

Author's Preface

Purpose

This book is my contribution, in a mass-communication form, to a far-reaching many-sided solution to the world's accelerating incredible problems. It seems to me, that if at least a relatively small number of active persons purposely work together, with our different tactics and approaches, that we will not only ultimately win the struggle for humanity's survival from present suicidal institutions, tendencies, and assumptions; but will also help create a planetary environment where internal evolution, and its practical results, will be offered to everyone as a matter of course; and even be fully tolerated in those smaller people instinctively closer to such a harmony, children.

Writing History

Only a certain quality and better of mental energy went into this book, so it progressed on and off as my psyche turned up and down. Friends kept asking when it would be finished, and I always thought "soon". Begun the week before my son's birth, but initially having little "more awake" time free to write in, this chronicle has thus taken nearly 12 years to fully complete, over a 16-year span. A small chapter might require only 3-6 weeks of intense work, a medium 2-3 months, the longest an entire year. Aiming for the literary and intellectual quality of "the classics", while sticking to the experiential truth. Incidentally, the date of each chapter's writing may somewhat reflect the narrator's growing levels of social maturity, but not necessarily the profundity of spiritual development. And who am I? – a layman trying for spiritual progress, mostly through several-year periods, over this whole life.

Originally this was meant to be purely a spiritual legacy – you can best give only what you have – a gift to my child; maybe half-way through, the idea congealed to reproduce and send copies to simiilarly interested friends; and first many years later near the end, to get it out despite the practical business involved, to the public, to help stimulate its unmet individual seekers.

The writing process ordeal may itself prove interesting to some. It meant imposing evolving rules to refine mind and to develop emotionally, and forcing a self-discipline. Each morning before writing, I'd review several slips of paper with the hard-learned lessons. Ways to build up and hold a correct energy level, my most common pitfalls to be wary of, attitudes to recall, and short gift inspirations. Setting precise physical conditions helped make a creating routine. And using inner borderline resources – when intuition says I could do good work, to begin immediately; to sacrifice small interrupting needs or immediate pleasures, and keep on going instead; to set a subconscious or dream thought-task for writing when too tired to work further. Resistance came, in periods, and it was most often a rugged battle to heave up the will-power into sharp activity.

“This book has been a terror, as a blaring star, in my life...I, have yearned to write, and hated its nearly-finished state...”

One example of creation's twilight processes – making a painting full-time for 6 months, but first afterwards realising that the result was this wolume's title page and front cover. Here are some intimations of this work-code:

! Mood when write: High-Clear and Inspiring...

Meditate daily
Work honestly
Meet people without fear
And laugh

I choose to write. I choose when I don't write.
I choose if I *suffer*. I choose if I feel guilty.
I choose not to waste this time in my life.
I choose to sleep less and less. I choose to become active.
I choose not to let it escape through sex.
I choose to be emotionally warm and fun-friendly.
I choose to *wake up*. I choose to go up.
I choose to succeed: I choose to *finish* this book.
I choose to be happy. I choose to be more generous.
I choose what I am. I choose whatever I do.

Obvious: the destructibility of a paper-and-ink book, the obsolescence of particular ideas. So I simply release its finished content and form out on into space, where it will make its own effects; for now this journal in a sense starts an independent life of its own, in its progression within and through you all; for it is a book of the future.

Copenhagen, 1983

Aftermath

Since this preface's writing 10 years ago, the wrap-up of my main literary "life-work", several new topics have intrigued me. Today I'd add: "positive thinking" and affirmations (a taste follows in a minute), training intuition, the shamanistic journey, how to use lucid dreaming, the reincarnation-experience, the evolutionary stage of whales, using crystals, world-wide grass-roots New Age, more about UFOs, more about healing methods – but basically, the important stuff is already there. Here's a gold mine of useful tips, for those interested in personal, spiritual development.

This compendium is overwhelmingly non-fictional, in fiction-form, although its events are juxtaposed, jumbled around in setting and order. With a few exceptions (I'll let you guess which), the source is my own direct or witnessed experience,

on inner and outer travels; yet it's not really autobiographical. In that the Red Monk himself is created of the best in me, he's better than me.

In the two periods I approached publishers, they objected that this odyssey is too long, concentrated, winding, intellectual – to sell successfully, and careful perfectionist that I am literary-wise, my “masterpiece” collected dust on the bookshelf, until one recent day the message matured, “Now's a right time! – just print it!” So I've now chosen to make a small number of copies to give as thanks, to those people who have influenced me best on either my developmental or spiritual path, those I especially wish well – hoping that anyway some will be interested in and capable of comprehending sizable portions of the fairly demanding ideas, and the tough, immaculate English.

Some of you will barely (if at all) be able to place who I was or am, some are even unmet!, while almost all others have known me over only a short period of years. So there's no sense in describing the enormous developments in me since this book's completion. But briefly:

“We are responsible for ourselves, in the ‘majority control’ of ourselves, and not helpless victims. We can attract anything we want – if we remove our own inner resistance, are *willing* let go of past disappointing events and patterns, learn to feel we deserve what we claim we want, develop self-confidence, trust our intuition and follow the flow, rejoice in small improvements as a better trend, are both single-minded and flexible, willing to risk thinking untraditionally, and if we act openly, tentatively trustfully, and virtuously toward others. To let go, visualize, and act – brings success.” This is for some an easy game, for many a years'-long work. But this our life deserves self-chosen meaning and content, beyond bare survival and unsatisfying repetitions.

This is not naïve, unrealistic thinking – give it a patient fair trial in practice, suspending preconceived disbeliefs (they torpedo your own efforts), and gather your own results. For

many (and me), this 'belief works in incredible ways, in both important areas and daily events. "What we expect, wish for or fear, that is envision, think, or say, time and time again, is what we'll attract – is what we'll eventually get (along with its side effects). We create a mental set to filter out, subjectively interpret, and accept as real, these special chosen situation. And what we habitually radiate, people treat as 'our truth' – and assume we're used to and deserve. We thus draw to us people and situations which reinforce what we believe about ourself and the world, and we resist, ignore or negate, repel those which threaten our established views. The power of combined heart and mind is really great! So we better be careful about what we believe – and what we wish for!"

Cosmic laws like this are more sure and effective than a culturally-based, self-limiting world-view. Of course it's a bit of a (sometimes lonesome) gamble to switch world-views midstream, it takes quantum jumps in thought and action. But I'm talking now about waking up *again* – as trusting, sensitive, aware, creative children, still with the adult's skills and abilities, power and experience.

I feel that my closest loved ones and I have reached a stage where we are each already secure and safe whether we go on living or leave this body, called dying. I have cause to believe that intelligent life abounds beyond this earth mankind's, and trust in cosmic wisdom and harmony, in evolution throughout the Universe. The human race's general direction is beyond my power, so why take responsibility for the whole living race in this limited place and time – why not release this burden of never-ending duty and collective guilt? I can only give on a portion of good to those persons I meet; I'm a small particle, and do a small particle's good, with its wave effects — and that's plenty, and satisfying.

Denmark, 1993
Ron/Jonah Ohayv
(once Ron Boroson)