

# WORLDVIEW IN RECOVERY

AMIN  
DEZHAKAM

# Worldview in Recovery

***Amin Dezhakam***

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Peace and blessings upon the compassionate Lord and all the pure human beings who have dedicated their lives in order to explore and solve the mysteries of their existence.

This writing is a collection of research based on visions and insights provided by Masters of the book 'Crossing the zone 60 degrees below zero' and the Guardian of Congress60 together with my own experiences gained through years of conflict with negative forces present in human beings and the universe.

I have named it worldview, a source of knowledge for travelers and companions; I hope it is a step towards redeeming one's self from the captivity of unknown prisons and the invisible chains of ignorance.

A move in the direction of restoring our rightful energy alongside achieving ideas worthy of human's intellect.

### **A poem by the author**

*Come let's be human so that we can shine*

*As a star in this blissful circle of divine*

*Let us become an accelerating power*

*Delighted particles in search of light*

*Become alive once again with laughter and joy*

*United droplets to form a piercing wave*

*So as to overcome and get intoxicated*

*Be the seed in earth giving birth to ripe fruits*

*Become the fire that burns ignorance*

*And scatters ashes of wisdom*

*From these ashes rain a grace*

*To quench the thirst of drought ridden roots*

*Be as contemplative as a valley covered in snow*

*And attain the permanency of high mountain summits*

*Let's become the enchanted melodies*

*That portrays the sound of leaves falling in fall*

*Let's get rid of this fear and be a joyous aspirant*

*Who reside in the safety of our home, the Congress*

**Amin Dezhakam**

The first time that I came across the phrase ‘worldview’ was in high school. I read the definition a few times until I memorized it even though I did not like the sound of it.

I asked myself ‘what does it mean? What is the use for it?’ It made no sense to me and it seemed very useless at that time.

In fact, I believe memorizing definitions and concepts do not bring an understanding unless they are clear and practical. I never thought at that time that one day I would be teaching discourses on worldview.

Eleven years has passed since that time and I realize the importance of this concept more and more. Back then I tried to understand the core of the subject by just reading the first few lines.

Today however, I have come up with a simpler and more tangible definition of worldview which makes complete sense to me when I think about it.

Just remember that it is only the name of this book.

**Worldview: our perception, feelings, understanding and outlook towards the whole universe (internal and external) is our worldview.**

**Internal worldview includes our perception, feeling and reflections upon ourselves and external worldview refers to our perception and feeling in regards to the entire universe and creation.**

The issue of worldview and the journey in Congress60:

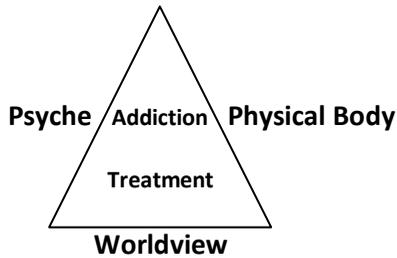
This concept was first introduced as one of the parameters in the treatment of drug addiction.

It is one of the sides in the treatment triangle of drug addiction with the other two sides being the physical body and the psyche.

In Congress60's view, all these aspects must be treated and healed successfully in order to overcome drug addiction.

We read in Congress60's writings: in order to gain an optimum balance in the body and mind approximately 11 months is needed; there is no time limit to improve one's worldview.

Our aim in these discourses lies in a practical worldview necessary to better understand the triangle of addiction treatment.



The above mentioned concepts do apply to everyone since we all need to improve our knowledge in regards to a right attitude towards life, living and the universe.

There are three journeys recommended in Congress60.

**The first journey:**

This is for our dear friends who have decided to redeem themselves from the bondage of drug addiction, a journey of redemption from using drugs to complete cessation.

**The second journey:**

A drug free life involving a continuous search for one's true self; this journey is for travelers and companion who desire bliss through understanding and would be impossible without a confident worldview.

There is no time limit for this journey and it depends on the individual's efforts, desire and current status in life.

**The third journey:**

This is a spiritual journey beyond time and place to seek one's creator or the entity we refer to as 'Supreme power'; the first step involves knowing one's self and there is no end predicted for this journey.

## **The meaning of journey**

A journey means moving from a known origin to a known destination; origin and destination are necessary for any journey to make sense. Determining both of them are equally important and they are inseparable.

Most people say that we are certain of the origin; it is just that we don't know where we are going.

An illness such as drug addiction has remained a dilemma precisely for this reason, because we don't know where we are and how much damage we have done to our mental and physical health.

When Mr. Dezhakam shed light on the hypothesis of drug addiction, in fact the origin was established and clarified. Let's look at an example to better illustrate the point.

You want to go to Paris and you have the map of the trip in your hands; you've got a compass as well. There is only one problem; you don't know where you are.

Thus, having the map and compass serves you no purpose as your origin is unknown. You might need to spend a lot of time to find out where you are and this is the main theme along with the path and the destination that is of concern to us when examining worldview.

Internal worldview helps us determine our current standing in life which serves as our map in the universe. External worldview assists us in finding the right path towards our desired destination.

Maybe not everyone is interested in pursuing the second journey as it is a personal choice, but this issue could be interesting even for them.

### **Internal worldview**

This issue is concerning the human nature and the forces it interacts with. Many people believe that human being has two sides, the body and the soul.

Congress60 divides the human being into two parts:

1-visible attributes: forms which are physical and visible such as the body and its parts

2-invisible attributes: forms which are invisible including the ego, mind, sense, other bodies, spirit and the archive.

At this stage we are more concerned with the non-physical entities; understanding every one of them and their interactions by using a model can provide a greater vision which we call the general view.

These invisible attributes are actually the raw materials for worldview; when they are merged the foundation of worldview is built. Each individual builds his worldview according to their desire and interest.

People have different wants and needs and it should not be expected that everyone envisions life the same.

Congress60 believes that we will walk this path according to our desire and motivation. Thus, we must upgrade our knowledge if we want to build a stronger and more luxurious building.

There is a strong similarity between the science of chemistry and worldview and we will use several models to illustrate the main points.

It has been more than 2000 years since Democritus spoke of the atom; according to his theory if we break part any object we will reach a stage where we can no longer continue the process. This is because we come across particles that are inseparable which are called Atom.

