be true. These statements may be a glimpse of liberation. But so long as there is a “big deal” in the comparison between the psychedelic experience and the sober experience, there exists a division between states - real and fantasy. The trick to enlightenment is that the *division* is a fantasy, and may signal that we need a deeper look than the one loaned by contact with special encounters with special *materials*.

It is often true that when altering - or clarifying - our awareness of reality through psychedelics that following this insight we may set forth to make changes such as quitting smoking or street drugs or being more loving towards our children, or even less greedy. And that is good, I'd say. Psychedelics do have to power to set in motion a cascade of experiences that lead to awakening, and for many Westerners since the 60s, the crest of the waterfall to enlightenment is encountering a path to non-dual perception that vanishes behind them with each step, leaving a persistent absence of wanting.

There are many paths that offer this: Zen Buddhism, Jainism, even Christianity. In fact, all religions or ways are a scaffolding to the demolition of fantasy and delusion. The unfortunate fact is that people who practice them may demolish certain fantasies, but rather than let go of that material, reinforce the scaffolding. I believe religion is often a very positive part of life; nonetheless in the scope of true happiness and enlightenment, religious practice is the replacement of one cage with another different stupidity. And then we include others.

What is the Jes Method

The Jes Method most closely ties to Zen Buddhism, which is my background of over two decades. The idea here is to systematically question all aspects of fantasy, including the tool of awakening, in this case called the Jes Method. The tool is used to let go of fantasy, practiced, adhered to, devoted to, but as fantasy is dissolved the Method evolves in a process of gradual dissolution. Such that I once identified my practice as Zen Buddhism, and now I understand it to be seeing what is. And share it



as something relevant to the changing times stripped of some of the solid scaffolding that have inevitably become entrenched in modern Zen. Wisdom is a process of death and rebirth just like anything else.

Back to Psychedelics

The limitations with psychedelic drug use lie in its dependence on contact with the drug. If the drug is taken once, and one lets go of fantasy, it is the nature of the world to reassert fantasy, re-enslave us, because *fantasizing is sophisticated, vastly accumulated, and effectively ingeniously cunning*. If one does the drug repetitively, at best it becomes a tension between the clarifying forces of the drug and the confusing forces of our fantasizing habits when sober. Here's the kicker: *that tension itself is governed by fantasy* (the clarity... over there).

Another note is that while psychedelics may be capable of stripping or modifying or dissolving our fantasizing, *true dissolution of fantasy has to exist within the natural stream of the generation of fantasy*. In other words, fantasy must be destroyed as it comes up breath by breath. If it is not, it will lurk and re-institute a model of happiness that is based on duality - and that is certainly the psychedelic model of happiness - and unfortunately any experience based on duality necessitates fantasy, enslavement, and misery. In effect, most spiritual psychedelic experiences might be chalked up to "window shopping." Practical, masterable awareness of the perfect, non-dual nature of life is one of the things that makes the Jes Method somewhat unique.

So here's a litmus test, if the psychedelic experience contains *anything*, it is not truly liberating. If following the psychedelic experience *anything* comes into existence, it is not finally liberating. It might seem to us as if the bar for enlightenment is much higher than a vacation to South America and a vial of toad piss. Nothing could be further from the truth.

Awakening

Awakening is knowing reality as-it-is. It is the absence of fantasy. And Awakening lacks the labor of maintaining fantasy. This labor is emotionally devastating, and the cause of all mental illness. Awakening is becoming this world, true happiness, and your birthright that will be put before you from the most unlikely of sources...

I can not tell you what awakening is really, because language is a *dualistic* function. It is easier to say that it is the end of all suffering or to look you in the eyes.

The Swift and Sure Way to Enlightenment



Fantasy has grown within us due to unenlightened contact with a variety of poisons: other people, intoxication from foods and lights and drugs, technology, unhealthy relationships, unhealthy social organizations, and so on.

It is not so hard to buffer ourselves from these poisons if the buffers are of the right character and position, meaning if they are *wise*. Wisdom means mixing enlightened perception with unenlightened perception in a way that enlightens perception. That set of buffers is the Jes Method. The method I recommend for the swiftest enlightenment is to substitute the core representatives of the fantasy with core representatives of reality. There are several representatives. I'll describe two.

Meditation

The first representative of reality is silent and still meditation. This is nothing special. Meditation *effortlessly* causes a starvation of the engines that drive fantasy. *Just being inactive physically*, deprives our mind of the impulse to fantasize, because *fantasy always partly depends on being reinforced by correlate with physical activity*.

The silence of meditation works through a similar biofeedback mechanism. If you can't talk about a fantasy, you can't reinforce it. For this to work, your mind must be relaxed and alert for you to witness every day the nuances and details of the dissolution of our grasp on fantasy, and that dissolution is known as *true pleasure*. This is a method which can be relied upon for compounding results that can never be co-opted back into the hands of fantasy *if* this and the other representatives of reality are practiced skillfully. The fruit of this exercise is also the uncorrupted essence of all spiritual movements and experiences.

This meditation is a skill very few people have. Awareness is a skill few people have. Intimate communication is a skill few people have. Absorption into work is a skill few people have and viewing the world is a skill few people have. Even least is the ability to understand the world, just as I share this understanding with you now. Meditation and understanding are the ones I am most masterful at, the ones most needed by all of us, and the ones I teach. My only credential is what you see.

To know one thing is to know the world.

-Buddha

There are half a dozen or so “representatives of reality” or posts of refuge in this great sea of suffering that have the power to turn the tide of suffering and give rise to enlightenment. I will mention one more here.



Understanding

Meditation itself is just another drug like psychedelics or sex. You feel calm, you let some stuff go, you collect yourself, have an insight or two, maybe zone or trip out a bit. In order to really use meditation to end suffering, the “space” created within the mind, the “glimpses” of reality, must be brought into concert with reality as we receive it as living beings getting happy and angry and tired and such. This is where understanding is essential, because the clarity of meditation is bum rushed by our habitual wanting and misery the minute we get off the cushion. Understanding has been made very simple. There are five qualities of this life which must be truly known in order to meditate at all times, fully protected from suffering, and perhaps even able to impart this enlightenment to others. These are the qualities of life to be fully understood:

1. Life is Dissatisfaction
2. Life is Change
3. The self is not real
4. Life is Empty
5. Life is Perfect

The Jes Method exists to describe and demonstrate the nature of the world in conjunction with meditation, and other strategic techniques in the realms of work and love, in speech, audio, video, and writing, in order to awaken all of humanity once and for all.