

EOF[©] MAGAZINE

1 Edition

THE END OF FEAR PROJECT: TOTALLY LIBERATION OF THE MIND



How Religion and spirituality abused me

EOF Pioneer shares their story

ORIENTATION # 445 :

GETTING FREE FROM FREE CHOICE

Attentive or AWAKE?

Which one are you?

ARE YOU A THINKER?

*Dismantling of the
month*

*The Higher Self
and the idea of
God*



**DISMANTLING
THE MYTH OF THE
"HIGHER SELF"**
FROM THE BOOK
ORIENTATION
VOL 3



awake or
atentive? Which
one are you?

How is the End
of Fear not a
belief?
Understanding
without
Learning



How Religion
and spirituality
abused me
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Diego's INTRODUCTION

This magazine is conceived by Diego Kricek Fontanive as founder of the End Of Fear Project (EOF)

It is a magazine of essays and aphorisms in an attempt to face, radically and profoundly, though a totally unconditioned vision and inquiry the actual and historical reality of the human psyche right at the bottom of the mind. The purpose is to achieve a full understanding of all 'psychological viruses' and conditioning's within the mind so to liberate our own consciousness with no new beliefs, nor structures, nor techniques. Many readers will may find the contents incomprehensible, too controversial or even outrageous. This happens because so often the comfort zone the mind experiences and protects gets often too weak while facing the following topics and issues and that's hard and scary for so many people... motivational, inspirational, liberating and revolutionary for others... It's up to you. Here we are not talking on spirituality: but rather on total understanding of the psyche and full liberation of the mind... trying to set up the psycho-social act of moving forward.. toward the evolution of mind and human intelligence with no longer conditioning's nd structured mind. It's all about the mind and this book is all about freedom of the mind. The content of the magazine are entirely linked to the wholeness of the EOF's activities and initiatives. A little description of the End of Fear Project, its aims, goals, initiatives and objectives can be found on the website.

-Diego Kricek Fontanive

The end of fear project(R) 2013



Hello everyone

and welcome to the first edition of our End of Fear (EOF) magazine. We are so excited to share this magazine with you. There are lots of magazines out there nowadays, so how is this one any different? My favorite magazine of all time is National Geographic. I love how it shows us the whole world in a way we never saw before and fills us up with wonder, as if we were there, witnessing the vastness and the mystery...the grandeur of nature, humankind and the elements. So here we have a perfect example

of a magazine that helps us get to know our outer world but what about one that helps us get to know our inner world? It is just as vast and full of wonder, mystery, intrigue, intricacy, complexity and grandeur, if not even more so. In truth, there's littler separation between what we call our "inner" and "outer" world. Nature and the world we're living in is a projection of the mind, and that's perhaps

Jessica's WELCOME letter

why we find ourselves with all these gadgets, evolved in our technology, yet still struggling to understand the minds capable of producing the technology in the



first place. Why don't we understand our mind or the blocks that hold us back from our understanding? How can we not see the importance of our mind, how it shapes our future, on the personal and collective level, and decodes our past. Understanding how our minds interprets and recreates the past is crucial, so we can finally move onto something new! Indeed there is a great deal to explore in the rugged terrain of our brain. So think of this magazine as a "National Geographic of the mind," loaded not only with food for thought but food for understanding thought itself. This magazine helps us dissect the mechanics of our mind, understand our confusions and inner fears once and for all. Our magazine is like a jungle-gym for the mind, challenging, controversial and raw. We are not smoothing over or embellishing details to protect our image. Anything we share with you is the product of our unique, artistic visions, with no



rhetorical confabulations, new age mystifications, or religious fluff. This magazine works to free your mind, not push any products on you or promise any quick fixes.

We're trying to get you to think in a way you may have never thought to think before. To inquire, to question. Given many people have felt pressured to adapt as their mantra: accept, accept, accept our existing conditions, in practical terms, our goal may read something like "wishful thinking." We should be asking however, if our history, our life, our mind, is full of suppression, confusion and stupidity, then why aren't we experts in these topics? Why are these conditions not being taught as subjects in school, so we may fully understand these pot holes and steer ourselves around them? I am certain you have never seen a magazine like this before. There's still so much we do not understand, yet we are not left completely helpless, alone to stew in our confusion. Psychologically speaking, everything is a micro and a macro of each other. How we see things "out there" is an indication of what's happening to us internally. If we can understand our own minds, and the source of our confusions, we can give rise to a natural sense of clarity, and we can see life as an intimate conversation we are having with

ourselves. The more we can understand our own minds, the more effective we can be at shaping and navigating ourselves in the outer world, and consequently our future in it. It is imperative that this process is done in clarity so as to dismantle all illusions and confusions. Our illusions and confusions should have no place in our future when they cause so much unnecessary suffering. We care about our physical health more than we care about our psychological health, and I'm not talking about mental health by society's standards, as society clearly does not have our best intentions in mind, and is stark-raving mad, to put it mildly! How can we expect anything in our life to function, be it a relationship or project if we do not understand our own mind? In order for things to work out, we need to go deeper than we've ever gone, pushing the boundaries of psychological inquiry, intelligent questioning and radical understanding. As for the psychological-industrial complex, business is booming, but even the mental health professionals are overwhelmed with their mind. They know what they have been taught is not

working, but they do not know what else to do. Spirituality is also on the rise, but so is depression. It is obvious that those two are linked, as spirituality only feeds our desperation, thus giving inertia to the walls of our mind. We look for solutions without understanding the problem, thus all our solutions end up amplifying the problem. How can we expect to have a relationship with anyone or anything if we do not have a good relationship with our mind? Even our emotions always end up pushing others away from us, as we have not learned how to befriend them, see them as expressions of our own internal compass, rather than harbingers of war.

The National Geographic inspires us to travel and explore the world, but sadly due to all the insanity, the world is full of wars, violence, and globalization, conditions existing as if by design to exploit everyone and everything. So we travel to escape these conditions in hopes of "getting away." But the reality is, no matter where we go, our mind comes with us. The wars outside and inside

continue to rage on, so there is no place we can go now to escape it. So what are we missing? What the heck is going on in our mind? What is it all about? That is what the EOF magazine aims to explore.

We decided to do a magazine due to the overwhelming content and images we have on our website and Facebook page. It's a shame how quickly things can be forgotten due to the fast-paced style of these times. But there are still people out there who just want to curl up with a magazine that isn't cliché or advertising them something they do not need. People who want to avoid temporary happiness stemming strategically from superficiality and fakeness. People who can see past that drivel and are sick of it, hungering for something real. Then there are magazines that are just plain too academic in which you feel they are missing the sensitivity and perception that is not being taught or encouraged in schools. Sure we can read those educated magazines hoping to look smart but alas no matter how smart a person is, they seem to outsmart themselves out of their our happiness and psychological peace.

And with that, I guess I should do a bit of disclaimer here. If the content in this magazine offends you in any way, then that is telling you something about your conditioned mind. We tend to think when we get offended that it is us that is offended but it is not—it is actually our conditioned beliefs that are offended. That is what you should remind yourself as you're reading then, rather than getting upset with the author. Remember that the author is not as important as the content. Look at the content and ask yourself why it is really upsetting you and is it really you? Were you born with these ideals and beliefs? This magazine is going to challenge all your beliefs and your relationship with your beliefs right down to the core, be they religious, god-centered, spiritual, new age, divine or society-based. It is not going to be pretty and it's not for the faint of heart, but it is important to understand this shocking thing: we are not thinking,

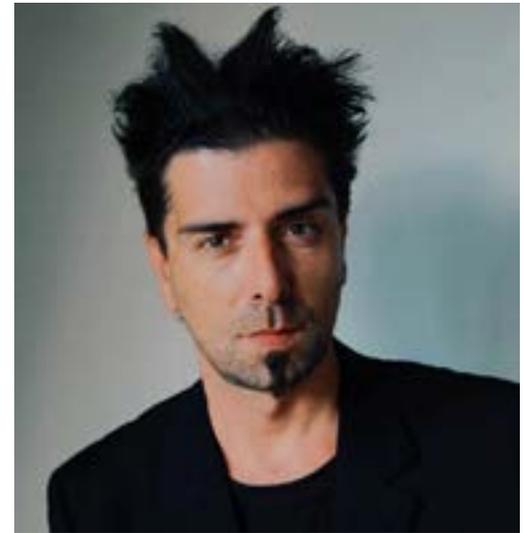
we do not think about what we are thinking, and we are not our thoughts. We need to understand what beliefs really are and what they do to our psyche and this magazine aims to do just that. Yes, we boldly dare to go where no one has gone before: into the realms of our mind and into the taboo of the taboo.

This magazine could not have happened without Tamara and Sophia Galeano. I want to thank you for making this magazine for us and helping us to create as many modalities as we can to reach the masses, to filter through and find the ones who are willing to understand no matter how challenging it is in order to get back our freedom and visionariness.

I also would like to think all the other EOF pioneers who have contributed their personal stories and art work. Art is very important in this magazine as it can stimulate the mind to a realm beyond words, beliefs, or conditions of our pure

imagination in which anything is possible. Imagination is far more than just art it is a precise biological technology it is co creating with our evolution. We should do what ever we can to preserve it as we live in a world that seems to wants to fight our evolution our imagination at all costs.

*Thank you and enjoy,
Sincerely
Jessica*



Diego Kriccek Fontanive
—Founder/ President

Diego Fontanive is from Venice Italy and has an extensive background in Political Science, Sociology and Psychology. He founded the EOF Project as a response to the flawed systems and structures that dampen and contaminate our ability to think and result in psychological suffering and many of the world's problems. After becoming familiar with the confusing contradictions embedded within the decaying structures of society, it became important for him to explain how all structures, whether belief structures, or the literal, physical structures that spring from these thought-forms, fragment and warp our understandings of reality. The ramifications being our personal or collective crises seem to "come out of nowhere" and our psychological problems get suppressed. All attempts at "becoming a better person or society," because they tend to cling to structure itself without understanding why the structure was erected in the first place, will only increase the psychological tension for all involved, and at best, lead to a false sense of progress. Diego's passion motivated him to write numerous articles for some prominent members of the psychological community, who now have him writing and sharing his observations with the U.N. He has also in one year written over 12 books, a series entitled 'Orientation.' He is adept at anticipating and understanding what should be some of humanity's biggest concerns: the health of our mind, for example, and the legacies we will leave future generations.