At that time no one could see the atom although they knew of this theory, movement of electrons and the nucleus. There have been many models presented since two hundred years ago and we know now which are true or false.

In the science of chemistry there is the discussion about the interaction of atoms and their links without seeing the actual objects. They do this by presenting certain models.

Whenever the experiments and results show contradictions with the actual model, they change it unless they need to create a whole new model.

This process takes place only because the relationship and interactions between atoms and molecules are considered invisible to our physical eyes. Thus with this explanation, we proceed with certain models to explain the structures of these invisible attributes.

**The definition of ego or self:** the thing that determines the nature of the being or the form of its existence externally and internally. Its characteristic is that it has wants and needs.

We recognize the ego by its desires and wants; all our desires come from our ego.

They could be divided into two categories:

1-logical desires (reasonable)

2-illogical desires (unreasonable)

### **The recommended model for the ego**

A model of the city of existence was first presented in the book 'Crossing the zone 60 degrees below zero' to illustrate the conditions of the physical body of the addict.

Since our ego has many wants and needs we could compare it to a large city with a large population. Decent people, the wise and the intellectual, the ordinary, the criminal, artists, athletes, scientists, gangs, selfish, human right activists...

Desires, wants and needs contain a large spectrum and if we take a closer look internally, we can see their diversity. We can compare our positive, divine desires to virtuous individuals and the negative, unreasonable and selfish wants to corrupted, immoral individuals.

Some of our desires are very positive and inspiring and they make us proud unlike the negative and sometimes embarrassing desires.

These residents in fact, determine the identity of our city of existence; the general condition of this city depends on the nature of its residents.

For example, take Mogadishu the capital city of Somalia as a city full of vice. Most residents are busy kidnapping, rampaging or pirating; foreigners and other innocent citizens can venture out fearing their lives.

Every day we hear in the news that a ship was taken hostage by Somalian pirates or that foreign journalists or citizen had disappeared while visiting the country. Vicious gangs and terrifying terrorist cells are active in the open as the rule of law is almost non-existent.

Now let's look at Geneva as the exact opposite; most people living in this city are highly educated, there is the lowest rate of crime and murder in the city and many international organizations and conventions such as the UN are located there. People make an honest living there, they have a great reputation as a peace loving nation and their message for the rest of the world is tolerance, understanding and peace.

Therefore, we can compare the standing and status of these two cities with each other and judge for ourselves.

## **The three stages of ego**

Due to the diversity of the particles and their essence, we can place the ego in one of the three following stages.

### **1- The demanding ego**

The ego at this stage is in a state of constant wanting and needing regardless of the nature of the desire, reasonable or unreasonable.

The individual acts upon these desires without thinking them through, not considering the consequences. We could say that his conscience is out of order, there are no regrets or guilt involved here and welfare of others is of no concern to the individual.

### **2- The contemplative ego**

Due to continuous refinement and improvement in judgment, the person with this ego has an active conscience; if he makes a mistake or hurt others, he does feel shame and guilt and will have regrets afterwards. These feeling could vary extensively; someone will be upset after committing a murder while someone else feels guilty only after shouting at a loved one.

They both belong to the contemplative ego, although there is such a vast difference. The different stages of

the ego are not like steps, they are more like a spectrum where someone could be down below or high up.

### **3- The confident or reliable ego**

Similar to the name, this ego has a reassuring attribute, a sense of sureness. This means desires are selected confidently and the unreasonable wants do not manifest at all. The individual at this stage has gained such practical knowledge that he can distinguish right from wrong immediately. In fact, due to prolonged purification this person no longer has unreasonable demands; this is an invaluable quality and very few people can actually arrive at this stage.

## **The Supreme Power**

The most important issue always discussed in philosophy, religion and worldview is the existence of God or a creator. Whether such an entity actually exist or not and are there reasons to prove its existence?

We are not concerned about these questions in this writing at all; we think of this issue as a matter of perception and internal feelings and every individual has his or her view on this matter.

It is a force manifested in different forms throughout the universe and creation and it has had an effect on everyone in a different way. Some people still deny or doubt its existence even though they have felt the Lord's presence in their lives.

If we try to prove to them they might still miss the point. It is similar to a case of blind person and a person with sight; they are both telling the truth. Blind people explain the things they can't see whereas the rest talk about the things they can see; unless of course, blind people who had sight before or vice versa.

No matter what you explain to a blind person of colors, he would not have the actual experience.

Those in love experience a sensation that others lacking this experience would not be able to comprehend.

In your views, is it possible to make people fall in love?

Some concepts could be taught or learned and yet, there are things in life that must be felt and experienced; not everything in this world is learnt by training or education.

Some lessons in life have to be personally experienced; teacher, mentor and instructor could only teach us concepts that we desire to learn. The yearning must exist within us; it is like a seed that needs a gardener to grow into a tall, productive tree.

Creating the right desires within ourselves is our responsibility and no expert teacher can do that part for us. A wise mentor could only recognize the kind of talent and desire within each individual and not waste his time for the wrong candidates.

### **An important law (the law of particles)**

The particles which form the ego each have a wish and constantly try to achieve it one way or another. These efforts are continuous and sometimes the means to do so could be inappropriate.

It must be mentioned that although the ego determines the form of existence and has desires and wishes in addition to being the source of our movement and motion, it is not in charge of their implementations. In fact, the executing orders come from somewhere else.

### **The model for mental capacity (Reason)**

I shall present the second model for the invisible attributes in regards to the entity called reason or mind.

There might be an assumption that the location of mind or reason is the brain, the 1.5 kg mass located in our skull. To clear up any confusion I must say that the brain belongs to our visible attributes, a member of the physical body.

It is simply a sophisticated operator in charge of transmitting and receiving signals throughout our body.

It is a medium that transfers our awareness and perceptions from somewhere else to our physical body. It does this through chemical reactions and nerve signals by issuing commands.

If the residence of intellect or reason was the physical brain, then everything would disappear with death and be terminated. For instance, all the great scientists and scholars who are dead currently, live through their ideas and theories and have yet to vanish.

Thus, the material that makes up thought or reason must be of another quality still unknown to mankind.

