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## PREFACE

Autolyse.nl is not a spiritual website. This website is designed to awaken people from the dream state, it is not designed to rock them even deeper into sleep so they can feel falsely happy in a more persistent dream.



### **Domestic Points**

It is important to read the entire book from start to finish to draw the highest possible benefit from it. Of course you can look around at first, but when you decide to get started you really should go through the entire website chronologically.

### **The Invitation**

Every moment of every day throughout our lives we are invited to wake up. Every nanosecond of every second again and again and it's never too early and never too late to accept the invitation.

Usually the invitation will pass us by, but when we

recognize it... *that* is the perfect time to open our eyes and see what is true. Then it's time for us to shake off all the nonsense and drama so we can experience life as it really is.

People who read this book are getting the invitation to wake up from the dream this way. Waking up can be done by using the *Self-inquiry* and *Autolysis* offered in this book.

This book is about realizing that everything we experienced to be 'real' or 'reality' in our lives has nothing to do with what is actually true. This can be disconcerting, it's up to you to determine whether or not you're ready for it.

## **Waking up**

When we awaken we realize that we have lived our whole life in a dream state and we will understand that we can only truly live once we see beyond the illusion. Problems can only be solved when we recognize whereon they are based, we cannot see that when we abide in dreamland.

There are not many people who really want to wake up and face the reality of existence and themselves as it really *is*. Most people prefer to trade in their current dream in return of a nicer and more pleasant dream or hold on to their

current dream because it is already nice and pleasant.

Only people who want to know what truth *is*, no matter what this truth implies or what the consequences will be, are prepared to truly awaken from the dream state.

## **Mature versus Immature**

Waking up is the difference between mentally staying a child and mentally becoming an adult. It is not about 'child' and 'adult' related to age, it's about emotional-spiritual immaturity and emotional-spiritual maturity related to how well we are able to experience true reality and recognize the dream state for what it is.

Although we call someone of older age an adult, it is possible that this person still is an emotional-spiritual child. It is possible that a man of 65 years old has never gotten emotional-spiritually older than 11 years and it is quite possible that a child of 11 years is already emotional-spiritually mature.

Of course there is nothing wrong with emotional-spiritual immaturity as long as we believe we are 'happy', but it's a personal disaster when we realize that we aren't 'happy'.

Nevertheless, it is rare that anyone who believes to be 'happy' can recognize the invitation to wake up.

## **Spirituality**

To avoid unnecessary confusion I need to talk about people who call themselves 'spiritual' or say they are in a 'spiritual process'. Many spiritual people believe they are awake and actually claim they experience true reality, but that is not so.

These 'spiritual' people proclaim we are all one, that all is love and that everything will be fine as long as we think positive and act positive, but all they have done is create a new enjoyable dream for themselves and they are still emotional-spiritual children in a dreamed up playground.

The only thing New-age and most modern spirituality have to offer is a new dream. There is nothing wrong with that, but it has nothing to do with truth or awakening.

## **Awakening from the Dream**

I'm not going to explain in detail how it works. It is of no importance to intellectually understand it. To intellectually understand something is still an understanding *in* the dream



state and our intention is to awaken *from* the dream state.

This book only conveys the handles that can be used to stop dreaming and see what truth really is, so you can finally start living.

Awakening from the dream state is not a fun trip and Autolysis is not a pleasant method. Some people compare it to 'skinning yourself alive', 'slowly sinking in a shoreless sea', or 'destroying yourself with a nuclear blast'. You don't do it because you like it, you do it because you have no other choice.

## **No Other Option**

There are only a handful of people who really want to know what is true. They *have* to know what the true reality of this existence is and who and what they are. They are willing to give up and lose everything because they have no other option.

For absolute and total freedom you must sacrifice some things, and if you begin this trip you do it because you cannot *not* do it. Not being free and not being awake should no longer be an option and continuing the old way of being

should no longer be an alternative.

Waking up is a selfish act. Only people who are willing to literally give up and lose everything are the people who are looking for emotional-spiritual maturity. Those are the people who really want to wake up from the dream state and want to experience what truth and reality is.

This book is meant for those people.

## WHAT IS THIS?

This website is based on the insights of Jed McKenna, Nisargadatta Maharaj and A Course In Miracles, supplemented with what I myself experienced. It is based on the idea that the 'thing' we call reality is just an 'illusion'.



### Parameters

To give you the opportunity to determine whether or not you are someone who wants to wake up from the dream state, *and* to keep the 'success rate' as high as possible, I have a number of things to say on the nature of the reality in which we believe to be living — let's call them 'parameters' — and by doing so, I will automatically set the parameters of the dream state.

You don't have to believe them, but it is important that you have read them and that you're aware of them. As far as I'm concerned, the rest will be useless if you skip this part.

Here are the parameters, please read them carefully.

## **Truth Exists**

Truth is that which is always invariably the same. It is that which is true for everyone always and everywhere under all circumstances. Truth is that which is, always has been and always will be, absolutely unchangeable.

I repeat: Truth is that which is, always has been and always will be, absolutely unchangeable.

Let me clarify: Everything that is changeable, which is one moment 'this' and the next 'that', everything that appears and disappears or is born and dies, is not truth.

To put it bluntly: If it moves, shakes, vibrates or changes, it is not true.

Truth stands on its own, it has no opposite. Untruth is literally impossible because it is not true. Untruth is an absolute impossibility.

Let me rephrase: Something that is untrue does not exist because it is untrue.

Personal truth — your truth, my truth — is not truth. That's an opinion, an assumption, a conviction or a belief. Every opinion, assumption, conviction and belief is untrue in the

absolute sense of the word. An opinion can change, an assumption may be wrong, a conviction may be overturned and we can move away from a belief or even lose it.

Truth is always truth. If it is not always the same truth it has never been truth and it never existed in the first place.

Moreover, truth is always absolutely the same for everyone.

Truth exists, untruth does not.

## **Everything is Illusion, Except Truth**

Illusion is another word for untruth. We believe and assume that something is 'true' until proven otherwise, but every belief and assumption is false because it can potentially be proven false. If it can be proven false it is not the absolute truth and then it does not exist; and something that does not exist is an illusion.