Jessica Schab Co-Founder

Originally from Vancouver, Canada, is co-founder of the EOF Project and is personally responsible for connecting the vision of the foundation to a wider audience. Formerly a spiritual speaker for 10 years, she became known for inspirational speaking, writing, mentoring and life coaching, as well as her forthright journalistic approach.

Having produced multiple vlogs and blogs (1 million plus viewers), Jessica, somewhat unwillingly, created a name for herself, which led to a career of guest speaking at multiple conferences, and featuring in documentaries and on radio shows across North America and Europe. She shot to popularity in the new age circles quickly, and is best known for her interviews on shows such as "Project Camelot" and Lilou Mace's "Juicy Living Tour". Jessica renounced her new age metaphysical path when she started to see how this route was causing psychological harm and mental instability. All while being passed off as helping people, it is actually doing harm instead of bringing about a clear mind by creating and perpetuating dangerous traps.

With this understanding, Jessica feels strongly compelled to speak out on this subject and share her story with the intention of bringing awareness and encouraging a sense of responsibility. Jessica is a prolific writer, speaker and presenter offering an inside look at confusion and the EOF Project as she includes behind the scenes memoirs of what it is like to dismantle. She offers a fresh perspective to the project and is in charge of directing the various avenues that bring life to the project initiatives. She is known for her empathic and sensitive approach and excels in connecting with others, giving wings to the vision of the project. Get to know Jessica and you will find she has a quirky sense of humor and down to earth appreciation for the experience of mankind.

EOF MAGAZINE'S Creative Director/Designer & Editor in Chief

Hello everybody and welcome again.

My name is Tamara, I'm a designer, illustrator and writer. The behind the scene of this magazine was very extensive and a lot of people cooperate with them art and effort to make it possible. I worked really hard to bring this first edition to you cause i find every article here important to understand our relationship with the personal and collective mind. And if we are paying attention could helps us to realize how conditionings like fears, attachments to concepts and ideas (believes), affect our hability to think and consequently our ability to act, behavior, thoughts, emotion and estability.

A mind who watch itself trough any lent, is a violent mind, conditioned is imposition, we censored ourselves all the time in comparison with the image created by ourselves of ourselves, a big build to worship, made by bricks of cristal, every one is a fragil though to defyne ourselves that needs to be protected, we are collectors of cities, collectors of walls, collectors of blindness, collector of violence. We are waiting, hoping to become something else, something more, something less, in comparison with the building of itself or the building of the others, is an infinite an exhausted chasery of becomings, of ideas. A never ending history of confussion and frustration,

Tamara



Galeano

cause never is too much. Here is an invitation to get out the circle and observe the real deal. Please feel welcome to contact me:

violetabotero@gmail.com

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Martina Fecova y Kalliopi Tsiknia for their help

DISMANTLING THE MYTH OF THE "HIGHER SELF"

FROM THE BOOK : ORIENTATION VOL 3

From a private conversation

By answering to your question:

The whole history of mankind is unfortunately the history of confusion and the history of an infinite series of attempts aimed to get out of the confusion men themselves created.

Humans have never realized the fact that solutions, all solutions, aimed to solve existential confusion. Were/ Are there because of the problems (therefore no matter what the solution was/is whether spiritual, political, social, idealistic and so on: when confusion is not totally understood then the solution is merely an extension of the problem. The very real root of the human psychological discomfort and confusion is to be found in the reality

in which we all tend to give a name to everything because of our identification with our language (not just the language like italian, english, russian. The whole neuro-linguistic activity of the mind). Everything must respond to a name, a **linguistic/identitarian structure**.

Otherwise is unknown to the mind and the mind responds with refusal.

Do you see?: Simultaneously, at the same time we deny and refuse the unknown, which is merely the future. We fight the future re-establish over and over, on a daily base. The known, which is the past with all of its petty miseries. We, at the same time, refuse the unknown and simultaneously we invent, protect and preserve

so badly, so hardly our labels that we, ourselves, invented to give a name to the unknown. So petty we are!! Billions have cried and died just for a handful of meanness! All human inventions such as god, the divine, the sacred, the consciousness, the awakening, the 'higher self', the enlightenment and so on are merely man-manufactures illusions aimed to encapsulate the unknown into a dogmatic known. They many talk, blather and confabulate against what they call 'ego' continuously sometimes, almost robotically like parrots, but they are so blind to see how they fight the unknown fearing it so badly... And at the same time they worship the model of unknown they themselves

when confusion is not totally understood then the solution is merely an extension of the problem



invented. It's like to say: I fear the future. I fear the path in front of me 'cause it has no name: I cannot encapsulate it into my identity, but I can think at that through my identity, not by thinking in total freedom. But rather by picking up models of thinking, architectures of thought, from my past and from society or my tribe and what I've been told, so I put right in front of me a stupid idol with the sign 'truth' in his forehead. Then I start worship that idea, that ideal, that

belief... The spreading it collectively. To fear the unknown and simultaneously worshipping labels & names given to the unknown like 'god', 'higher self', 'enlightenment' and so on... (that are all things we are not supposed to know being then "there" in the unknown or the sky above and us "here" searching for them) Is merely the ultimate form of ego, as well

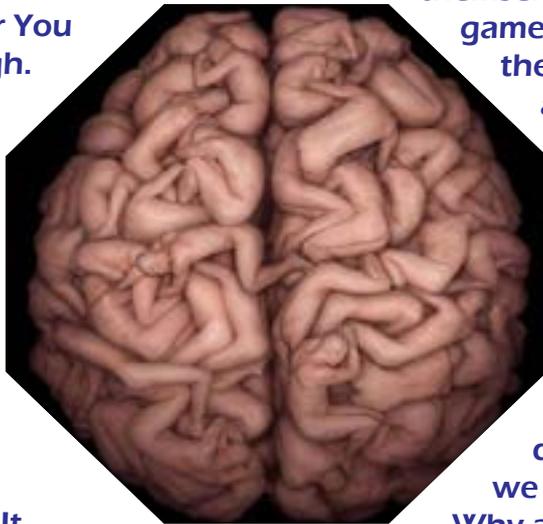
the factory of human pettiness. We are massively identified in our neuro-collective-linguistic network and we want to give a name to everything, including our feelings therefore destroying the pure experiencing of them and then we fight. **The whole history of mankind is the history of the attempt to name the nameless**, and that's the maximum production of psycho-social confusion from which all transcendental needs, gods, order and control, conflict, misery, destruction of the planet and men and desperation come from.

Short Personal Stories

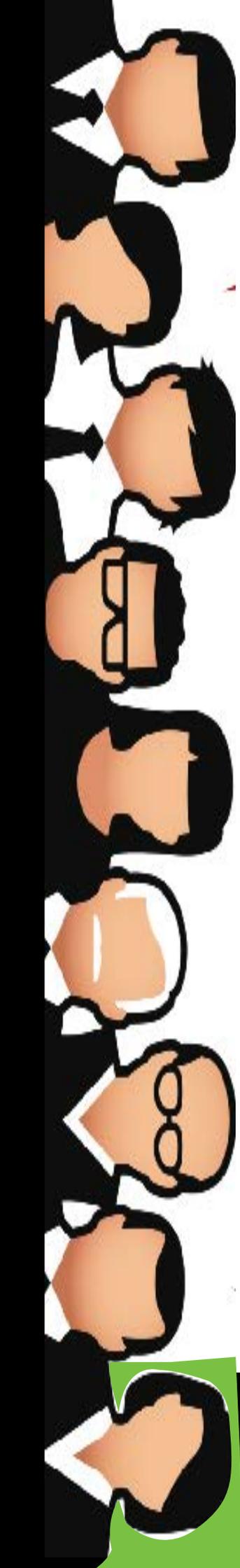
THE END OF FEAR PROJECT®

Dakotah:

Diego and Jessica I have been thinking for days now that your approach is Tough Love and I think it is so very needed. We get plenty of love and light bs crammed down our throats on a daily basis, full of lies and with manipulation behind it, that it is so refreshing to see/hear someone else besides me calling things as they are. Keep that amazing sword of truth out and swing it freely. Cut through the BS because there is plenty of it. Beware of those who tell you to tame your words, curb your actions, make nice with everyone. That is a path that is easier for them to take, words that are easier for them to swallow i.e. more hoops for You to jump through. But we have been coddled long enough. Time to get real and face all the BS in our lives. Thank you again for the work you are doing. It is so needed. I am noticing more and more the pressure put on us to "respect" someone's religion. I would agree we should not persecute someone because of their beliefs, but why should we be ordered to respect someone's religion when religion is responsible for atrocities all across the globe? It's very twisted thinking. I love that you and Jessica are calling things as you see it. You both are kicking a lot of

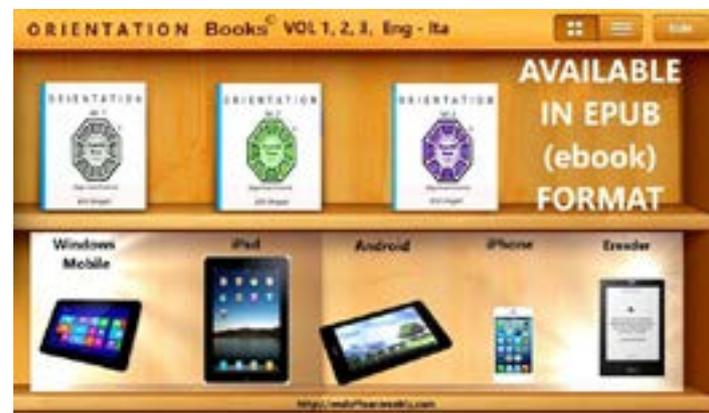


"spiritual" ass and I am loving it. Who would have thought that trying to get people to look within and think for themselves would cause such a shit storm!? Honestly, this totally reminds me of my experience on Final Equinox - the website that piggy backed on George K.'s work and claimed to be about him/his work when it never really was. It was just packed full of a bunch of fake love and lighters... Man, I went in there with my sword blazing when I first found it because I excitedly thought these people were where I was -discovering my own truth, thinking for myself, having these awesome realizations. And guess what happened? I totally got slammed dunked by just about everyone there and they banned me from the site. What a crazy ride that was. So I totally feel you and see what you are doing. And I love it. Kudos to you for having the guts to speak your truth!! This is exactly what happened to me. These people are not ready to give up their beliefs and are turning themselves inside out because you won't play their game. Wow Wow Wow!!! Ever notice that with all the new age religious mumbo jumbo there are all these hoops you have to jump through to become this, that or the other? Anything or anyone who tells you you have to do something or be something or achieve something is giving you another hoop to jump through meditate, go to church, open your chakras, etc. But the hoop is really a hook that keeps you snagged by them and attached to them. We are constantly told we are not good enough, that we have to change and be something different. Why are THEY so scared for us to just be humans having a human experience? Why do THEY want to take us away from ourselves? It's all distractions, taking our focus away from ourselves and reaffirming all the lies we were told as kids that we are not good enough. Once you drop all that it is so freeing. Just getting back to yourself more and more, doing what you want to do, going where you want to go, discovering who the brilliant person/being you are inside is the only way to truly be free. Completely delving into the self, loving yourself, doing good things for yourself - how many times are we told this is wrong, that we are being SELFISH? Yet it is the only thing, in my experience, that is worth anything.