Let's get back to our model; imagine our city of existence or the country within. Somewhere nice in this city, on a hilltop with a great climate, there is a solid castle.

There is a ruler in this castle wiser and smarter than everybody else in the city; he rules with justice and integrity. Every desire or wish must go through him for authorization prior to implementation. In other words, he issues the order for any command to be carried out.

Its name is mind or the power of reason. All the wants and needs of the ego require his approval stamp; he has

a special place and respect among the residents of the castle, it is as if he has a divine splendor.

He listens intently and patiently to the concerns or the complaints of the residents and then, issues the necessary commands based on justice, wisdom and integrity. The orders are then carried out by the forces under his leadership.

Since the safety of the castle is of utmost importance there needs to be a special security force to safeguard the castle; highly alert and trained guards who are responsible for affairs of the visitors and commuters coming to the castle.

Their duty becomes even more sensitive when there are individuals who intend to deceive them so as to achieve their unreasonable wishes. They know that they have no other choice but deception and this is the key point we had talked about earlier.

These individuals or particles constantly try to deceive the mind (reason) to issue a false command so that they get what they want. They must first trick the guards in order to gain entry into the castle; once inside, they would determine how to infiltrate the system.

The guards however, do not grant entry to anyone without the proper permits. They question the identity of all visitors and inquire the nature of their visit.

These special security forces must have an important characteristics and **that is, recognizing the nature of all desires in spite of their appearances or forms.**

The stronger their ability the easier and safer their task becomes and this in turn, enhances the security of the castle. In worldview, we call this ability **wisdom** and we think it is the most important issue of concern to us.

You have probably understood the significance of this position in the model of mind castle. We believe that unless knowledge and wisdom are upgraded constantly no real change can take place within the individual. Until we gain a real understanding of these concepts memorizing them would be useless.

For instance some corrupted residents of the city disguise themselves as merchants or artists so as to gain entry into the castle and deceive the wisdom guards. Their main goal is to infiltrate the castle and overthrow the rule of reason.

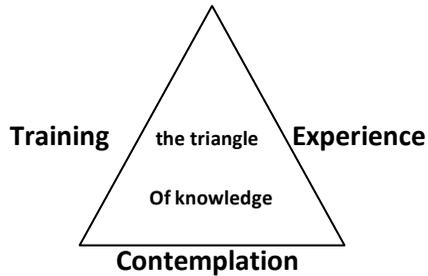
Their path of deception is mainly through the invisible attributes of mind which we shall elaborate more on later.

The wisdom of the great ruler is limited though constantly changing and improving for the better. In other words, the intellect does not know everything despite having the knowledge to recognize the truth or falseness of issues on hand and not endorse the wrong ones.

This means that only when it is sure of the nature of the act, it will give the orders. Thus, particles belonging to the demanding ego have no choice but to disrupt the justice and logic of the ruler in order to achieve their unreasonable demands. They present the false by dressing it as the truth and in this manner they cause the ruler to make costly mistakes.

## The triangle of knowledge

The main question would be about the source of this knowledge or wisdom; how do you think it is created?



**Knowledge or wisdom:** it could be compared to a triangle which has three sides. There are only three sides namely contemplation, experience and training.

### Contemplation

Moving from an unknown to an obvious or from one origin to another; this is done by our mind.

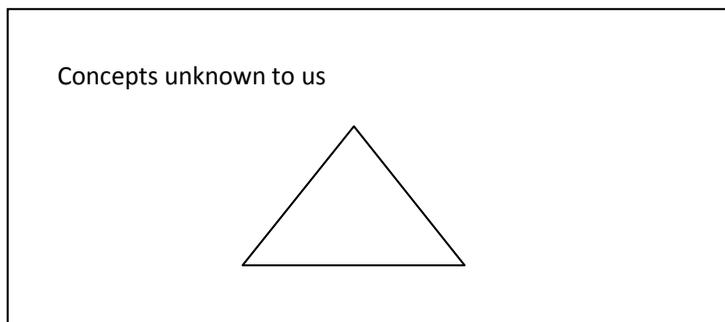
## Experience

It involves an event that we have carried out or felt with all of our beings; sensation plays an important role in experience and it is the beginning of using our thought.

## Training

An expert who has specialized in a field can impart that knowledge unto others. This is similar to the work that Congress60 guides do in regards to the treatment of drug addiction.

By looking at the drawing below we can see that only the knowledge within the triangle is the concepts which we can understand or comprehend. The things that fall outside of the triangle are the unknowns which we have no clue of.



However, there are still certain concepts within our triangle that we are unsure of; we are not sure whether they are right or wrong.

Sometimes, there are certain issues which we know are wrong or harmful actions and yet, are incapable in refraining from them.

We have thought about them for long periods of time, have read books and even taken courses; still, we are unable to stop. We could name a few of these destructive habits such as overeating or drug addiction.

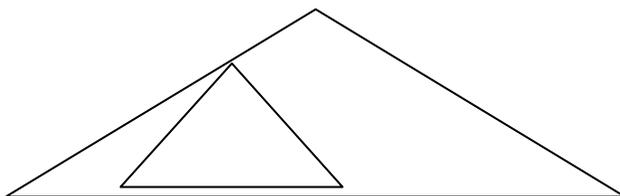
Therefore, we should introduce a concept called effective knowledge.

### **Effective knowledge**

It is a triangle with training, experience and contemplation as its sides and they are all equal in length.

Triangle of knowledge could have three sides of different lengths, but triangle of effective knowledge has three equal sides. The concepts within this triangle are those which we're familiar with and are capable of implementing in life.

The things that fall outside of this triangle are the concepts which we're still incapable of implementing despite understanding them.



The effective knowledge triangle within the knowledge triangle

Now we can observe that the biggest obstacle against the demanding ego is knowledge, specially the effective knowledge. The more effective our knowledge is applied the stronger their resistance against the unreasonable demands of the ego.

It works similar to a filter and separates the impurities. Basically, ignorance or negative factors number one goal is to prevent our knowledge from expanding.

So long as our knowledge ceases to improve, we would fall victim to the deception of the unreasonable demands.

## **The levels of knowledge**

In most ancient books, three levels of knowledge have been introduced which are discussed below.