What we accept as 'true' is only the illusory image we have of the existing reality. This illusory image is always potentially changeable because it is what we think, believe and assume it is and everything we think and believe and assume is always potentially changeable and everything that is potentially changeable is untrue.

Here on earth, in this universe, there is nothing that is absolutely unchangeable. This presents a problem. Truth is always unchangeable in *all* circumstances while everything in this universe is changeable.

Consequently everything in this universe is untrue and if it is untrue then it is an illusion and it does not exist. Moreover, the universe itself is always changing and this leaves us with the only possible conclusion: the universe as we know, see and experience it and everything in that universe cannot exist.

What we see and experience is what our brain makes of it, it is never what it really is because we never have a direct experience. Everything is sent via our senses to our brain which is located in a dark braincase locked away from the outside world where our left and right hemispheres literally decide or 'think' what it is.

Our left hemisphere never agrees with our right hemisphere. The left is analytical and the right is creative and out of that chaos of disagreement it is impossible to observe a stable and objective truth. In fact, no truth whatsoever can be observed.

What we see and experience is the illusion of an outside world that has come about in our brain and that is the only thing we see and experience. Everything is an illusion, because our brain does not know what truth is and therefore it cannot see and experience truth without turning it into something it is not.

## **Life is A Dream**

Life is like a dream, because the way we see and experience life is only the interpretation of our brain and our brain can only rely on what it has experienced and learned in the past. It's all been distorted into something it is not.

At night, while sleeping, our brain constructs a story based on the events of the previous day and the life we have led until then. We call these stories 'dreams' and they are based on what the brain has experienced and learned so far.

The nighttime dreams seem very realistic and it seems like everything in that dream is really happening... until we wake up. Exactly the same happens during the day. What we see and experience during the day is the dream our brain creates based on what it has experienced and learned so far... until

we wake up.

You can stay asleep and believe that the distorted images composed by your brain is the absolute true reality, or you can wake up and determine for yourself, regardless of the past or the future, what really *is* true reality.

What you cannot do is pretend that life is not a dream if you haven't tried waking up. You cannot reject it without waking up and when you wake up you cannot but conclude it is a dream.

## **We Are Dream Characters**

We are not what we believe or think we are. That what we think we are is the interpretation of our brain that constructs the illusion from a consensus between the left and right hemispheres. What we think and believe we are is literally a fabrication. We are the story that we convince ourselves to believe.

Note that 'dream' is just a word that refers to an event which is not really happening but of which we believe that it is actually happening. We need to take the word 'dream' in this context not too literally, we should see it as an 'image' or



'symbol' of something that apparently occurs.

We as individuals do not dream our own individual lives but we, as individuals, are a dream character in the dream. The misconception is that we believe we are a physically existing entity separate from everything around us and our apparent problem is that we identify ourselves completely with the character that is really only been 'dreamed up'.

If everything is an illusion and can be seen as a dream, then we ourselves are also an illusion and dream in our present form. Because of this we are a character in this 'waking' dream. We realize this only when we wake up. As in our nighttime dreams, everything that seems to be happening to us right here and now is not really happening to *us*, because we are not really *this* that we think we are.

In other words: everything — you, me, your life, my life, the world, the universe — all seems very real and tangible, but this proves in no way that it is true.

This realization cannot be compared to the ability to come up with it, or to the ability to underpin it rationally or prove it scientifically, it goes beyond the limited knowledge that our brain can handle.

It is knowing without the actual knowing, it is wisdom rather than knowledge.

## WHO ARE YOU?

I don't know you, but I suspect that you are searching. I can't possibly know what you're looking for, but I can determine how you should feel, and possibly the way you experience the world around you, if this website is for you.



### **A Review List**

Not all comments on the review list need to apply to you, but surely at least one.

- You look around you and experience everything as false, unreal or unrealistic;
- You feel intuitively that what you see may not be what you think it is, that it must be an illusion or a delusion, because it cannot be the way it seems to be;
- You experience the people around you as unreal and you feel that they only pretend to know what they are doing, that they only pretend their life is really meaningful and with purpose;

- You see that the 'you' you always thought you were, may not be what you really are and you experience your whole life as untruthful or maybe even as a lie;
- You feel depressed, you are experiencing your life as meaningless and you feel alone in a world that you believe to be utterly insane;
- You intuitively feel that there must be another way, another way of being, another way of experiencing, another way of feeling;
- You want to know what is true, because you are literally sick of all the untruth around you.

If you recognize yourself in one or more points, then this site may be for you, but if you do not recognize yourself in these points, then I think you've taken a wrong turn and you must reset your "spiritual road planner".

Once more, I do not know who or what you are, but I also think you do not know who or what you are. This website can, besides assisting you to wake up from the dream state, also show you how to find out who and what you really are.

## WHO AM I?

It is not important who I am. The information on this website is not mine, it belongs to all of us. Right here and now I happen to be the one translating the information so it can be picked up by others. Nevertheless, I can imagine that you are wondering who I am and where I come from. So here we go.



### **About Me**

I was born September 19, 1965, and I have lived in Amsterdam, The Netherlands, ever since. This moment in time, 2014, my immediate family consists of a father, a mother, two sisters, two brothers in law, a niece and a nephew. I have some other family — uncles, aunts, cousins — with whom I have no direct contact.

Besides my immediate family and my uncles, aunts, cousins, there are some people I sincerely call 'friend' or 'girlfriend' and some people I see as 'acquaintances'. All these people call me "Frits Spoelstra".

## **My History**

My quest began with a simple question: *"What is true?"*

That was the only thing I wanted to know. I could not believe that what I saw happening around me was really true. It all seemed too crazy and I wanted to know if it's really true, and if it was not true, I wanted to know what is true.

It was a bit like what Morpheus years later would say in the movie "The Matrix": *"You know something. What you know you can't explain, but you feel it. You've felt it your entire life, that there's something wrong with the world. You don't know what it is, but it's there, like a splinter in your mind, driving you mad."*

It all started with David M. Summers and John Kuhles who told me about UFOs, The New World Order, the manipulation of the mind and secret societies that control our daily lives.