Felipe Franetovic:

I found that for looking for a kind of “awakening”, or “ascension” from stupidity to a “higher state of consciousness” , i actually suppressed myself in many different ways, specially emotionally, because i wanted to feel love, or happiness and when fear, or anger or any kind of emotion thI Found hat for looking for a kind of “awakening”, or “ascension” from stupidity to a “higher state of consciousness” , i actually suppressed myself in many different ways, specially emotionally, because i wanted to feel love, or happiness and when fear, oranger or any kind of emotion that was unpleasant, i just blocked it instead of feeling it and observe it decreeing and praying drugging myself in “the light of god” and through that, I made a lot of damage to myself. Is like entering to a “positive” prison where you think you are free but you keep depending on something for your inner peace. Peace is something amazing to be felt, but i want to be in peace and tranquility not because of what i do, for example lot of people do yoga for feeling peace, but if they don't do yoga for 3 days they explode, well that happened to me, And i don't want that state of peace to depend on something else that i do or not do, but a real freedom of being completely psychologically free of expecting something “positive” or even “negative” from whatever we choose to do , or don't do... but at the same time , i found myself expecting something for this freedom that comes from observing and dismantling the programs and software installed in our computer. The end of fear is really uncomfortable ... but at the same time to start FEELING again is awesome. Sometimes i cant handle it, because is like an emotional explosion, i feel like crying, i feel like laughing, i feel like a knot in the throat ... like all the emotions i have been suppressing exploding and then it becomes difficult to observe and not involve on that feeling with thoughts too... we are so deeply programmed !!!!



Margarita Poesia:

What if we feed our fears with our own insecurities, the ones that stem from past experiences, the records we play over and over in our head, succumbing to despair of not understanding the mechanics of our own thinking. Who speaks the language of your psyche? What terrains your travel upon to believe, really believe the truth you tell yourself daily, without the hindrance of programmed conditioning's.

Surely, it is madness to let go of your identity, observe the despair of nightly cries. Is it madness? Can you meditate yourself out of that? Or, is it a brave undertaking to clearly see that you are not the author nor the actor, not even a villain. What are you? We are mad not to inquire deeper into ourselves. We are mad to continue to accept the so called truth we tell ourselves.

The first step to understand. Or to wake up (If you like)... Is to realize that while we think that we are thinking... In truth: We are not thinking... We are merely picking up models of thinking... Realize it... Then we can proceed.

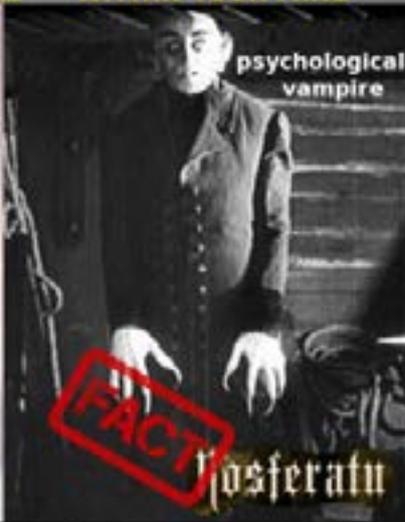
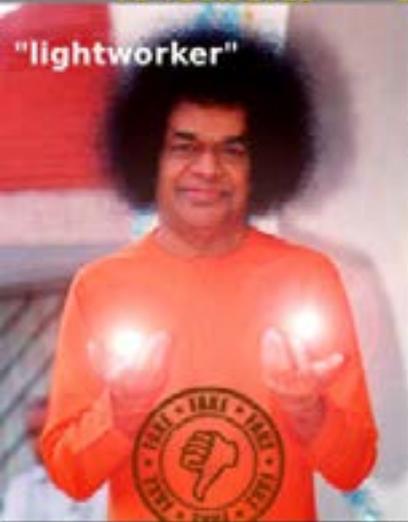
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HOW A GURU LOOKS TO YOUR EYES

and HOW HE BEHAVES WITHIN YOUR MIND



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Diego's Humor&Orientations



ORIENTATION #21: PUSH YOUR GOD AWAY

Throw away your gods

Throw away your spiritual crutches.

Why don't we worship a tree? Why don't we feel the need to pray to a swan drifting on shining waters? Why don't we worship the healthy morning after days of fever and sickness, rather than jumping back immediately into our projects, jobs and work as if we were automatons? Why do we worship our own manufactured gods and segregate ourselves with mantras, temples, churches, dogmas, beliefs, ideas, mosques, and many other silly authority figures? What happened to our integrity and our vitality? A little bird doesn't care about a life filled with worshipping other things. Trees don't care about the whirling of mantras to celebrate sacredness invented by men. Planets and galaxies have consciousness but no gods. While life dances all around the universal playground, for us it's no more than a "thing" happening to us while we busily try to find a transcendental sense in life. As a result, we fill up what doesn't need to be filled. Throw away your gods.

Throw away your useless spiritual crutches.

O R I E

THE "THINK POSITIVE"
BELIEF, PARADOXICALLY, IS
NOT AN OPTIMISTIC IDEA

ORIENTATION #34:

Sometimes I am shocked by how the "think positive" idea is so powerful it blinds people's minds. "Think positive" is mostly a western stratagem aimed at avoiding our inner responsibility to fully observe the world within and outside us. This concept is akin to running in order to stand still or waking the dead. It is mostly a western idea hybridized with pleasant, comfortable, motivational and neurolinguistic tools, then portrayed as how people can achieve glamorous and easy lifestyles. This modern commercialized spiritual propaganda of the West is aimed at promoting positivity as a factory of fresh and easily-made money; all the while the world is falling apart internally and externally.

Not to mention how the western mentality is programmed to seek solutions outside - like in the medical system - rather than inquiring into the roots and psychological sources of internal problems.

This mentality radically ignores the psychological origins behind all needs to find spiritual stratagems that cover up our own confusion. I will never promote the "think positive" idea because it is tremendously silly, superficial, idiotic and even dangerous. So often it leads to a psycho-social state of hebetude and lethargy. I feel compelled to promote something a bit more honest than this, which is full self-observation free of all conditioning, beliefs and searching. I propose self-observation liberated from all contaminants coming from religion, rationalism, dogmas, intellectualisms, or fake new age spiritual beliefs. Self-observation can lead to the end of inner fear while the compulsive "think positive" philosophy leads to the condition in which one day the "think positive" person will wake up firmly willing to begin his daily celebration and prayer of gratitude toward nature, but there will no longer be any nature left to celebrate.

Let's think about the following together and make an intelligent, honest and profound inquiry into this subject. Why does a person feel pushed to share his or her intimate, psychological, intellectual or emotional "awakening?" What lies behind the need of the majority of spiritual speakers, gurus, motivational writers and pseudo-gods (especially in the instance when it is not about money or craziness) to share what they have to share? Is that really the need to share something in order to wake people up? Or, is that a constant need to present to the public arena their personal vision of life so they can build a consensus and avoid the possibility that the speaker, guru or preacher is simply

crazy or lost in illusions? What and who would be a Tolle or a Chopra without their followers? What and who would be he who needs to wake people up without the consensus of followers?

Imagine those preachers in a situation where there are no listeners or followers around. Then imagine you are in that situation and, if in that situation you and those speakers feel no sadness, craziness, loneliness, or panic coming from the total detachment that permeates that situation then you and those speakers have free minds.

Do you understand?

If, instead, we find we need the followers and a consensus that is because we are in need of confirmation. We need to build up a "family," and we need to set people at our same level of "consciousness." But that is not exactly the meaning of waking people up, because this attachment to the personal need for self-esteem is a psycho-existential drug. Indeed, self-esteem only exists if the person who nourishes his own self-esteem does so by a constant dependency and addiction to the consensus in his environment. In this case his self-esteem is fueled by others. That is not awakening. That is slavery! If, instead, we are able to share unconditionally what we have to share - perceptively first, then intellectually with no expectations or attachment - then we are free people with free minds. And, what we are actually spreading is not really spirituality - maybe it is not even wisdom, but who cares? But, surely, it is a total liberation of the mind, which is the end of fear!

N T A T I O N S

How Religion and spirituality abused me

My 'spiritual' journey and how I ended up in the EOF project part 1/2

By Pamy

When I was a kid, I used to hug trees and my best friend was my cat (I wasn't allowed to go out much), I always wanted to live among animals instead of humans that I found rather violent and weird...things changed when I got sucked into the system; I forgot about all that until nowadays.

How belief divided a family:

My childhood has been marked by my parents' divorce: basically, my mother who was a stranger here and had to come to live in that big house with my grandparents and my dad did feel alone and met a medium, pretty fast she got involved in a cult. She also wasn't doing well at home with my manipulative grandmother and tried to get out of this house to build her family on the same grounds. My father didn't follow her so she had to really leave us 3 kids (me and my brothers). It was a time where cults were diabolized, where often the media would show the horror of collective suicides performed in some cults and so on... Pretty fast my father made a crusade against her, pushed by my catholicly bigoted grandmother and his male ego hurt to having been deserted.

To 'win' the divorce and the custody of the children (me and my brothers), he didn't hesitate to call the media and make all the fuss about how it was dangerous to leave his children to my mother... after a few years he managed to make a very bad reputation for my mother (almost sending her to jail by the way), he won the custody and we had gone to live with him and my grandparents.