### ***Theoretical knowledge***

This basically means general knowledge and information that any average person has; for example, everyone knows that a dead person is unable to do anything. However, when it comes to sleeping the night next to a corpse, not many people would be comfortable with that.

Maybe some of us have never even seen a dead body before and it is a fact that they are incapable of any movement let alone hurting someone.

This information is however, understood only in theory and in practice many will come up empty handed.

The same goes for drug addiction; we all know that drugs and alcohol are harmful for our physical and mental health. But how many of us actually understand the nature, cause and outcome of prolonged addiction?

### ***Practical knowledge***

This knowledge is actually gained through experience; the caretaker of the morgue sleeps comfortably close to dead corpses every night. He has felt safe through

experience and this knowledge is embedded in his being and thus, a part of him.

### *Truth of knowledge*

It is utmost certainty of the truth; this means no one is surer than the dead corps himself of his inability of any physical movement. Sometimes, some individuals see their own dead body lying somewhere after death; this experience is an unforgettable one.

In regard to the issue of drug addiction many people have heard stories form here and there or have watched movies or read articles about it in a magazine.

Maybe they have seen a street junkie in an alley downtown and created a sense of disgust in them; the dirty look and shabby clothes remained in their memory. Such labels bum, free loafer, loser, lazy and helpless comes to their mind when they hear of drug addiction.

Not many have ventured out of these walls to find out more and of course, lack of information has intensified the matter.

Some have lived with an addict for many years maybe as a father, mother, sister, child or a spouse and suffered tremendously.

This type of experience belongs to the practical knowledge category; however, the addict knows and feels the truth of this disease with all his being. This is the true meaning of knowledge as far as drug addiction is concerned.

### **An important point**

The argument presented above does not imply that we have to experience everything so as to understand its truth. This is obviously an ignorant interpretation that we have personally experience all things in life.

How about using the valuable experiences of others who have gone through much difficulty to gain them?

In this manner, the valuable experiences of others are wasted and painful history repeats itself. If we want to invent the wheel again we might be making an unwise move.

**The experiences of other people are for us to benefit from in the form of training and this is their gift to us.**

An example can better illustrate the gathering of knowledge.

A university student goes to the lab; the instructor teaches the basic requirements, aim of the experiment...thereafter the student starts the experiment. Throughout the experiment he carefully observes and records the results and goes on to the next phase; he is fully focused on the next experiment with all his senses and does not pay attention to anything else. **He must be present in the moment or he has to repeat the experiment again and again.**

**This process is the experience, the observer of messages and signals.**

At the end of the experiment the student studies his notes and findings and reviews his actions. Through deep contemplation he arrives at certain conclusions from certain unknowns. This is the thinking process.

He then submits his results to his teacher and finds out about his strengths and weakness. His teacher has done this experiments many times before and knows it by heart, so the student has to accept all the trainings with an open mind.

**Gaining knowledge in life takes place exactly the same; we believe that every individual based on inner desires**

**and attractions, chooses a set of experiments. Training, experience and thinking are followed respectively and weaknesses are improved with retrials.**

A student who is not paying attention wants to know but his preoccupations take his attention away; let's not forget he has signed up for the course and is doing the experiments, so he has the desire to learn. Due to the lack of attention on his part, he has to repeat the same thing over and over, why?

We are all students of life and are constantly learning from our surroundings. So it's best if we find out the answer to this important question?

**Repetition happens only because we are stuck in one level of knowledge.**

If our wisdom and knowledge remains the same every day, we are at loss; this is because we have spent time and energy with no gain or achievement.

**Every stage in learning or gaining knowledge is rewarding at that time and this is an important part of our life.** When it snows, when we are given flowers as a gift or watching a great movie or hearing a beautiful song for the first time; this is the time to absorb and

observe, to enjoy. **It's not the time to analyze or criticize; a complete observer.** It is the time to experience and nothing else.

Anything other than this and we would lose that lovely feeling which we would talk more about.

## **Feeling**

Feeling is one of those invisible attributes which we can find almost everywhere. It is the beginning of thinking and it is a force within. In fact, every feeling is a kind of force.

### **Analyzing the forces:**

In order to fathom the significance of feeling, we should talk about the influence of forces in the universe. There are four types of forces in nature which are the source of all phenomena and events.

**1-the force due to gravity**

**2-the attraction and repulsion forces (electric force)**

**3-the strong nuclear force**

**4-the weak nuclear force**

Let's talk about the force of gravity and its effects. All objects have a mass and according to the law of attraction they all exert a force on each other.

This force is minor between two light objects but major between large ones; all the masses in space operate under this force and it causes the earth rotation around sun and many other such phenomena.

Furthermore, the attraction force from the moon causes the ebb and flow of the seas, change of the seasons, night and day and many other events vital to our living.

**If we take feeling as energy we can then understand its significance. Feelings within us cause us to move; when we are asked to do something and we say 'I don't feel like it' we mean we don't have the energy for it.**

**All the four forces mentioned above influence us in two major ways; can you guess them?**

We know that particles containing electric charge have two types of charges:

**a) Positive charge**

**b) Negative charge**

**Positive charge is due to lack of electrons and negative charge is due to the large number electrons. The opposite charges attract each other while the similar ones repel.**

**Feelings cause the same effect in us; it either attracts us toward something or pushes us away from something else. We are attracted to some people, work or places and repelled by certain others.**

When we are not in the mood to do anything or talk to anyone, we say things like these **'I'm not in the mood or I don't feel like it'**.

**We can say that having or not having motivations to do things, establishing connections or interactions is generally dependent on our feeling.**

Therefore, I think it is very important to think about our feeling since we have decided to take up this journey. **We must know that lack, void, awakening or too much feeling can cause dangerous problems for us.**

For instance, depression or feeling empty is the result of certain feelings within us. On the other hand, madness and over the border excitement is the result of over activity of certain feelings.

**If certain feelings and sensations are awakened in someone and he does not have the capacity to deal or contain them, a cellular explosion might take place.**

**Reason obeys its instruction manual like a machine and feeling is the initial stage of its operation.**

If we take feeling s the starter of the engine and the fuel being ten times stronger, then the fate of the engine is obvious; an explosive start will lead to ignition in the engine.