After some ten years examining these issues I came across the concept of *'everything is an illusion'* — thanks to David Icke. This new concept turned my whole world upside down. It led me to Advaita, Zen, Taoism and Non-dualism. A new job in *'De Roos'* (a spiritual centre in Amsterdam) gave me the opportunity to explore this extensively.

Thanks to a wonderful girlfriend I eventually ended up with *A Course in Miracles* and *Spiritual Autolysis* by Jed Mckenna. In total I've been searching some 25 years.

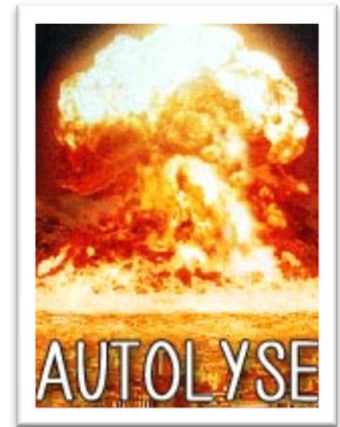
Besides searching by myself, I've communicated and shared a lot with dear friends in real life, with strangers on forums and in online chat rooms, I've read a lot of texts and books and experimented a lot.

The time has come for this knowledge and experience to be turned into a book that clearly and directly expresses how one can awaken from the dream state, in case this someone really wants to.

This is that book.

# AUTOLYSIS

From this point on I'm going to assume you read Welcome, What is this? and Who are you? and you know what you're getting yourself into and especially what I am going to talk about. If you have not read these three pages, it is wise to do so before proceeding.



## The Content

The Autolysis, as I present it, consists of a number of related subjects, including autolysis itself (developed and published by Jed McKenna as '*spiritual autolysis*').

Here you find a list of the pages with information that can help you awaken from the dream state.

### Introduction:

I know that some people, including myself, prefer to go straight to work and rarely read the preface, but in this case I would strongly suggest you do.



**Self-inquiry:**

This is the 'preliminary work' to determine who and what *you* are by examining who and what you are *not*.

**Autolysis:**

Here you start investigating the adopted and accepted reality — that which you think you are and what you think the world and life in general is — and you will try and prove it true or not.

**Integration:**

Integrating new insights and/or a new '*reality*'. You will use this when you get stuck with the *Autolysis* or when you're done with the *Autolysis*.

**Breathing:**

Breathing correctly is very important for your body and your mind. *Breathing* is part of *Integration*, but can also be used independently.

**Feeling:**

By feeling without judging what you feel you disconnect your emotions and thoughts from the story that you make yourself believe about those emotions and thoughts.

*Feeling* is part of *Integration*, but can also be used independently.

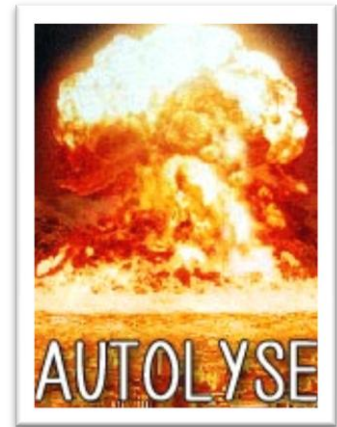
**Epilogue:**

In closing, a few final comments and 'pointers'.

Read all the pages listed above at least once *before* you get started, then you'll know what is coming and in addition you will absorb it better when you actually begin to work with it.

## INTRODUCTION

I will provide you with a number of methods you can use to get rid of your intellectual and spiritual overweight as soon as possible. You have to do it yourself, no one can help you. You must also determine for yourself what does and doesn't work; there is no ready-made method that works for everyone.



### **The Process**

What you want, when you start with this, is to remove from your system all the falsehoods you've collected and all the redundant and incorrect information that you have learned over the years. They're your falsehoods, it's your redundant and incorrect information, so you must remove it.

This is a painful process because you've identified yourself with all those falsehoods and all the incorrect information. You're not the only one doing that, it's not your fault, everyone does it; it is what happens in the crazy world we have created.

What you're going to do is filleting yourself mentally and

spiritually. After that you can start your adult life with a blank page; free from indoctrination and untruth. The method that I offer is simple and direct, but not necessarily easy or painless.

This is what you do:

1. You'll find out what you really are by pinpointing what you are not;
2. You will discover what is true by proving everything you believe in, everything you think you know for sure, everything you take for granted because it has always been so, to be really true or remove it from your thought system because it turns out to be untrue;
3. You are going to integrate new insights into your present life on earth.

In short: you first examine yourself to be true or not, then the image that you have made up of the external world, and finally you go and integrate this all.

You have to have the desire and feel the need to really want to know what is true. You must have the intent to be open to everything, even if it's something you previously did

not believe or if it is something that contradicts your view of the existing reality.

## **The Goal**

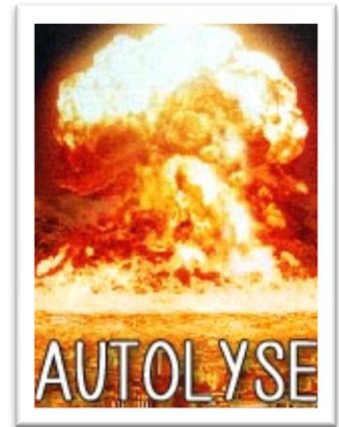
The ultimate goal is to unlearn everything you learned during your life and to doubt everything you think you know. It is not about achieving 'spiritual enlightenment' or creating a happier life, it's about knowing and seeing what is true rather than what you think and believe to be true.

I want to give you the opportunity to be an emotional-spiritual mature person so you can decide for yourself what to do with your life and you will no longer be dependent on or controlled by a false external world and the manipulations of the ego. I want to offer you the chance of freedom that is real and lasting.

I won't promise it will work, it depends on your commitment, your desire and your serious intent. If you really want it to work, you'll find a way to make it work. You have to do it yourself, no one can help you — not even me.