Catholicism:

As we were living there we got sent to church every Sunday by my grandmother... It wasn't really interesting, more of a chore and very boring. She herself didn't go much to church due to her advanced age excuse, actually she speaks about god only as an excuse or to comfort herself when she's not doing well I guess, what she mostly did was to force religion upon us all... My grandfather instead never talked about religion but did go to church mostly to socialize: all the older men used to stand at the back of the church and finished as soon as the priest distributed the communion bread so that they all would gather in the village's café :p. So yeah... Catholicism... It was rather boring... but still all those preachings and all these things we learned about the religion... I was thinking it was boring, didn't really understand how other kids could be so passionate about it or so involved... And Jesus... How mysterious was that man... And how I hated him whenever I hurt myself

and cried and that my grandmother told me "Well done, it's little Jesus that punished you"... I also was furious about God itself: he took my mother away after all! She did choose God and her faith over her kids when, exhausted, she finally gave up on us after years of trial against my father. He used to tell us "Your mother abandoned you (for her cult)" while I knew it wasn't true, the idea was still stuck deep inside as I was fighting it: until nowadays I still have this fear of being abandoned or rejected. I also felt guilty somehow (I must have done something wrong, no?), or thought I wasn't good enough to be loved, as since my mother 'left us' at my father's family I was only a girl, something inferior and less worthy, only good to serve others and take care of the house.

Reactions against 'god':

So... I hated god (He stole my mother, my grandmother forced him upon me) and as a reaction I claimed to be a Satanist in the religion class when I was a young teenager in high school, it was provocation/revelion. The teacher looked at me and said: "If you



Image by: Pamy Steph

believe in the devil then you believe in god also.

I was shocked: she was right! I abandoned my rebellion and provocation against religion and bigot people (thus against my family and past) and focused mostly into science and rationality (since it's what we are taught anyway since the 18th and 19th century folks) I realized that science was good but somehow limited and if you think only through science it becomes a dogmatic religion, too: What can't be measured doesn't exist scientifically. I was very repulsed at that time by anything that was metaphysical: Angels, fairies, E.Ts (actually E.Ts. have nothing metaphysical. it's almost logical to think other life forms exist in this vast universe, but in my mother's cult they believe in some aliens and 'communicate' with them through a medium, so somehow I was never attracted to them (as a reaction), and so forth...). Spiritism ('calling'

pyramids, spirits and E.T.s; their main medium channels even E.T.s to have some messages of wisdom or whatsoever. I have to say that for what I know (I'm not active and not very involved there, I even spent a lot of time not accepting my mother's 'teachings' about the stuff) these messages often make sense...but I started to notice that it's a mix of all that is on the internet new age spiritual stuff lately ...on other hand, the followers follow too much and literally, as I could have noticed with my mother and her partner. They make what they call 'controls' when they have some decisions to make ...it can go to what kind of school should I choose, to 'is this partner harmonious with me'; or even 'what color should I paint in the entrance'...the answers received are 'yes, no or partially'...

My mother often made such 'controls' even regarding us her children without us knowing. For example the last one she made was about a job interview I recently had and had no news from them for some time so she asked and they told her to forget about it, which pissed me off since I didn't ask for her

advice and it also pissed me off because now I had doubts about that job. They also made a 'control' about my brother's partner some time back and the answer was 'she's partially not good for him', so basically they didn't really want to involve her in the family...now she's pregnant with my brother, and since their cult said it was not good to make children in these chaotic times we live in, they are not so happy about it all... I mean look how beliefs can split up even families!

Tantric 'spiritual mission':

During my depression/suicidal time I had no real interest in life... It had no meaning and looked so senseless: I mean look how weird is life about making money buying a car and a house? Everyone is looking for that, it has no meaning to me if life is about that. I didn't know what to do... What to believe... What was it all about? I could have died it would not have made a big difference for me. Since it wasn't working with school, I spent my days addicted

Back to 'spirituality' (alter-religion):

Later on, I fell into a huge depression due to a burnout at school: as a 'woman' I was trying to find my way out of my condition through my intelligence and good education... It worked perfectly until the day

I changed school, didn't adapt to that school system and failed so hard, felt so stupid that I lost even hopes and meaning to my life: I was almost suicidal.

It was around that time, (even earlier already, when I started to find science not fulfilling and that it left a gap of mystery in my head) that I became closer to my mom and was more intrigued about her cult. Their cult has Christian foundations but is against Catholic Church and also there is a mix of beliefs like the

to a video game (Lineage II) and met a guy there... Soon enough we started to sympathize and talk... It was a Romanian guy aged of 52. When he saw a picture of me he started to be more and more interested... He knew I was depressive /desperate in life so he started to talk to me about tantra, how magnificent it is and how 'evolved' he was... Slowly but surely he awoke some interest inside of me, making me see the shiny side but at the same time taking it away from me ('oh no it's not for you blah')... To induce some ideas so that at the right time I would want them and even 'fight' to get to it. I didn't see him as a potential partner though as he was 52 and I was 24 years old, he was the age of my father and it was a big taboo for me (to think about old wrinkled skin against young skin, all the sepedophilic images, ultimately also the fear of aging and death were certainly behind)... He wanted to invite me to Bucharest where he was living for the summer, so I asked advice to my mother to make a 'control'

(since I was depressed I was in doubt about anything so off course asking for external advices/opinions) if I could have trust in such a project. To my surprise she came back with a big smile and told me that this man was a good partner for me. I was first furious at her and told her 'are you kidding me he's so old' but then the idea started to grow in my mind... even if I could fight it, it would stay there... (I actually more and more am afraid about ideas and superstitions from others because even if I fight them, somehow they stay in the back of my mind and contaminate my thinking; from the moment on I have the slightest doubt about anything). I explained this to this guy and he knew the power these beliefs had on me and started to really build up the plan, little by little... He started to claim he got some messages from his 'master (a nonphysical master that talks to him telepathically!), that we had a spiritual mission together as a tantric couple and that we would help for the 2012 ascension, that I had to follow that else I would die in 2012 me and all my family and beloved ones (2012 was so frightening at that time it was 3 years before)... And I bought it! I felt important and no more worthless, I felt I had a purpose in my life for me and for others; for helping the whole humanity can you imagine the importance of that?? Such an ambition and pretention heh!?... And this is how the brainwashing began, because it fulfilled this purpose to give me a meaning in my life, a reason to live for, something to believe in also and some self-esteem or whatever.



The illusory ideal and the reality of it:

Soon enough he started to ask me very personal questions. For example what were my more shameful memories and so on... He claimed he had to know everything as a guru we would work on it and I had to trust him 200% ... I didn't know he would use all of this later on to destroy me. I told him how the word "whore" was disturbing to me since I had some catholic shaming around my sexual life (tantra and sacred sex was also a way to change my relation to sex and to legitimate my sexual life in reaction to

that): Once installed here, under my roof he would call me an "ordinary/common whore" every single day. He claimed to be so many interesting things and so 'evolved', vegetarian, tantrist, open minded, 'intelligent as a fox'. He also spent lot of time to flatter me without even knowing me (I took his flattery with pleasure it was making me feel good about myself I so needed it at that time). He also was making me mirror so much a solution for my depression and kind of 'saving' me, if I followed him and did what he said I would be better, also a better person and evolved and so on, and ultimately: happy. Yes that's right: I never knew what to do so some 'savior' comes in to save me if they take control on me 'because they know better than me what is good for me'. He

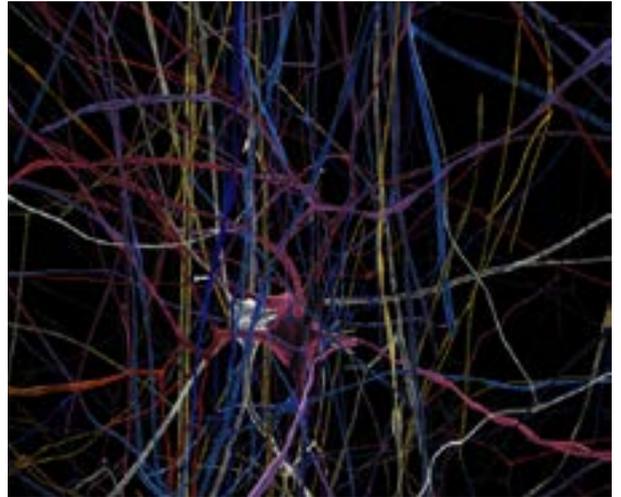
came in my town pretty fast, it took no more than 3 weeks until he had his visa and plane ticket (with no return ticket) At first I was more doubtful I asked him to come only for a week for us to get to know each other, somehow I don't know how this option got brushed away (my confusion?) . On Skype before he came over, I kind of fell in love with the IDEA of him: having a kind of twin flame with whom to fulfill a 'mission' , being bond for eternity and all that stuff, some kind of emotional security or whatever, not having to seek no more for a partner... but as I said it, it was mostly about the idea... He started to annoy me pretty fast too and I was already starting to take some distance emotionally and intellectually from him before he came over (which is why he came so fast I guess, not to let me think to think: somehow I was perpetually in a state of emergency with him so that I would be caught up with the problems with out having the distance to look at the situation). I was a heavy smoker at that time and he wasn't, so for my beliefs I quitted smoking in one day, the day before his arrival (I started to smoke again when we split because the only idea that I quitted because of him was uncomfortable for me and since I was living in a lie let's go for it for real with that cigarette making me feel better illusion). On my way to the airport to pick him up, I wasn't feeling so right... My stomach had a knot and I was wondering if I was doing the right thing... Then I was thinking "it's the chance of my life, the big turn blah " (lol) I so wanted to believe in that. At the gates of the airport he directly jumped on me and kissed me, I had really no time to think about what was happening or to even 'meet' him, ok it was made, direct 'intimate' contact, oh well... We went to an Indian restaurant because he's so into Indian things : food, gurus, knowledge, all those folkloric spiritualities, yoga, meditation and all the blah, plus he claimed so often to be vegetarian that at least there he would find something good to eat (I'm not a vegetarian at all I love meat). I looked at him and it seemed to me we were complete strangers, he took my hands and stroke them and felt the distance between us, made the remark (certainly for me to be more loving or so)...

Please feel free to share this at your universities, other professional institutes or organizations that you think may be interested on our behalf.

Letter to professional psychologists regarding the EOF

Dear so and so...

I am contacting you to introduce you to our alternative psychological assistance program "End of Fear" (EOF). Our objective is to connect and network with Doctors and Academicians seeking to cultivate clarity by "dismantling" psychological confusion through radical thinking, creating a profound understanding of the psyche. We do not claim to dissolve depression (we are not doctors); rather we address the relationship with it through observation and self-inquiry, resulting in genuine liberation of the mind.



Depression (as reflected in statistics) is dramatically increasing on a global scale. Our world has a plethora of therapies, techniques, self help books, life coaches, medication, spiritual new ageism, and great advances in technology, yet now more than ever the masses are struggling with an overwhelming sense of mental suffering. Various forms of despair also affect many professionals working in the various fields of mental health, and are themselves acknowledging that their practices rarely do more than have a "Band-Aid effect". The question needs to be asked: What are we missing or overlooking?