An internal explosion is no joke; all the mad and the insane that are in psychiatric ward have lost their mental balance to this very cause.

**They are given chemical pills and medication to remain calm and sedated. They do not have the capacity to deal with certain feelings being awakened in them.**

The liquid in our ears which might seem very ordinary maintains our physical balance; a slight alteration in this liquid can actually ground us for life.

For instance, someone loses his wife and children in a car accident and suddenly loses control, why?

Someone uses hashish or cocaine for the first time and loses his mind. These are all examples of explosions due

to lack of capacity in the visible and invisible structures of the body.

One day I asked a friend who had experienced different types of drugs this question; an individual can do ten pull ups in normal conditions. How many pull ups can he do when using cocaine?

My friend replied 'maybe a hundred or even two hundred'.

Then what happens? I asked.

He answered 'his muscles would probably tear open and he might be even paralyzed'.

Our physical structure and muscles are tailored for our strength and size and without proper training they will not strengthen. If we exert a sudden pressure on them they won't be able to tolerate it and who knows what would happen to us.

**This is very similar in the area of the invisible structure or attributes.**

## **The rules of the game**

In order to be able to play a game right and also enjoy it, we must first learn its rules and regulations; chess, baseball or any other games have their rules and learning them is the first necessary step.

Let's imagine that we eliminate this first step and just enter the game like that; there would be many problems for us and our teammates when we have no idea what we're doing.

All in all, there would be no joy in the game plus we would ruin the fun of other people involved.

Let's get back to the game of life; the same thing applies here. If we do not know the rules or laws of life and living, then we would definitely face many difficulties. We believe in Congress60 that all of our miseries and misfortunes are caused by lack of knowledge of these rules.

**We intend on learning and understanding the rules of life in worldview.**

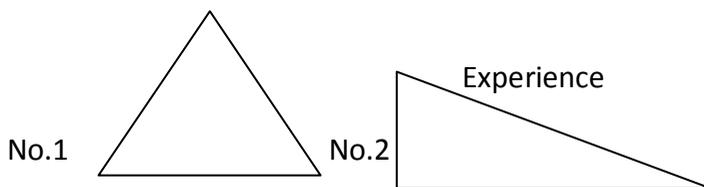
## The role of feeling in halting the process of learning

If we remember the main objective of the negative forces were to halt the process of learning or gaining knowledge; let's talk more about this concept. The triangle of knowledge has three sides, contemplation, experience and training.

Negative feelings collaborate with these negative forces to help them bring about the damage. They in fact, target the effective knowledge the most as they intend on deviation and misleading our way of life.

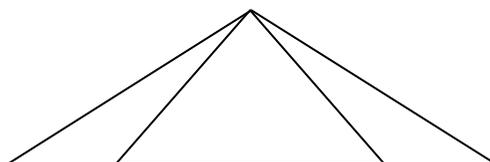
If we only focus on two sides of this triangle and forget about either of them, there would be no real achievement especially if the other two sides have already grown.

For example, if in the knowledge triangle of someone experience is the largest side, it means that this person is constantly experiencing while his triangle is becoming disproportionate and his effective knowledge has made no real improvement.

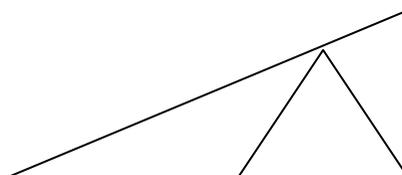


The first triangle is where the three sides have grown disproportionately and the second triangle is the case where the individual has extended his range of experience instead of thinking. This has caused the shape of the triangle much more disproportionate; if we draw the effective knowledge triangle within these two triangles we can understand an important point.

First triangle



Second triangle



We can see that even with the immense experiences the individual has gained and after a long time, his effective triangle has not had a proper growth and we could say that it has had zero growth.

Although the negative forces work on damaging all three sides, obstructing one of them would be enough to cause extensive damage. The real task would be to act in a way where our knowledge gets closer to becoming effective.

Let us now focus on the three negative feelings that damage the three components of our knowledge triangle.

## **Contemplation**

### **What prevents contemplation from happening?**

There is a saying in the writings of Congres60 that reads ‘fear eats away thinking and that state of contemplation is useless’.

When we are afraid we cannot establish the important connections between the inputs and thus, unable to figure out the best solutions.

When a lion attacks the hunter, he only has a few seconds to aim and shoot. If fear grips him, his fingers would not obey his commands and he will be eaten by the lion.

Similarly, simple tasks become impossible when we are gripped by fear; we can no longer understand obvious realities and we lose our creativity.

I remember a song that I used to play comfortably when I was by myself; however, when w had guests over and everyone was waiting for me to play the song, fear of playing the false notes ruined the joy of music in addition to me forgetting the song a few times.

It is like in the movies when the killer is after the victim and she tries to find the right key to get in, but she is so afraid that she can't find it and ...

Therefore, we can conclude that fear is a negative feeling collaborating with negative forces to prevent the growth of contemplation in us.

## **Experience**

### **Which feeling prevents experience from taking place?**

I believe a feeling that prevents us from being with other people or doing things; a sense of isolation. Hopelessness is the best fit for that description and stops the process of experience from taking place.

**It leaves stagnant in a dark corner, it imprisons us motionless within an invisible metal bars and it is a solitary confinement.**

Aren't the following sentences familiar to you when you are hopeless?

'What's the use? I'm finished, it's time to die, what is the point of life anyway? Why me? Why was I even born? I wish I were dead'.

**Hopelessness comes from an intolerable sadness and misery; it is always accompanied by suffering.**

When we are unable to achieve our goals and desires and we feel our efforts have gone in vain, hopelessness sinks in. As far as the illness of drug addiction is concerned, many people will give up after many failed attempts and gradually they believe that there is no cure for their addiction and it will be there for life.

Hopelessness is the manifestation of the sadness and failures constantly experienced in one's life.

## **Training**

**The negative feeling preventing someone from a proper training is egoism.**

Anyone who is infected with this personality disease is deprived of receiving any kind of training or education.

Egoism works in two ways, in a special area or in general; when we have reached an expertise in a field of science or art and think we are the best, we have egoism in that area.