## SELF-INQUIRY

If we assume that the life we lead is a 'dream' and existence nothing but a 'dream state', then you are a substantial part of that dream. In that dream you constantly play the leading role. Whatever happens, whatever is experienced, wherever it takes place, 'you' are always there.



### The Method

In order to awaken you first need to know who is sleeping. It is important to have an understanding of what and who you are in order to determine what that dream is. Only when you know what something is, can you remove or keep it.

There are different methods of investigating your *Self* and almost all of them are derived from the methods of Ramana Maharshi and Nisargadatta Maharaj.

Ramana developed the '*Who am I?*' question and Nisargadatta developed the '*I am!*' meditation. Whether they themselves have invented these methods doesn't really matter, if it works it works. I use a combination of these two

methods.

It comes down to this: keep your attention as long as possible focused on your own 'I-ness' (the core of what you are). This usually takes the form of a meditation. You sit and meditate on the thought 'I am'. When you find your mind wandering you ask yourself 'Who am I?' and subsequently focus your attention on the answer.

## **Who Is This I?**

Before you can start with that meditation or that focusing you must discover and find out who or what this 'I' is so you know on what to meditate. For this purpose, as starters, the following four questions are useful:

1. Who am I?

*(For example: 'I am Frits')*

2. What am I?

*(I am man, writer, son, brother, friend, sexy ...')*

3. Who says this?

*('I do')*

4. Who is this "I" that says 'I do'?

With this fourth question we experience a problem because

who is this 'I' who says that?

You started by stating that this 'I' is your name, but is that really true? Suppose your parents would have given you a different name, would you then also immediately be another 'I' and would that other 'I' have given different answers? Would the 'I' that I am as 'Frits' be different if my parents would have called me 'Peter'?

Some questions you should answer honestly, are:

1. Is that 'I' my name?

*('Am I Frits or is that my name?')*

2. Is that 'I' a son/daughter?

*('Am I a son or is that a title for a relationship?')*

3. Is that 'I' a brother/sister?

*('Am I a brother or is that a title for a relationship?')*

4. Is that 'I' a boyfriend/girlfriend?

*('Am I a friend or is that a title for a relationship?')*

5. Is that 'I' my job or activities?

*('Am I a writer or is that a name for what I do?')*

This way you could ask a lot of questions about what you think you are and whether this is true in reality; and that is exactly what you should do.



Everything comes down to answering those questions *sincerely*. You get nowhere if you continue to fool yourself like you have done the previous years of your life. Everyone can fool themselves and in general everyone is fooling themselves.

The question is whether you want to stop doing that *now*?

## **The Theory**

You are not your name. Your name is a word, a sound that refers to the body that we see as 'you'. You're also not the relationships you have, not the work you perform. You're not even the gender stated in your passport, because that is a word that refers to something and is not the core of your 'I-ness'.

When you examine everything very seriously, you cannot help but conclude that you are not what you're called and you are not what you do. If you rule out all names and references you can only end up with the conclusion that you exist. The only thing you know for sure and you can say about yourself, is: *I am!*

You cannot articulate *what* you are, other than that you seemingly are '*this here now*'. Each label that you adhere to it is not what *you* are, because you just *are*, and everything else is only a reference to what we think or play we are.

When you believe that you are something different than *this* (whatever that may be) that is apparently *here now* (wherever that may be) or your surroundings convince you that you are anything other than *this here now*, ask yourself this question: *What is 'this' that is 'here now'?*

You'll notice that you can articulate what you are *not* — your name, your job, your relationships — but what you can only say about what you *really* are, is seemingly 'this' which is seemingly 'here now'.

## **Always Perfect**

An important realization is that you have always been 'this' that is 'seemingly here'. They (the people around you, your society) have taught you your whole life that you must become something, that you should do something and must accomplish something and be ultimately something that is apparently intended, while you have always been 'this' from

birth and you were never anywhere else but 'here now'.

You don't have to be or achieve anything, you are like everyone else always perfect as 'this here now'.

## **The Meditation**

The only thing you can know for sure is that you exist, that is the 'I am!' feeling on which you can meditate. Simply, 'I am!' and nothing else. When you notice, while meditating, that your mind wanders, then ask yourself 'What am I?' or 'What is this that I think I am?' and give yourself the answer 'I am this here now' and focus your attention on the 'I am!' feeling that remains.

*'Meditation'* is in this context an overrated and largely misunderstood word because modern spirituality, New Age, Zen and Buddhism made it seem something magical. With *'meditation'* I simply mean that you go sit at a place where you won't be disturbed and you have the freedom to focus all your attention on 'I am!' — and then experience, without putting it into words, what that really means.

'I am!' is a powerful thought, because the sentence ends at the moment we are used to utter all kinds of things to

determine and confirm our ego. Once we stop the sentence after 'I am!' the ego panics and that's exactly what should happen.

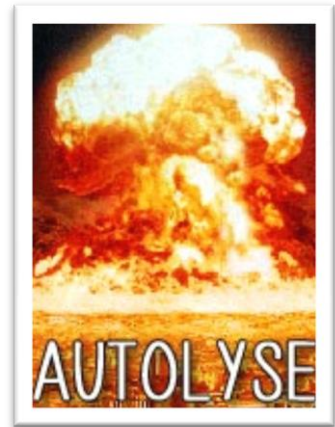
## **The Time**

Time is not a limitation, it is a tool, an aid. Ultimately, time is non-existent, so don't rush yourself. You're the only one who knows when you're ready for the next step.

When after a few weeks, a few months, a year, a few years or more, you notice that your mind no longer wanders and you see in everyday life that you just 'are' and only 'exist', and that you're not your name, you're title or your relationship, then you can start the *Autolysis*.

## DOING AUTOLYSIS

To explain Autolysis, I will use a (shortened) text from the book "Spiritual Enlightenment? The damnedest thing!" by Jed McKenna. Jed speaks with one Arthur and he explains what Autolysis is. Jed McKenna calls it 'Spiritual Autolysis' and he explains why in later books, but I call it simply Autolysis.