EOF is a non-profit organization that addresses the roots of psychological despondency using ground-breaking theories now being considered for application to current psychological practices. Prominent psychologist Lisa Romero of Milan Italy is just one of the many psychoanalysts agreeing with the relevance of the EOF project. In her thorough

appreciation of our theories she assisted in the collaboration with the University of Tucson Arizona's Department of Consciousness Study; having us write an article for the "Towards a Science of Consciousness" 2011 global conference in Stockholm.

So far we are receiving immense results working with people in a range of mental states and illnesses. What we have to share can evolve your practice, and perhaps even enrich your passion of psychological practices.

Enclosed is a PDF book of EOF for you to explore. We suggest taking a moment and randomly opening the book to any page.

If the EOF project is intriguing to you, or others you know would be interested, feel free to pass on the information/PDF. We are willing to have EOF researched as a Theoretic science study, and are happy to do interviews and discussions in any platforms whether it be seminars, lectures or academic textbook, newspaper

or magazine material.

A brief history on the backgrounds of the EOF founders:

Diego Kricek Fontanive, is a mentor, writer, public speaker, artist, and filmmaker with an extensive understanding of psychology, political science, and sociology. Known to professors as "the Fear Expert," he has spoken and written for many presentations and conferences throughout Europe (Italy, France, Sweden, Hungary, Switzerland, Austria), Singapore, India and Indonesia.

Jessica Schab was a frequent speaker at conferences and was featured in documentaries and radio shows across North America and Europe. She renounced the "New Age" path after she concluded that it causes psychological harm; though she chose to keep her title, Jessica Mystic, so that people could see how she has evolved.

Thank you for your time and willingness to understand more deeply the intricate nature of the mind.

Please contact us to inquire further into the practices of the EOF project.

Kind Regards,

Jessica Schab and Diego Kricek Fontanive



Attentive or AWAKE?

Take this simple quiz to find out which one you are and what it really means

AWAKE-

you're open and interested in metaphysical concepts and it affects you greatly how you live and think and even speak, thus you're addicted to it, do not know how to think without it and feel the need to defend it.

Attentive

you're open and interested in metaphysical concepts and it does not affect you much on how you live and think as you're detached and do not label it or identify with it or need it to feel special or ok with your life.

AWAKE-

you meditate, follow and are always looking for newest spiritual fling. You're willing to pay, follow whoever and go wherever and do whatever for it.

Attentive

you have no structure or routine and you give your power to no one and nothing to tell you what is spiritual and what is not and how you should be. Thus you're able to see the traps in the new age, religion, conspiracy, and mainstream as well and you have no need for workshops or classes or books cause you know it's inside you and you know how to access it if you need it, you're not searching for it, you do not care about answers and truth, you live it always, thus your life is peaceful. You have all you need cause you do not search.

AWAKE-

you often talk about spiritual things to others around you; they are amazed and see you as wise. You have a big house and lots of money and sell lots of books. While you're lost in your own glamour eating a huge feast, you do not see the dogs starving near you, so you do not feed them.

Attentive

you rarely talk about spiritual things; you do not really care because it's all energy to you, no need to create separation and labels. You do not care what others think. You do not peruse or even care to have a big house and lots of money, as you know that's a trap. Yes you need money but you only take what you need, no more no less. You do not give your time away for more

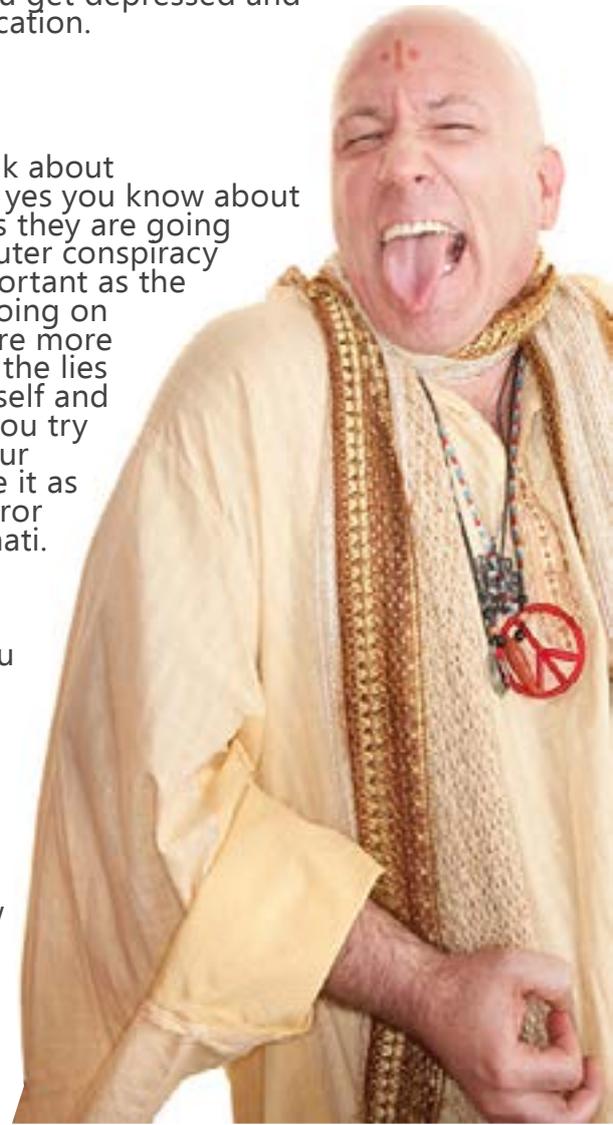
money to pay for your expensive life style. You may write books but you do not feel the need to market and push them until you totally lose yourself like what happens to most. You eat what you need; you do not save or worry about the future. You see the starving dogs and share your food with them. You do not take the time to talk about being spiritual cause you do not care as you're mostly living it and apply it.

AWAKE-

you often talk about conspiracies and give most of your power and energy to it to the point you are exhausted, seen as a loon and feel very trapped and angry. You're now addicted and cannot stop talking and looking in on more information and to see what the latest conspiracy is going on with the government. You point so many fingers at everyone as potential illuminati, drones, that soon you do not trust anyone, not even yourself so you start to meditate and do yoga, change your diet, look for the latest spiritual truth but that, too does not help, thus you get depressed and turn to medication.

Attentive

you rarely talk about conspiracies, yes you know about them and yes they are going on but the outer conspiracy is not as important as the conspiracy going on within. You are more interested in the lies you tell yourself and all the time you try to control your mind and see it as a perfect mirror of the illuminati. You see how you created and feed the illuminati, you see the trap clearly and you start to stop judging and start observing to better understand the trap, how it works and how to stop fueling it. You're able



Which one are you?

to see this same virus in others but you do not judge them, you just observe and help them to see it even if it seems to be in a tough way, as that's what shakes the virus up enough to inject the antivirus. Cause you do not judge or label and are detached nor are you busy comparing yourself, you know how to help yourself so you do not feel you need meditation or yoga or change your diet, or the latest spiritual motivational truth. You're not depressed and you're not on medications nor do you have trust issues, you see others very clearly.

AWAKE-

you study hard to know in order to be in the known cause you're afraid to be in the dark and not to know. You're addicted to answers even if they abduct your life, which leads to unhappiness and no peace. You say I know, I know, I know but you do not know because you are still confused and wonder why your life is such a mess.

Attentive

you do not study, you do not worry about the future, you do not spend your time buried in being busy. You spend your time being in and observing nature, you have no hunger for knowledge. You see it as a drug that does not ever lead to happiness or peace because you know when the time comes you will know exactly what to do and just do it effortlessly, naturally & spontaneously.

AWAKE-

You try to tie all beliefs together as one, creating a labyrinth of traps and brainwash, stacked one on top of the other not being aware that it's a part of the NWO plan and strategically implemented from the military to make inner wars inside.

Attentive

you do not tie any beliefs together, in fact you have no beliefs as you see them as mental and physical traps that you refuse to involve or enslave yourself with and thus stay out of the matrix internal self destructive mirror war games, in which you exist in another realm away from that one and cause of that you're able to be detached and well aware to observe the inner workings of all the belief traps.

AWAKE-

You feel the need to be a hero, to choose the side of good and fight bad, you're moral and talk about discernment but still that's really skewed. You protest, join groups and gatherings, obsessed with helping and doing the right thing. You feel the need to help everyone but do not ever help yourself, not where it really counts, not where it's most important only things that help temporarily. You get others to sign petitions, you're upset about Monsanto and chemtrails but not able to see you're doing the same kind of thing to yourself on the inside.

Attentive

you do not have a desire to be a hero nor are you stuck in duality of good and bad, you do not see things that way at all as you realize it's a form of brainwash. You do want to help, you're not doing it for approval. You know it's not a popularity contest. Nor do you need anyone's consensus. You do not fight at all with anything outside yourself or inside, you're too busy living your life and being peaceful to get involved with such from the outside. To you everything is inside, it's all happening inside. Being peaceful does not mean to be passive as this idea of peace is more about looking peaceful but not actually being peaceful as there is still not clarity. When you're peaceful you're very active in your clarity and effected by others. You never protest nor are obsessed about doing something like that. You are your self's best friend and from your true and integral peaceful relationship with yourself you help others indirectly and spontaneously and the effects on yourself and others are long lasting not temporary drug stints. You are aware of Monsanto, chemtrails, but you're more interested in how and why this is going on and started inside yourself first. This has you inquire deeper into your ugly or hidden side to find out how and why you're encouraging and creating such.

AWAKE-

You feel the need to change your life style and diet.

awake-

you do not have to make any life style change as you know it's not you, nor do you fall for the fads of changing your diet as you see people are still physically not healthy by



that choice and they are always worried about what's in their food.

AWAKE-

You believe and follow every new age flash in the pan Ashtar Command, something outside of us saving us. You focus on thinking positive, saying everything is perfect and ok. You claim to have an interest

in the unknown but just do the opposite cause you're afraid of the unknown. You need a belief and a god cause you're afraid and lazy to think beyond such. You wear white and you're afraid to get dirty. You say you're peaceful and spiritual but your life is a mess and you're always attacking yourself internally and cannot understand why the mess keeps happening to you.

You're lonely and doing things to build up family you never had, you're looking to cover up your loneliness.

You like only beautiful things, pleasant things, finer things, that what is pleasing to the eye and label, anything that does not fit that bill or challenges you is wrong or evil.