For example in physics, we no longer want to learn and the process of gaining knowledge comes to a stop for us. We choose ourselves to be the master and thus, we accept no other teacher to guide us.

The more this negative feeling progress and the tighter its grip on us and there would be very few individuals who we would accept as acceptable figures.

I have come across teachers who saw their students as so called unfit to learn and when some students reminded them of their mistakes, they would not believe them.

This personality flaw is most common amongst the educated and the artists.

## **Egoism**

It is a feeling that deceives us into a false pretense that we are higher than everyone else; it is a feeling of looking down on others.

A clear sign is that our strengths and abilities actually work against us and this happens when our knowledge has yet to fulfill its maximum potentials.

Weakness and flaws cannot be an area for egoism.

Someone who can't play the guitar well would not develop egoism in guitar playing.

Sometimes the needed capacity for a person to handle his talents has not fully developed and this might cause him to think 'I'm different from others; others should respect and appreciate me'.

This kind of mentality leads him astray and affects his learning ability. Years go by and he is still in the same spot and this can create a general sort of egoism.

Maybe many of us have observed this trait in ourselves or others around us and have accepted it as a social behavior. Unfortunately, this is a mental disease and there is no other way of explaining it.

## **Fear**

It is feeling caused by a sense of loss or danger, when one is on the verge of losing one's freedom, power, dignity, credit, reputation, wealth, love or life.

Also, fear of the unknown or unfamiliar is another aspect of its domain.

When we are in a dark, unfamiliar area we become scared since we do not know what sort of things we might encounter.

Fear causes us to run away from challenges and problems or even think about overcoming them. It creates a defensive mood in us and we move in the opposite direction of issues that might actually increase our knowledge.

We run from some things and become attracted to others; in fact, fear causes attraction and repulsion in us at the same time.

Most people might remember the fear they had on their first day of school; some did not want to let go of their mother's arms and some just cried. However, when they interacted with other kids, they became comfortable and forgot their fears.

Once we are able to pass through our fears, a sense of joy and confidence replaces it; the first step is confronting the very fear itself.

It should be mentioned that certain fears are necessary for our own protection. Here, we are talking about negative fears that prevent our growth and progress.

Let's focus on couple of questions about these fears.

1-where is the source of fear?

2-how does fear disappear?

We do not have the full knowledge to answer these questions properly, but we can say that generally it comes from the thought of losing something precious or dear to us; when are on the verge of losing our freedom, power, dignity, credit, reputation, wealth, love or life. We did mention fear of the unknown.

For example, children returning home late from school create a fear in their parents; final exams bring fear to the students for the reasons of failure, expulsion or not attaining a good future.

The more sensitive the situations we are in, the more intense our fears would become.

The first time someone uses drugs are always accompanied with the fear of addiction.

## **Hopelessness**

This feeling also creates attraction and repulsion in us; when hopeless we show no desire to do anything unless we really have to.

When being hopeless really becomes strong in us, we try to hide from life, we become quiet, easily agitated, we don't want to see anyone, don't answer our phone and basically shut everything out.

Hopelessness occurs when we want something with all our being, but we cannot or unable to achieve it. We want deep down to get rid of our addiction and yet, we are unable to do so. We see all doors close to us and feel tired due to many failed attempts.

Hopelessness is the manifestation of the sadness and failures constantly experienced in one's life; carrying this weigh on the shoulders is very difficult, more difficult is putting it down.

At this stage, we start to remember with sadness and envy the good times, when we were carefree, when we had lots of energy and motivation, when we were young and beautiful and when we were not lonely.

In a miserable state, we creep into a corner and let a deep sigh and say 'how did I get here?'

We constantly replay the images of our defeats and failures in our head; we taste the suffering and sadness even more and sink deeper into hopelessness.

An important point to remember is a kind of music that actually intensifies this feeling in us; there are some songs that have an amazing effect in making someone depressed and hopeless.

When we have lost hope in life, we defend things that are actually the very source of our misery; they are included in that heavy baggage which I mentioned earlier on. They could be anything from certain songs, pictures, friends, places and routines.

These unwanted items are scattered like rubbish around us and have no purpose in our lives besides negative energy. House cleaning is actually a step in the opposite direction of hopelessness.

Stubbornness, isolation, oversleeping and overeating, staying in abusive relationships, numbness in feeling, lack of motivation and feeling empty are all products of hopelessness.

One day I was in a friend's car and he was listening to a song that made even the most stable people, depressed. When I shared with him my views on these kinds of song, he got upset with me.

Most people will challenge anything that might want to create a small, positive or negative change in their daily routines. The amount of resistance against positive changes depends on our ignorance and against negative changes, on our wisdom.

Images and sounds have a powerful influence in shaping our worldview and their roles are crucial in completing the first, second and even third journey.

The hindering forces (negative energy) use these tools to create destructive feelings and moods in us.

Hopefully we can overhaul these tools to our advantage and use them to achieve our constructive goals.

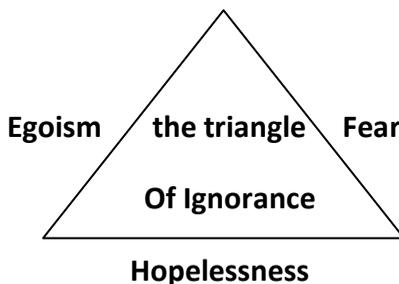
Overall conclusion: we now know why there are such forces within us and why they show their muscles to us from time to time.

We have realized fear, hopelessness and egoism are tools in the hands of these destructive forces in order to prevent our knowledge from growing; because knowledge and wisdom are the strongest defense system against the manifestation of unreasonable desires.

Now we can ask this question, how do these negative and destructive forces come about? Where is their source?

In order to answer this question, we must study the mechanism of the particles of the ego or self and their interactions with each other.

Let's redraw the triangle of ignorance.



An important point: negative feelings are the biggest obstacles on our path in the second journey. We can say that they origin from hungry or unsatisfied particles of the demanding ego and underdeveloped knowledge.

We should also remember that someone could totally lose direction in the second journey and return to the dark world once again.

This is why it is important to recognize the source of our negative feelings and energies which are summed up in our fear, egoism and hopelessness.