### **(Spiritual) Autolysis**

**Jed McKenna:** 'Autolysis means self-digestion, and spiritual means... hell, I don't really know. Let's say it means that level of self which encompasses the mental, physical and emotional aspects. Put the two words together and you have a process through which you feed yourself, one piece at a time, into the purifying digestive fires.'

The process of Spiritual Autolysis is basically like a Zen koan on steroids. All you really have to do is write the truth. Just write down what you know is true, or what you think is true, and keep writing until you've come up with something that is true.'

**Arthur:** 'There are three hundred and sixty degrees in a circle.'

**JM:** 'Sure. Start with something as seemingly indisputable as that, and then start examining the foundation upon which that statement is built and just keep following it down until you've reached bedrock, something solid—true.'

**A:** 'There aren't three hundred and sixty degrees in a circle?'

**JM:** 'The question presupposes that there's a circle.'

**A:** 'There's not a circle?'

**JM:** 'Maybe. I don't know. Is there?'

**A:** 'Well, if I draw a circle...'

**JM:** 'I? When did you confirm the existence of an I? Draw? Have you already raced past the part where you confirmed that you are a separate physical being is a physical universe with the ability to perceive, to draw? Have you already confirmed duality as truth?'

**A:** 'I guess that's what you mean by following it down. This is very confusing. I don't even know where to start.'

**JM:** 'It doesn't matter where you start. You could start by using Ramana Maharshi's query, 'Who am I?' or 'What is me?', and then just work at it. Just try to say something true

and keep at it until you do. Write and rewrite. Make it cleaner and cut out the excess and ego and follow it wherever it leads until you're done.

This isn't about personal awareness or self-exploration. It's not about feelings or insights. It's not about personal or spiritual evolution. This is about what you know for sure, about what you are sure you know is true, about what you are that is true. With this process you tear away layer after layer of untruth masquerading as truth. Anytime you go back to read something you wrote, even if it was only yesterday, you should be surprised by how far you've come since then.'

**A:** 'What's the reason for writing it down? Why not just do it in your head like with koans?'

**JM:** 'The reason for writing it down on paper or on a computer where you can see it is because the brain, unlikely as it may sound, is no place for serious thinking. Any time you have serious thinking to do, the first step is to get the whole shootin' match out of your head and set it up someplace where you can walk around it and see it from all sides. Attack, switch sides and counter-attack.

You can't do that while it's still in your head. Writing it out

allows you to act as your own teacher, your own critic, your own opponent. By externalizing your thoughts, you can become your own guru—judging yourself, giving feedback, providing a more objective and elevated perspective.'

**A:** 'Does that make Spiritual Autolysis a path of intellect as opposed to a path of heart or a path of devotion or a path of service?'

**JM:** 'Spiritual Autolysis is an intellectual endeavor, but I balk at calling it a path of intellect. It's a process of discrimination, of unknowing what is untrue, of progressively stripping away the false and leaving only what is true. Discrimination is used in a machete-like manner for hacking one's way through the dense underbrush of delusion, or, if you prefer, in a swordlike manner for hacking off one's own delusion riddled head. Intellect is used as the sword with which ego commits a slow and agonizing suicide — the death of a thousand cuts.'

**A:** 'Jesus.'

**JM:** 'Here's a thought. When you're doing the writing, Spiritual Autolysis, do it for someone else. Write it for someone else. Express your knowledge for someone else's benefit. Write it for publication, as if the whole world will see



it. Or write it as a series of letters to your son, or to an imaginary friend, or to the child you once were. Whatever. Use the process of Spiritual Autolysis as a means of expressing your own highest knowledge for someone else's benefit. And, of course, keep improving it until you've stated the truth.'

**A:** 'Which I'll never do?'

**JM:** 'What, state the truth? No, of course not.'

*From: Jed McKenna; Spiritual Enlightenment?*

*The damnedest thing!*

## **The Theory**

Autolysis is about proving that what you see, feel, hear, smell, taste, think, believe and experience, is really true or actually untrue. You do this through writing down, revising and rewriting that which you believe to be absolutely true and eventually remove everything from your thought-system that turns out to be untrue.

You will determine ruthlessly if everything around you is what it actually is and not just what you believe, think or

want it to be or what your environment, your upbringing or your culture tells you it is.

For example: you seem to know for sure that certain food tastes 'sweet' — but is that true? You think you know that something tastes 'sweet' because someone told you after you've tasted it for the first time, or just before you were going to taste it, that it is 'sweet'. From that moment on you call everything that tastes the same 'sweet', but in reality *you* don't really know what 'sweet', is, you have only acquired and taken for granted the definition from someone else.

Where is this 'someone else's definition' based on? Perhaps on the definition his or her parents used, but where is his or her parents definition based on? What if that definition is not correct? Is there such a thing as absolute globally expected perpetual sweetness which all definitions of sweetness are based on?

Unlike the assumption based on what someone else has told you, whose assumption is based on what someone else has told *him*, whose assumption is based on what another has told *him* — and so on, ad infinitum — you have no reason to believe that this taste is 'sweet'. There is no justification to

connect 'this taste' and 'sweet' with each other and to believe that 'this taste' actually is 'sweet'. And therefore the knowledge 'this particular flavor is sweet' is untrue.

## **What Is True**

With Autolysis we start from the following rule: *Truth exists. Untruth does not exist.*

Something is true if it is true under all circumstances and above all it is identical for everyone and everything. That which is true cannot be '*this*' now and '*that*' later on, not '*so*' to you and '*such*' to me. By rigorously examining what is really true for *everyone*, what is the absolute truth that applies to *everyone*, you will come to the core of the reality in which you believe to be living.

A 'belief' is never true, an 'assumption' is never true, a 'conviction' is never true and an 'opinion' is never true. They are all colored by your thoughts and colored by the beliefs, assumptions, convictions and opinions of everyone around you and all who came before them.

The present is made up of beliefs, assumptions, convictions and opinions from the past, it is color on top of color on top

of color — one assumption reinforces the next belief and emphasizes the following convictions and forms a distorted view — and at some point you are left with an ugly brown gunk of fake truth and nobody knows where the heck it ultimately originated.