You say you're spiritual. You post and talk spiritual but you hide your confusions and fear by trying to act perfect by societies/spiritual standards and thus you are a prisoner but you cannot admit it to yourself. You know so much about ascension and conspiracy so you think you're free but something still feels to be missing. You cannot stop searching and no matter what you do and find out, your life is still not working.

You look for and dream of perfect soul mate, twin flame, kundalini partner without having a relationship with yourself first.

Attentive

You know Ashtar Command is a fake and you never fell for that scam. You can see the new age for what it is or at least are willing to so as to be fully free from others' ideas on how you and life should be. You are optimistic but realistic as well, you know there is lots of ugly in this world and you are willing to admit it and not look away from it, so as to better understand what is going on and not to recreate such a pattern. When you do this you do not get depressed either

you're detached, you're an observer looking at the root cause on a micro and macro level. The unknown is not your enemy and is more of an adventure than something to fear and avoid. You know you do not need a belief or a god, you never did, not even when you were a kid. You recall how uncomfortable you felt in religious places, you're not interested in wanting to know or learn but to understand, you're not attached to any beliefs so you're always willing to think past them, the more it upsets you the more curious and determined you become. You do not care what you wear, you're peaceful and clear and able to see a potential mess in advance and steer yourself away from it. You're not lonely, you know loneliness is a hoax.

AWAKE

You study on ways to calibrate the progress of your consciousness, you mix religious figures/archetypes/ jargon/ symbols with new age that does not allow you to see the ill responsibility and violence that come from believing, thinking and practicing such.

Attentive

No animal or child cares to calibrate their consciousness; it means nothing to them, as they are living their life and being free. You know who you are, you need no beliefs or religious/spiritual figures. They know such things are in the way of their true self. You're well aware of promoting such, the responsibility it leads to and all the violence as well, you know better and will not go there, not for all the money in the world.

So... how did you do?

Many of you may have thought at first that the **AWAKE** one is the way to go because it is all in capitals as it's more important, more powerful and has more authority and that is exactly why that one is the fake one because truly being **Attentive** does not care about showing off, or feeling more important or more powerful nor does it give a damn about authority or rules of any kind or what others think. If you chose mostly these then congratulations you're not as conditioned as the masses and are more qualified for psychological freedom, if you got more of the other one you can still qualify but now you're more aware of how much stands in your way inside yourself.

THE END OF FEAR PROJECT® NGO & Foundation

WHAT EOF project is

The EOF project promotes consciousness in terms of psychological and social evolution. It promotes a deep, solid and advantageous inquiry on awareness. The EOF® project requires no masters, hierarchies, teachers or students, no gurus or straight rules or categories, in order for those who join, to realize the benefits and participate in the co-working and co-creation within the foundation. The EOF® project wants to create a co-working team (made by the participants and the staff working together), and then recreate this effort by branching out all over the world, promoting consciousness, total psychological understanding with no structures of belief (whether sectarian, religious, moral or "spiritual") in all its aspects and psycho-social sanity, integrity and conscious philanthropy.



WHAT EOF project is not

EOF is not a political movement. It's not aimed to teach, nor to suggest to the members any doctrine or rules of new identities. It doesn't want to promote a new "lifestyle" or is it against other "lifestyles." It is not a religious or spiritual movement nor a sect. It is not a lucrative entity or initiative. It does not belong to any "new age," spiritual, religious, political, ideological vision of existence. It does not belong to any sectarian belief, religion or religious movement and is not aimed to create new ones. EOF project is not a "brain-washing" or a "spiritual school" or a "reprogramming of the mind," neither is it a hierarchical structure. EOF Project does not promote spiritual beliefs.

Our mission

The EOF Non-Profit Foundation is a revolutionary initiative focused entirely on the promotion of the flowering of human intelligence through a radical understanding and potent inquiry into the wholeness of the human mind. The ultimate purpose is to decrease the level of psychological confusion within a community and intimately with a single subject so as to improve the quality of life and intelligence in social relationships, both subjectively and globally. The world is at a critical point right now, especially in light of the psychological suffering and discomfort of the social condition. So many people are striving for solutions without fully understanding the problem which is why the mind is fragmented. All the focus is going towards the symptoms rather than the root cause. We cannot expect to make any real progress if we are not willing to take responsibility and look after our mental wellbeing first and foremost. If we care about the future, our children and the evolution of humankind then it's of the utmost importance to deal with our confusion & understand the totality of the human psyche.

To build a local and global network of physical centers including a virtual community, a magazine, a television broadcast, conferences and several

other sub-projects where people can feel free, supported and safe to undergo a radical ground breaking psychological understanding. The EOF is aimed at helping people realize a profound inner dismantling of all layers of inner discomfort by means of various multimedia, approaches such as private sessions, seminars, workshops, retreats, podcasts, videos, newspapers and radio. We plan on creating an interactive educational reality series as well as consistent co-working and innovative grass roots community activities. We are even planning new ideas such as an "un-school" where children teach adults on major topics. The EOF Project is open and adaptable for any persons, groups, businesses, sponsors, mental wellness centers, communities, universities, schools, philanthropists, projects, arts, permaculture, science, foundations, private clubs, academic research, organizations and resources that are aimed to make the world a better place for understanding and common living.

What are the Phases of Dismantling?

It's tricky to have a goal in this case even something like to be a free thinker or dismantle fears because this thinking alone we will focus more on that desire rather than our mind so that's something to remember. That is why it is paradoxical to accept it as the goal cause it can become another belief system and ideals and that is what we want to avoid. If we can even see the desire for what it is and observe how our mind thinks and reacts to this then we can step out and look at that mind state objectively and see past it. This is constant work of stalking the mind and never giving into the stories it tells you; so as to make you react and get lost in your ideas of identity once again that you think you need to cling to and defend. Again this is a very hard thing to do, it takes a long time to understand, but the more we do it the less intense it gets, and then it subsides greatly. This is why we offer the Detox Your Mind (D.Y.M.) coaching as it's very challenging to try to do all on your own without total understanding of the mind and all its mine fields it sets up that we are unaware that we fuel all the time. Another thing to remember is that the known kills creativity. We cannot grow or evolve or understand in the known by keeping ourselves always in the known which is what belief systems, ideals, ideas and what the identity really is, the E.O.F. .D.Y.M. is about being ok living in the unknown so we can see what we could not see before while not having the need to label or identify with any of it so it stays free. We need to push our minds to venture out of the known to step into all the other possibilities. How many things are there to think that we are not thinking?

Also please understand to not have beliefs does not mean push everyone to be atheist either as so many tend to

interpret the E.O.F. as doing this; that is not accurate because atheism is another belief system. We are challenging every belief system.

So how is E.O.F. D.Y.M. not another belief system, you ask? To have no beliefs is still a belief right? I can see how it may seem like a contradiction but if we think more about it the answer is, No. The E.O.F. D.Y.M. is not another belief system. We were not born with beliefs. Beliefs are the reason we cannot see so well, it gives us kind of a tunnel vision, the beliefs make us heavily conditioned and even stupid, we are not stupid, our beliefs are stupid and they make us stupid. This is not my opinion this is a historical fact. Is it possible to live without beliefs? We were meant to live without beliefs. Beliefs are always an obstruction to the mind, especially what we think are good beliefs, which always makes a conflict, always the need to fight and argue for our beliefs. There is also always the extreme opposite to which there are always two sides to the same coin which makes us fly back and forth like a pendulum; feeling exhausted when these two polarities contradict themselves and fight.

If we are aware that this is what is going on and it is happening because of the belief system, then you are no longer interested in taking sides, getting upset saying, "I do not know what to believe or, no this is true, this is what I believe, and I will fight for it."

This also is not the person talking but their conditioned beliefs from society that makes us into fighters even the most peaceful lightworkers and Buddhist will still fight and argue or suppress themselves in their routines and belief system structures/authority in order to worship and uphold their belief system and when we do that no matter how you look at it, it is still an act of violence. We are being violent with others and ourselves when we take on a belief system or fight for it. Thus we always have this war and struggle internally and thus externally. Contrary to what we have been told and conditioned, belief systems are not healthy and they are not natural.

How is the E.O.F. Not Another Belief System or Goal? Why Do You Suggest to Inquire Past All Beliefs, What About Good Beliefs? What Are the Phases and Processes a Person Goes Through When They Are Dismantling, So They Can Know if it is Working For Them or Not?

How is the EOF Not Another Belief System? Why Do You Suggest to Inquire Post All Beliefs

When we understand how belief systems operate in our mind we are no longer in the blind phase, nor does that open us for new belief systems. Which is another thing we are conditioned with like N.L.P. and hypnotherapy and spirituality teach to remove one belief system replace it with another, rather than understand the root of the problem to begin with. (This is what many people think the E.O.F D.Y.M is and does. It is not that either.) The E.O.F D.Y.M does not use any forms of N.L.P or spirituality. We suggest people to inquire past this as well. We are not giving another system of beliefs. To give an example, if all the unnecessary software/beliefs on your computer/mind is removed, your computer/mind may be slow for a bit (However this process is tedious, frustrating and can take longer then we'd like.) and take a while to function but then it can run how it used to before all this obstructions/beliefs were installed into our computer/mind. So when the beliefs are removed our mind is finally able to function the way it was supposed to, no longer thinking in fragments and now finally able to use the wholeness of our mind. You also asked, even after all the belief systems are gone how are we to act? This is also tricky because when we start dismantling we, like a computer, start to freeze. We do not know, what to think, what to do, what to feel. It's shocking to realize how much crap software we have had in us, all this time, and we constantly nurture it; but if we continue just sit with this as long as it takes, one could get upset and even depressed

during this process because the mind cannot fathom how to live without belief systems. We always have this voice in our head saying "but we need beliefs, so we know the difference between right and wrong," and other such falsifications.

So then our belief system does what ever it can to protect itself. It then starts to act like a virus in our system. It always was a virus but disguised as something pleasant and needed so we would not suspect it; but as soon as we do start to see it for what it is then look out that belief system shows its true ugly virus colors wreaking havoc in the mind. Then we see our belief system in a whole new light and we see how we have been controlled, harvested by our belief systems, always having to feed our beliefs. It's never enough, they are never satisfied, they always want more consensus. It's been like this our whole life and all mankind throughout history has done the same, struggled with the same slaves of our mind all this time.

It's understandable that one feels very depressed from this realization. (This is just another phase to the dismantling process, how long it lasts depends on the individual and their relationship with their belief systems.)