### **The governing laws between the ego's particles**

1-particles that share a common desire and feeling become attracted to each other; when drops of mercury and water are spread on a flat surface; mercury droplets absorb each other while water droplets attract each other.

Criminals find each other wherever they go and so do artists. This law applies to all particles in existence and we can say that each one of us act like a particle.

Every desire from its inception till its fulfillment creates its own unique feeling; this feeling causes either an

attraction or repulsion. Desires and wishes are like seeds and only when planted in fertile soil, do they grow and bear fruits.

If a seed remains in a bag for years, there would be no change or transformation. Ego's wishes manifest in a similar manner and need a suitable ground to grow.

From the time a seed is placed in earth, it goes through certain changes like splitting open its crust and sprouting. From here onwards, there is a specific feeling in it; itself becomes a source of sensation.

Reasonable and unreasonable demands require a suitable bed to grow and blossom.

2-when the proper conditions for growth become available, particles that share the same desires gather around each other and establish an intelligent system called structure in order to manifest and actualize their demands and wants.

Common desires give birth to structures; all structures begin with an idea (thinking), without contemplation everything declines.

3-there are positive and negative structures; for now we shall focus on negative structures since most of our problems are caused by such structures.

Particles of the ego know that if they are united with each other, they become much more powerful and can achieve their goals easier. To understand this concept, let's take a look at our world.

According to Congress60 writings human being is a minor manifestation of the external universe; this means we can find signs and symbols internally that are represented externally in our world.

A simple example of a structure is a small community in a town; people who work in the same industry form their own unions and maintain control over their businesses and protect their interests.

If their welfare and profits are endangered they gather in meeting halls and plan strikes, marches or even demonstrations. It could be said that they have common goals, interests and desires and share a same structure.

There is another structure very well known in the world, called the Mafia or drug cartels.

These organizations are very similar to our negative, internal structures; it could be said that the original idea to create these Mafia organizations is inspired by our own internal structures.

In general, we create things on the outside that actually exist within ourselves; when we attain a specific level of knowledge and understanding we create them in our surrounding environment.

For instance, creation of computer was inspired by the operations of the human's brain or windows with its multiple operation skills function similar to our mind.

I was speaking about the Mafia; I think the first time such an organization was established was in Sicily, Italy. Of course, there must have been similar structures previously such as secret societies (Freemasonry) and other secret clans, maybe even in ancient times.

Mafia and cartels are active in different fields including the sale and trafficking of weapons, drugs, sex, gambling and alcohol. Their annual income on drugs surpasses 600 billion dollars and their total income might be 5 or 6 times higher than that. These organizations have so much income that they can run a country, change governments and buy the officials.

We should know several concepts about these organizations to gain a better understanding of our own internal structures.

Their incomes are based on unreasonable demands and wants of people all over the world. In other words, their fortunes are built on the misery and sufferings of millions of people. Many of us know now that drugs bring nothing besides destruction, poverty, crimes and breakdown of families.

Other items such as firearms, gambling and prostitution bear the same rotten fruits and yet, they are on high demands because some of us still search to satisfy our selfish, unreasonable wants and needs.

These powerful organizations thrive on people illogical and unreasonable wishes and wants and so long as masses selfish needs are there, the market for the cartel and mafia will be booming.

As we mentioned before every structure has two major goals:

1-to protect and maintain its survival and livelihood

2-expansion and development of its roots

Structures operate in a networking manner and each head of mafia family leads a specific field, similar to the movie 'Godfather'. Whenever a family is in danger, the rest will support it and if necessary, they would get rid of it. The main objective is the survival and flourishing of the system as a whole.

Let's get back to our own internal structure; there may be structures such as drug addiction, fear, hopelessness, egoism, hatred, vengeance...inside of us. Every one of the mentioned feelings could be a source for a separate structure which is the gathering of particles that share common desires and operate as interconnected networks.

When one is in need of assistance the others come to its aid; they know that if either of them is damaged or destroyed the rest could follow soon.

Worldly structures have money and wealth as their source of power whereas our internal structures feed on something else called energy.

## **An important fact**

Money in the material world is the same as energy in the non-physical world. Since the idea of money has been duplicated from energy, in many ways in the material world, it serves the most purposes if not all.

We should spend some time on discussing energy and its essence. Scientists have given some definitions in regards to its nature and functions.

## **Energy**

Having an ability to do something is energy; this means that energy is a requirement to get things done. Of course, to gain a deeper understanding of energy, we must have more than these basic definitions.

Energy exists in all particles of the universe and you can find no exception to this rule. Thus, there are similarities between energy and feeling.

In order to receive, send and analyze messages we need energy; the words that come out of our mouth, tasks that we do every day and the meaning of other people actions for us, they all depends on the essence of energy under our control. Energy does not perish and it

only changes from one form to another. This is the principal of energy conservation.

To do any task, we need that initial feeling and this is the transfer of energy from one form to another. Of course, these transformations influence our external world; the path in which we intend to fulfill our intention is also significant.

### **The performance equation**

The implemented task (our gain, the result of our actions) equals the energy spent on the task multiplied by method or path chosen for its fulfillment.

$$\mathbf{R = F \times P}$$

R represents the result or energy gained, F is the symbol of force or feeling spent and P is the path of action

Let's find out about the practicality of the above mentioned equation in every day's life.

Imagine someone very greedy who is constantly gathering wealth through the wrong means.

Since greed and avidity are negative energies, money gained through wrongful means cannot lead the individual's life towards honesty and integrity.

After some years, the immense wealth gathered is the symbol and manifestation of energy in the physical world. However, the essence or identity of this wealth depends exactly on the nature of the means through which it was gathered.

They are in fact the path of fulfilling the intention which is represented by **P** in our equation.

Imagine a case of road rage, where the feelings of rage, anger and sometimes hatred have peaked and eventually lead to physical and mental damage.

The confidence gained through beatings of other people is in reality, conservation of energy through harming others. In here, rage and hatred are the motivational feelings. How one gets involved in a fight is the path and the confidence gained by physically overcoming others is the energy conserved.

Energy is positive or negative, similar to feelings; to clarify the difference between them we use the example of the seed.