You cannot rely on past results, you should start with a clean slate and rely on what *you* know and what *you* can prove, and for that you need to remove all the falsehoods, remove all the brown gunk. Autolysis is a good method to do this.

Something is not necessarily true because a majority thinks or decides it is true. Something is not necessarily true because it is written in a holy book, a spiritual classic or an encyclopedia. Something is not true because you think or feel that it is true. Something is true because it *is* undeniably true, because it has *always* been true and will *always* be true.

If something is true then it must be provable. Not by scientists, philosophers, priests, gurus or Frits Spoelstra, because then you would only adopt someone else's definition, but by you and by every man and woman for him- and herself.

## Choosing a Starting Point

It doesn't matter where you start. You can start with everything you see around you, because eventually you will examine everything in your immediate surroundings.

Including yourself, what you believe, what you are convinced of and your physical existence in this physical world.

Take a wooden chair, for example. Is a wooden chair a chair, or is 'chair' a name for something that we created. Is a wooden chair not really just 'wood' in the form of a chair? But is wood really 'wood', or is wood just 'tree'? Is a tree really 'tree' or is that a name we have made up for it? Does the tree itself believe it is a 'tree'? What is 'tree' then? A living organism? What is an organism? What is living? Who decides that? Where is it based on? Et cetera.

The concept is as follows: if you cannot prove the basis of something, on what it is based, then you cannot prove what that something *is*. For example, how can you prove that you are standing on solid ground before you have proven that there is such a thing as 'solid ground'? Or something like a 'you' that can stand on 'solid ground'? How can we prove that

a universe exists if we do not really have proved how or even whether it ever originated?

You can also start with yourself. What do you believe in? What are your absolute convictions? Are your beliefs and convictions irrefutably based on provable truth? How many are just assumptions? Dissect yourself, doubt everything in you and around you, until you end up with something you cannot prove to be untrue.

## **No Answer**

When in the end you cannot answer the last remaining question, if you cannot prove whether something is true or untrue, than you do not know what it is and you cannot know if it's true. If you cannot prove it a 100% true then it's not really true.

If something seems to be 99.99% true it still is only 'possibly true' as there is not a 100% certainty about the truth of that given. The credit of being true given to something that is true for 99.99% is *believing* it is true and every belief is not true.

The main feature of this examination is to write down what you think or believe to be true so you can view it from a

distance and you can approach it as if someone else has written it. You can read it again the next day, question it and rewrite it.

As Jed McKenna wrote:

*"The brain, unlikely as it may sound, is no place for serious thinking. Any time you have serious thinking to do, the first step is to get the whole shootin' match out of your head and set it up someplace where you can walk around it and see it from all sides."*

If you keep it in your head you cannot seriously think about it and you can never adequately prove it to be true or untrue.

## **In Practice**

Write down what you believe. Write down what you think is true. Write everything down and ask yourself the following questions:

1. What is this?

*(Write down the answer)*

2. Is it true?

*(If necessary: rewrite your previous answer)*

3. Am I sure it's true?

*(If necessary: rewrite your previous answer)*

4. Am I absolutely sure that this is true?

*(If necessary: rewrite your previous answer)*

Repeat step 4 until you think you have found the correct answer and ask yourself the following question:

5. Why do I believe this to be true? Where is that belief based on? Is that on which it is based really true or is there an assumption behind that?

*(Use the answer for a new round of Autolysis)*

If you cannot go any further and you conclude there is no answer that is a 100% true, then it is not true. It is something that you can delete from your system as being something you only assumed to be true, but you do not know and have never known if it was really true.

The freedom is this: *maybe you still don't know what is true, but at least you know what is untrue.*



## The Gift of Autolysis

Most people believe 99% of the time in things that are simply untrue, but these things cause a lot of hassle and misery when they are believed. This varies from material things to emotions and beliefs based on nothing more than stuff people repeat and rehash year after year, century after century.

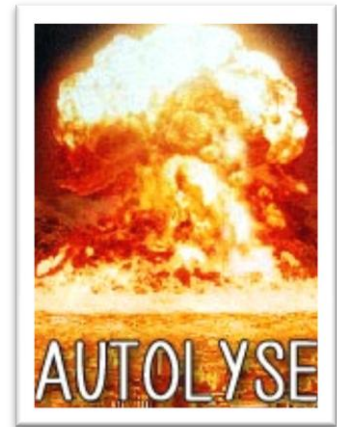
I cannot say it any simpler, but something that is untrue is not suddenly true because everyone repeats and believes it century after century. Bullshit *is* bullshit and *remains* bullshit, even if you call it 'a nice turd' a 100,000 times.

Imagine that you could base your decisions on things that really matter without having to worry about things that are not true? Imagine that you do not need to bother with every thought that comes to mind or with every sense and feeling that flows through your body? Imagine that you are free from any indoctrination of the past?

That is the ultimate gift of Autolysis, it is the freedom of being who you really are in a dreamless reality. It is freely available to everyone by refuting and removing everything that is untrue.

## INTEGRATION

When you're doing Autolysis you can get stuck. The 'body-mind system' may jam by the emergence of memories, fixations and traumas, but also because it reveals that what you believe and what you're convinced of is based on hot air. If that is the case than it is good to integrate the gained insights into the 'body-mind system' — in 'Being'.



### **Non-active Integration**

You can always use this *Integration*, but I suspect that you will only do it when you have no other option, when you feel that you cannot proceed with the *Autolysis* anymore.

'Integration' sounds very active but it is the opposite. You don't integrate by *doing* something, you integrate by *not* doing anything as much as possible. You integrate your experiences, insights and knowledge not by actively processing this asset into your life, not by finding a 'place' for it, but by sitting down as much as possible while you consciously breath and try to feel what *is*, feel without

articulating or labeling it. Then this integrating seems to happen all by itself purely because you allow it.

I know this is difficult to accept because we are accustomed to believe that we have to work hard to get everything we want or reach what we want to achieve. That misconception is the reason why so many people feel they are lacking something or missing out on something, but it's also the reason why so many people are unhappy, stressed and aggressive; because what they are doing *does not work*.