The next phase we experience is fear, the fear of the unknown; we start to realize how major of an addiction we have had with our belief systems and it is shocking, so another phase can be a shock. At first we thought it was not a big deal even silly; but now we are scared to get rid of all our beliefs because we then see we can not think or imagine a life with out them. We then say, "What do we think when we have no beliefs, ideas and identity? What do we do when we have no beliefs, ideas and identity? How do we act without our beliefs, ideas and identity?" We have no answer, and to search for an answer, is to program ourselves with another belief system yet again, and that's exactly what the belief system wants. Yes it's a trap to trick you into putting itself back into your beliefs, ideas and identity, and then you will have convinced yourself that you fixed the



problem, so you will leave it alone, thus leaving the belief system free to create more confusion and feeding old patterns. We must be ok with the unknown at this point, to not label or name our experiences or feelings, to be ok not to know what to act and think. Indeed the more we search when we lose an object we tend to not find it only to stop searching for it and go make dinner then it pops into our head out of nowhere spontaneously where it is. It's the same with how to act as it just comes to us spontaneously without our mind or beliefs being an authority saying, "You need to do this and that, because if you don't, you will be a loser or what not." When the mind does this it acts like a terrorist and this is where you can see how conditioned you really are and that too is very shocking.

I know most do not want to see it, nor admit it, we all like to think we are less conditioned than others, but when we see just how conditioned we are, most freak out, they do not like it at all. Belief systems do not like to be spotted for the beast terrorists that they are. Not just that the belief systems also make you lash out on and even attack the people closest to you, especially the ones who are trying to expose these belief systems for what they are and protect the ones who encourage and promote the belief system. At this point the mind gets so unpleasant for a person and the person

gets so scared and upset, it starts to long for its old life, the comfort of the prison. We say, "it was not so bad after all, it was better when I did not know about this, life was more tolerable;" but that is a lie too because that state of being had made us comfortably numb like a zombie in confusions, always wondering why we struggled so much? As we kept falling into the same pothole over and over again. It's important to avoid or at least be aware of some other things, to be aware that there are tricks to lead you directly to more potholes and that is apathy, consensus, and comparison, be it with yourself in the past, the future of how you would like to be or with other people. All of these states of mind prevent the mind from thinking fully and seeing the full layout of the labyrinth before you and in you. Comparison, apathy and consensus will make you blind to your mind.

But if we can push past this most unpleasant phase and see it for the smoke and mirror show that it is to resist going back to the old ways of thinking at all costs no matter how much better we think it was, and how unpleasant this process is. This is when one sees that most of what they have been thinking their whole life is not them and then they are in wonder of all the things they never thought about before. It's like a seed being buried in darkness and silence all alone, it's only in this state then something happens like bud sprouting in our psyche. We suddenly know what to do without searching or anyone telling us without the

pressures of society saying you need to do this and that. You're now able to think fully and you experience psychological freedom which is the only real intelligence and creativity free of all conditionings. You no longer are at the mercy of any of your old conditionings; you have exited out of the prison door in your mind.



We are looking to do a world conference tour that brings the E.O.F. pioneers together for collaboration and support while also finding new E.O.F. pioneers. We know there are many people out there who are silently thinking they would like to work with us in person but are unable to due to family, job, and money. So we decided to come up with a way for you to do coaching with us that would not only be an investment on your mind but also a chance to make money while you're dismantling.

EOF JOBS AND OPPORTUNITIES

The main motivation for people to want to do this though must NOT be because they want the money, but because they care about their mind, and know how important it is for others to understand the importance of their mind as well.

If you're interested in setting up one or more conferences in your country for us and to have a better idea of how much you could make then please look at the images below and contact us for more details.

A person can only qualify to do this if they are already doing the 1 year Detox Your Mind coaching with us, or are interested in doing the D.Y.M. 1 year coaching with us, or are not doing the D.Y.M. coaching but are able to prove to us that they understand our project and can find the right people for us. It is imperative that the person understands what we are about as they will have to be able to speak to any person or an organization or Universities etc. about us on our behalf.

We do not just want anyone at these conferences, we want Thinkers who are willing to be challenged and to inquire past all their beliefs, be they religious, academic, spiritual or society based.

We are looking to do this within a 6 month to a year time range that can also be done annually.

We would like to have at least 20 people minimum anything past that is great.

That being said you may have to make a card for yourself as the agent for us to see how many people are coming and pre -booking. Conferences are mostly a pre-paid deal so any expenses can be covered before the event.

These prices are not fixed at all they are just an idea that we got from talking with others about the prices for conferences in their area to give people a clear idea... Our actual ticket prices will be lower than that but it is a full 3 days, 7 hours or so a day... We are not looking to make a profit or an expensive lifestyle most of the money will go to making EOF into a non profit and a having a main base.

Eventually when we are a non-profit even the conferences will be free they are just now used to help the pioneers earn money until we can hire them.

People who attend our conference will also qualify for setting up conferences for us too plus lots of free stuff.

So far we already have a couple conferences in Europe and North America that are currently being set up as we speak by E.O.F. Pioneers who are excited and eager to spread E.O.F. word and are just waiting to brainstorm ideas with you.





ARE YOU FAKE OR REAL?

The cerebral cortex has its own vortex

Transported through space and time by the Atlas of our bones that holds up the mind of minds, the thought of all thoughts oh what responsibility for Atlas, the lot of all lots; the thought, within thoughts, the mind, within the mind the hypercube of upside down backwards-labyrinthic confusion. Will you try to understand or give up because it does not play by the rules? (Who's rules? Do they matter really? Or are they pushing your buttons pulling your trigger of the Trigonometry triangulation it acts as fractals layering your minds biology, acting as an invisible layer of billions of tiny holographic black trilingual holes that represent the whole triangle. Always acupunctureting your ever now moments.

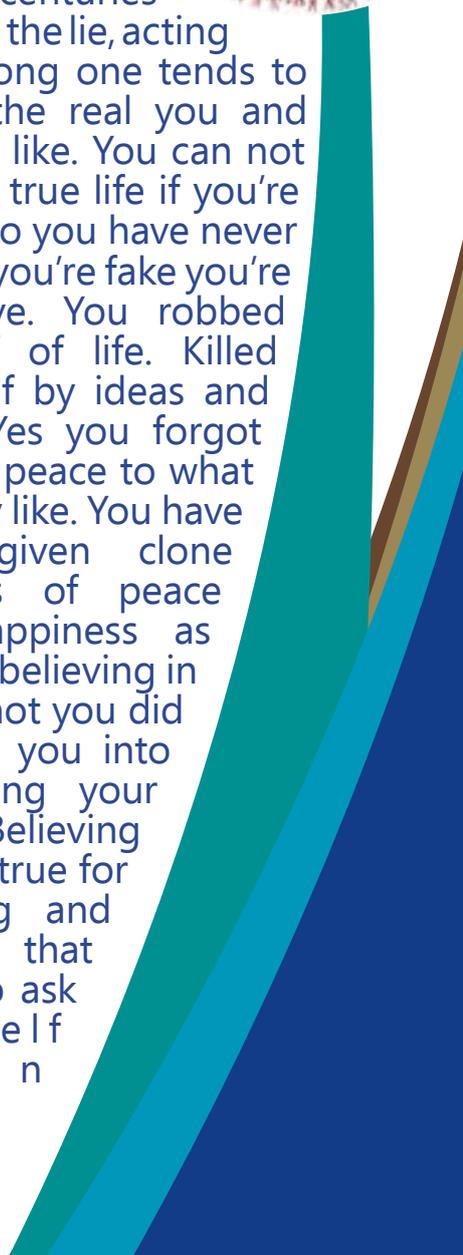
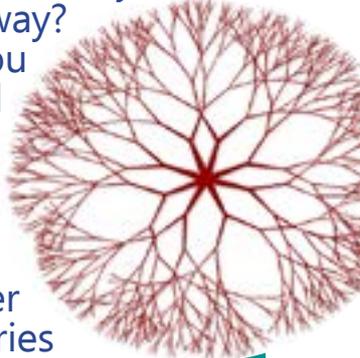
No, you're not alone in those moments. You not alone in your internal space, in your internal universes complete with cerebral cortex vortex linking you to the quasars and the triangles that are always there observing creating and eliminating. They are always there. Asking you one question the question of all questions over and over...

Are you? You?

Are you real? Are you? Fake? Or real?

What does it mean? How you live? How you think? Is it you or something or someone else's idea of you that your living? Are you living like the world upside down and backwards? And did you live that way when you were a child? Remember standing on your head trying to make sense of it all? Are you living that way now? Are you surprised that you're now a clone? Being fake so long, faking it so long, lost your true self, true identity that is beyond all the counterfeit identities that life has thrust upon you. So many fake versions ideas, beliefs of you, how are you

supposed to know which is the real one, the real you? You scream you shout for the real you to please stand up in the sea of clone you's that is always used and abused. For how long have you been that way? Were you really cloned or did your perpetual fake be-lie-fs make you that way? After many centuries of being the lie, acting for so long one tends to forget the real you and what its like. You can not live real true life if you're a fake. so you have never lived. If you're fake you're not alive. You robbed yourself of life. Killed your-self by ideas and belief. Yes you forgot joy and peace to what its really like. You have been given clone versions of peace and happiness as well. By believing in what's not you did it make you into something your not? Believing it to be true for so long and so it is that way? So ask yourself a g a i n



If you would like to contribute something to make possible this magazine or have any suggestions please let write me at jessicamystic@gmail.com



deeply and profoundly are you, you? Are you the real you? Are you real or fake? Where have you gone? The, you, your observer knows.

Then when the answer hits you like a meteor shower destroying all that's not you then you have another thing to understand. What does it mean to truly be you? the responsibility to be you in every moment? If you were to be truly you, and you knew it was all held together the web of lies by a tiny thread then you could undo all that has been done? All the parallel versions ideas of you aligning you to a time line of the fusion transfusion of the observation and witnessing of the wholeness of your self, no longer scattered in counterfeit ideas of space and time which is your own vortex.

And you search and search for your long lost love, for your family, your knowledge your happy yet you never met yourself. You never met you, you do not know you. The paradox of that is that your also terrified to meet yourself. What would it say on your life lived as a GMO seed? Especially knowing the billions of now moments giving to you where you had the choice but choose the fake you due to fear at the expense of one to many lying tear.