When the seed is planted in earth, it absorbs moisture which awakens it; this is that initial feeling. It sprouts and uses the minerals within its nucleus as food.

It then receives light and water and transforms them into energy which helps it grow. The more it grows the stronger feeling it has; we can say that energy either strengthens or weakens feeling.

### **Level of energy**

Let's focus on a swimming pool for this illustration to better determine the level of energy.

On the side walls of this pool there are small doorways built in at different heights. Through these small gates, water enters and exits the pool simultaneously.

If we take the water in the pool as energy, its purity and cleanliness would be the quality of energy and its amount, the quantity of energy.

When water is flowing through these small doorways back and forth, feelings are created. If water level is down in the pool many of these small doorways cannot transport water out of the pool because they are located higher than the water level.

Thus no feeling or sensation is created; for example the person cannot give or receive love from others. This is due to having low energy.

Each of these entry or exit points represents a spectrum of feeling or sensation. If the level of water is high in a pool but the water is dirty and polluted, the water could flow in and out. However, the pool and its surrounding area would become infested with dirt and insects.

When clean water is added to such a pool, it makes no difference as it gets lost in the mass of dirty water.

Certain structures might not exist within us and thus, we cannot have any special feelings toward them. If we want to create these desires within ourselves, we must first think and then act so as to create them in ourselves. The knowledge which we talked about earlier on is the size and shape of the internal pool within us; this means that the capacity of the pool depends on our knowledge.

**More knowledge equals more capacity and understanding.**

When the water of the pool is clean and pure, any sort of garbage or dirt entering the pool is felt immediately;

on the contrary, when the pool is dirty, more dirt and rubbish coming in, goes unnoticed.

A drop of tea is clearly visible in a glass of water, the opposite is however, highly unlikely.

### **Malfunction in feelings**

This happens when we are unable to send or receive certain messages and vibes; similar to when someone likes us and we don't feel their attraction.

According to the model we presented above, this malfunction happens when the energy level of the individual is low or certain structures have not been formed internally. Of course, it could happen due to a divine wish.

If awakening of certain feelings or sensations cause damages in our evolution or balance, divine interference could shut that feeling down.

## Enjoying

A sense of joy or the experience of enjoying takes place when energy is moved. Losing energy, gaining energy or the changing of energy from one form to another can cause joy.

This is very similar to the definition of feeling which is no surprise since enjoying is a sensation itself.

Since enjoying takes place due to increase or decrease of the energy level and recognizing this process is very difficult, it could lead us down into a dangerous path.

This means we are not sure if we've gained energy or we've lost energy.

In lower stages of knowledge, we are constantly thinking about ways to enjoy ourselves and we're looking for fun always. That's not a bad thing at all, but at what cost?

We have to realize the cost of this enjoyable experience, what are we paying and what are we gaining?

The joy gained through using drugs and narcotics come at a heavy price, all that damage and suffering for few fleeting moments of fun.

Making money through the wrong means or being promiscuous are some other ways of enjoying with heavy price tag.

There are such beauties in creation that we can't even imagine them, and yet we pollute our internal pool with these fake experiences. Maybe the reason we can't experience the beauty of life is because of impurities within us, or that we have not the capacity to receive greater joys.

Once we purify ourselves and grow our capacity, we will gain higher energies, higher vibrations and thus, more bliss and serenity within.

There is a wide spectrum of blissful vibrations available in our universe which can create a deeper understanding within us. The problem lies in our inability in receiving and absorbing these messages.

We lose patience and get bored sometime and we want to attain these feelings quickly, that's when we resort to unconventional means.

Then without paying attention to the capacity of our containers (mind and body), we take in a large amount of energy (using drugs) and drastic consequences await

us. It is like the water of our pool erupts into a tsunami and splashes all over, leaving no water inside.

I should also talk briefly about the energy centers (chakra) of our body in addition to the effects of long term substance abuse on them.

There are seven centers of energy in seven points of our physical body. They are cone shaped centers with their tops connected to our body; five of them have two front sections and two back sections and two of them have an entrance.

They have been named from bottom to the top like this: bottom chakra, sexual, sunny, heart, throat, third eye and crown.

The crown and bottom chakras have one entrance and the rest have two, similar to whirlwinds and twisters which guide universal energies into them, they either bring in or move out the energies.

Each of these chakras has smaller cone shaped centers which rotate at specific speed; in these rotations energies are received and sent outside.

These chakras are similar to the small doorways in the pool example; whenever the speed of their rotations become irregular there will be malfunctions in our

perceptions and feelings. You can think of them as air conditioning or fan to keep the atmosphere freshened.

The effects of acid, ecstasy and other chemical pills reverse the direction of chakra's rotation and increase their speed which results in massive amount of energy movement and lots of joy.

However, the increase in the speed of their rotation and change of direction causes extensive damage, some of the long term or fatal.

Damaged chakras are visible in the individual's halo; the reversed direction could bring lots of excitement and enjoyment; sometimes the eruption of energy could bring with itself certain powers and abilities which make the person feel powerful.

Some get the impression that they are magical or unbreakable and attempt dangerous tasks.

However, after sometime the resources run out and a feeling of emptiness and despair sinks in.

## **The shining halo**

The energy circuit around the body is called the shining halo; the form, colors and its vibrations display our conditions.

Hidden illnesses, mental issues and traumas are all latent in the halo and an expert can observe them.

A balanced, healthy halo can act as a defense mechanism for the body and protect it from external forces that could be harmful. Once damaged, it is similar to a house with ruined walls and broken window, home to wild animals.

Nightmares, delusions and amnesia could be the results of certain illicit drugs; they create holes in the shining halo and extensive damages could come out of that.

Physical side effects such as pale skin, darkness around the eyes are the side effects of lack of energy.

The most precise definition for death is the disappearance of the shining halo around the body, not the cessation of heart or breathing.

When death happens, the energy circuit around us is emptied and this lack of energy leads to life expiring.

We became familiar with certain concepts and structures in worldview and might have come across certain questions which will be answered in the future.

Many of the discussed issues are better understood with repetition and careful studying, thus patience is recommended.



Internal worldview includes our perception, feeling, and reflections upon ourselves while external worldview refers to our perception and feeling in regards to the entire universe and creation.

Worldview in Recovery