## **The Method**

You gain nothing by appropriating it or by working very hard for it, you can only receive by giving. Many people believe this is 'paradoxical', but when you realize that it really works this way it is obvious that you integrate by letting go and letting it be and not by making efforts.

What you 'do' to integrate the experiences and insights is the following:

*You sit down, you concentrate on your breathing and feel what your state of mind is without naming it or having an*

*opinion about it.*

I will tell you in two separate parts ('Breathing' and 'Feeling') how you go about the breathing and the feeling, but first: please read the following..

## **Feelings and Emotions**

We have the habit of putting into words the feelings we have or emotions we experience. We do this because we believe that if we understand the feeling or emotion, or if we understand where it's coming from, we can integrate it. And so we convince ourselves that we have assimilated the feeling or the emotion.

But that is not so.

When we put a feeling or emotion into words, and therefore believe that we understand what the feeling or emotion is telling us, we will not integrate it. What we do is hide and suppress the feeling or emotion. We often unconsciously pretend as if the feeling or emotion does not matter anymore and sometimes we pretend it was never really there.

The only thing that we achieve by this is experiencing a short sense of relief. Unfortunately, the feeling or emotion will come back twice as strong in a later stage of our live and if we bury it *again* it will come back *again* twice as violently. And if we *again* bury it, it *again* will come back twice as violently. Just as long until it is integrated or we are so depressed that we can no longer cope.

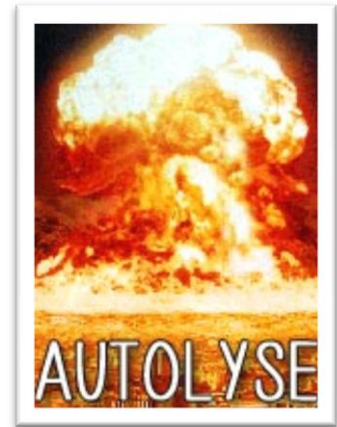
You may think that you will recognize the emotion when it comes back again, but that is rarely the case. The emotion will come back as another and different incident. It is in a different guise, as it were, and since we always focus on appearance (the guise/the image) and not what it actually *is* (the emotion), we believe to be experiencing something new instead of recognizing that it is the same emotion we have experienced previously.

A way of integrating feelings or emotions into the whole system of our body and mind is to integrate it by conscious breathing and feeling without judgment. By giving our 'body-mind system' the time and space to assimilate the present feelings and emotions you can solve blockages and integrate emotions, experiences and even traumas.

I want to emphasize that time and space are both ultimately nonexistent, so for the integrating process also applies: you are in no hurry so do not force it. We cannot get this done with our thinking, we cannot reason it into place, but our body and our mind will organize everything by itself if given the chance.

## BREATHING

Conscious breathing is not complicated. You can do it all day, that would even be a very good idea, but it can also be very enlightening if you would do it one or two times a day for 15 minutes.



### **Jed McKenna on Breathing**

"Actually, most people would function a lot more smoothly and easily a lot more of the time if they'd just learn to breathe correctly. Practically everyone restricts their breathing to the upper part of the lungs, so that the chest expands and not the belly.

"The result of this shallow breathing is that we operate in a perpetual panic mode, as if all of life was a fight-or-flight situation. This causes the mental state of dis-ease that we accept as normal and from which we seek escape through addictions and distractions.

"It disrupts our activity during the day and our rest at night. When we breathe into our entire lungs by expanding the diaphragm, we automatically create a mental state of

composure and ease, which is then reflected in our environment.

"How telling is it that we are a society of people who don't even know how to breathe? Hello? At what more basic level could we possibly fail? And what's more than that, how telling is it that when we are made aware of this crippling flaw, most of us will do absolutely nothing to correct it because our vanity won't allow us to expand our tummies?"

**From:** *'Spiritual Incorrect Enlightenment'*

## **How to breathe**

I'm now going to tell you, as part of Integration, how to breathe consciously even though you think you know how.

Sit down at a place where you will not be disturbed. Make sure you're comfortable. Do not lie down and do not sit on a bed, because a bed is automatically and unconsciously associated with 'sleep'. Sit upright.

Make sure your breathing is constant. Inhalation should be as long as exhalation and the breathing should be continuous. 'Continuous breathing' means that you do not hold your



breath after inhaling and do not pause between exhaling and inhaling.

Breathe in through your nose and breathe out through your nose as well (unless your nose is clogged). When you inhale you need to use your diaphragm, making your belly expand instead of your chest. This is the only method to use your full lung capacity and to ensure optimal oxygen uptake.

Concentrate on the breathing, inhale *consciously* and exhale *consciously*. This will keep your mind '*here now in this moment*' as much as possible and keep it from straying to the dishes you need to do or the appointments you must keep. If your mind still wanders — and it undoubtedly will — then that's not a disaster. When you notice it wandering you bring your concentration back to the breathing.

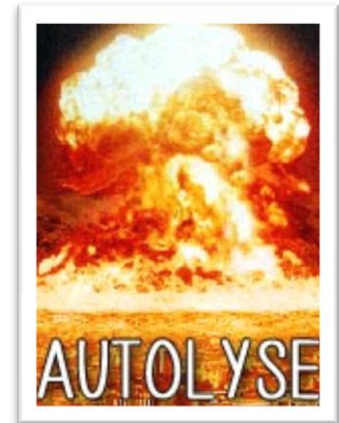
You will notice that it really matters how you breathe. Even if you think you have been breathing perfectly well all your life the effects will show you that you are mistaken. Take your time, as with everything, so the 'mind-body system' can come to rest and to itself.

## **A Brief Summary**

1. Make sure that you can spare 15 minutes of your time;
2. Sit down at a place where you will not be disturbed;
3. Sit upright but comfortable;
4. Breathe in and out through your nose;
5. Connect the breathing without pauses or 'holding your breath';
6. The inhalation is as long as the exhalation;
7. Breathe from the diaphragm;
8. Concentrate on breathing so you automatically are 'here now in this'.

## FEELING

Like breathing, we think we know how to feel. Unfortunately this is not so. The only thing that we can do very well is responding very quickly to a perceived feeling or emotion to get rid of this feeling and emotion as soon as possible.



### Thinking Monkeys

We are 'Thinking Monkeys'. We put everything we experience, feel and go through into words — spoken or thought — and within a nanosecond we make it into a story. Then we say or think: *I feel 'this or that'*.

Then this feeling is no more something that is seemingly so but it has become something that has an emotional value and impact; something that is almost tangible. We make it an 'object' which we project almost automatically onto our environment. Subsequently we attach ourselves to that 'object' and we identify ourselves with it. This creates our story that tells us why we feel 'this or that': *I feel 'this and that' because 'they' did 'this or that', and... (et cetera)*

*Or: I feel 'this and that' because 'so and so' happened because of 'this and that' reason, because... (et cetera)*

We do not do this intentionally, it is something that happens unconsciously. We experience the emotion and immediately we have articulated it and the story is created. Everybody does this within a nanosecond and everybody is completely unaware of it.

Once the story is created we stop working with the emotion and only concern us with the fabricated story. We convince ourselves that everything we feel and experience is always the fault of- or done to us by someone or something outside of ourselves. Next we begin to try and change that something or someone to ensure that we do not or won't ever have to experience this 'feeling' or 'emotion' again.

## **Not Outside of Us**

The emotion we experience, the feeling that we have, everything we go through is never caused by something or someone in our outer world. It always comes from within ourselves and can never be solved or processed by changing something or someone outside of us — that would be like

combing the hair of the image in the mirror when you're having a bad hair day.

As long as it's about positive emotions there is not a big problem, but once it comes to negative emotions we begin to feel discontent. We are angry at the person or event in the outside world whereof the fictional story claims that '*this person*' or '*that event*' is responsible for the rotten feeling that we have — and that is simply not true.

If we are able to see that every emotion we experience is never caused by something or someone in our outside world, than we must accept that the emotion comes from within ourselves. The first question that comes to mind *when we realize and accept this*, is: *Why do I feel this way?*

This seems a legitimate question, but it is not. At the exact moment we ask that question and try to answer it we create a new story. The only thing that such a question can provide is that we look at our past or at sometime in the future to answer the question, looking for a reason why we feel the way we feel, and this is a new story that gets us nowhere real fast.

The question that does make sense, is: *When was the last*

*time I felt like this?*

Now, do not try to remember when that was. Just be open to the possibility that the answer will come to you naturally.

When you have given this a chance for a while, ask yourself: When was the first time I felt like this?

Again, do not try to remember when that could have been and just be open to the possibility that the answer will come to you naturally.

Even though the past is gone and there is nothing you can do to change or improve it, you can, by giving the emotion the chance to go back into your past, integrate this emotion into the person you are now.

I will not explain how that works. If you want to know this, you can read it in the recommended reading down the page, but you'll be surprised how well this works if you do it seriously. You do not have to understand how things work. Just try it and if it works, it obviously works.

## **The Method**

In order to do something positive with any emotion we must feel the emotion without judging it, so it can be integrated

into the 'body-mind system'. The method I know of that does work, goes as follows:

1. Go sit somewhere where you will not be distracted or disturbed;
2. Concentrate on your breathing to relax;
3. Experience how the emotion really feels. Do not articulate how the emotion feels, do not tell yourself what the emotion is called or where the emotion comes from, but feel the emotion without having an opinion about it; let the emotion just be as it is and feel how it feels.
4. Ask yourself when you had this emotion for the last time and let the answer come to you naturally.
5. Ask yourself when you had this emotion for the first time and let the answer come to you naturally.

In short: if you feel like shit, feel how 'feeling like shit' feels without calling it 'feeling like shit' or assess it as 'negative' or think about where 'feeling like shit' comes from. This is not easy and it can be very confronting, but it's definitely worth it.

You will find it will gradually become easier to see through 'the story' of your emotions and just let it be. Sometimes you may have to laugh heartily, but it can also be that you will burst into tears. Each physical reaction is okay, you cannot do it wrong. Don't judge the reaction either.

Faster and faster you will feel and view the emotion for what it actually is and experience it without words, without judgment, without opinion. Soon you will be able to let the emotion just be without you interfering with it and the emotion can be integrated into your 'body-mind system'.



## EPILOGUE

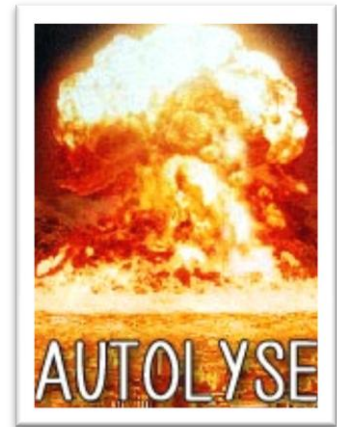
This is the end of the book. I have a few notes that I want to share with you.

### Being Done

If you believe you will be '*done*' after doing Autolysis once then you're mistaken (except in rare cases). The ego-mind — that what you think you are and what believes is you — will use everything you do to lull you into a new sleep and detain you in the ego-mind-prison.

To think and believe you are 'awake' and therefore free is not the same as *being* awake and free. The ego-mind does not care if you believe you are awake and free, for every belief is false and it just means you're still asleep and trapped. You've now become an even easier prisoner because a prisoner who thinks he is free will not attempt to break out of jail.

You will have to keep on cutting away falsehoods, convictions, beliefs and assumptions until you really are 'done'. Being 'done' is not something that you can know or explain intellectually, it is not a conclusion after finished



work, it is a realization that comes over you. Suddenly you realize that you are 'done'.

## **Always Further**

The whole process can take years. It depends on the amount of 'untruth' that you have stored in your 'body-mind system'. But it also matters how bad you want it; the serious intent to want to wake up is crucial.

Remember that you cannot force or accelerate it; it happens when it happens and not necessarily when you want it to happen. Have patience. If you really want it, if the serious intent is there, then it will happen.

Just always go further.