In a world of fake its so hard to know or find what's real anymore it makes us go crazy. The fear battles surges urges through us, no I must not be myself so others will love and accept me. I hear this telepathically all the time. So then is it worth it? To be liked by everyone but yourself? Rest assure the ones that are popular are fakes. Its better to be liked by no one except yourself now its easier to live in your skin and if you can do it at

all with out the historical fear of the many times you were committed to the psych ward or killed for being real in a sea of fakes then the people who are drawn to you will no longer be confused fakes out to bamboozle you. You will draw the original seeds to you. Yes its possible for a GMO seed to go back to an original seed. Just like its possible for concrete to turn back into soil and leafy green it's mirroring your own psychological journey do you see. Do you see how important it is for you to be you? Its there its all-there right before your eyes. Its not hard to understand its basic mathematics. What would your life be like if you were you full time?

So ask yourself again deeply and profoundly are you, you? Are you the real you? Are you real or fake?

¿ARE YOU FAKE OR REAL?

the mind, within the mind the hypercube of upside down backwards labyrinthic confusion. Will you try to understand or give up because it does not play by the rules? (Who's rules? Do they matter really? Or are they pushing your buttons pulling your...real you trigger.

¿ARE YOU FAKE OR REAL?

jessica's poetry

www.jessicamystic.com

In this world, we put lots of people in lots of boxes...



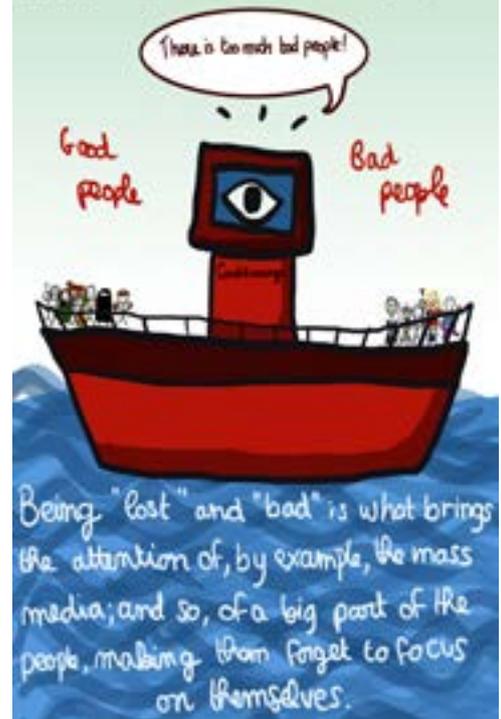
We can't help... we have to do it! Our parents / family / friends / society told us to do so!



As they've themselves been told to do it this way... And those boxes, we have to put them in other boxes. And so on...



Let's put those boxes in the actual context which could be a boat on the ocean.

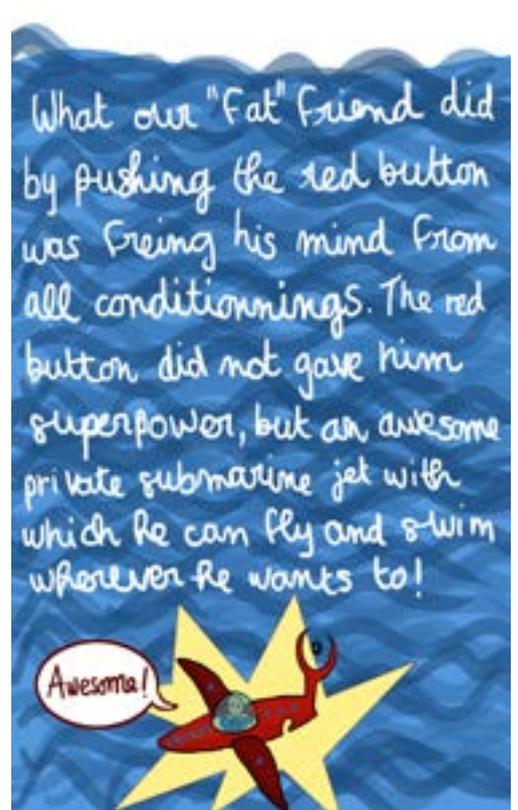


Cartoon by :

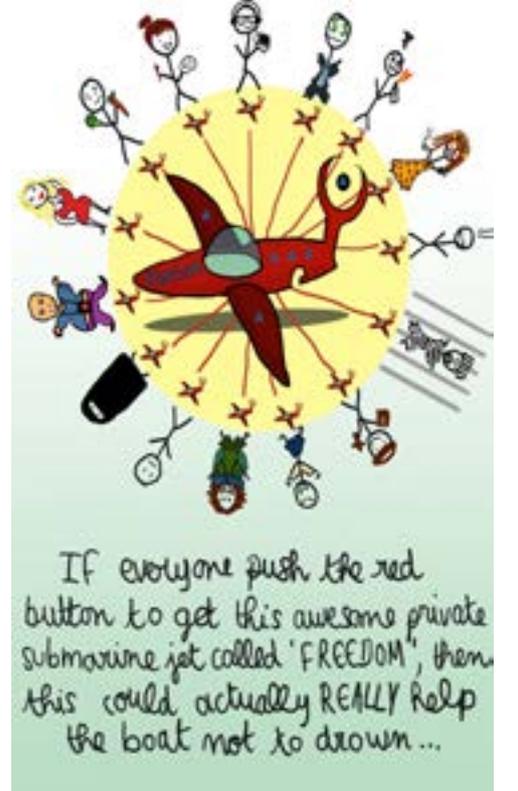
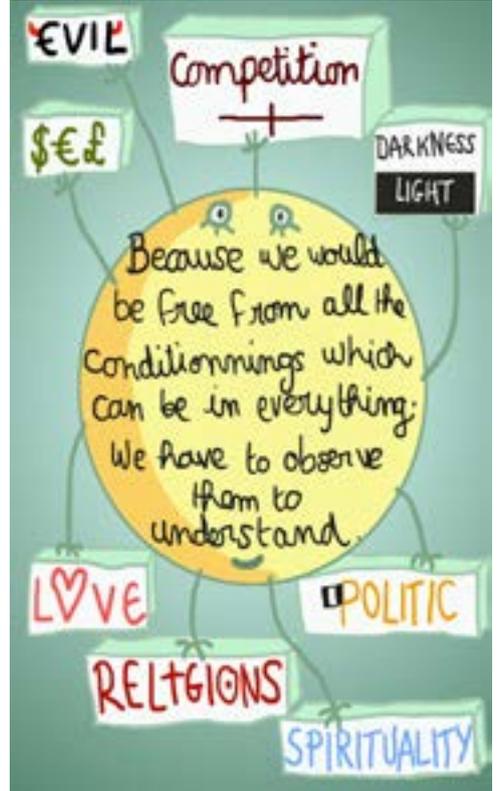
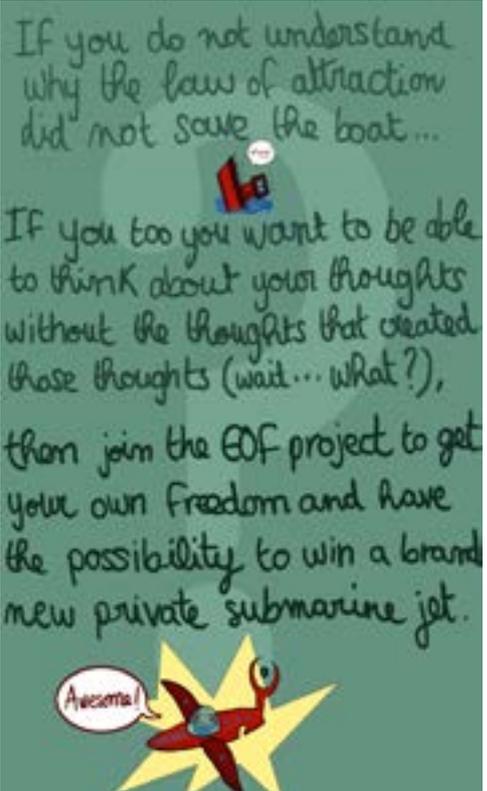
Boxes/Conditionings make the boat-drowning!



Okay- let's do the same with an other scenario.

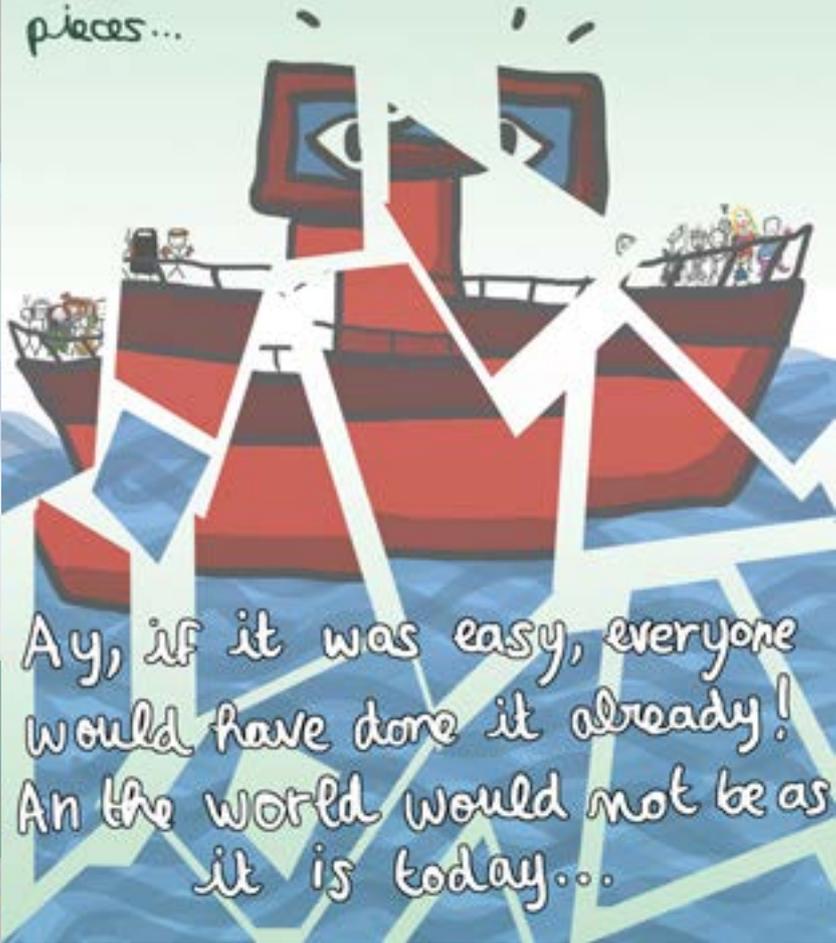


S U S I E K I O U



continue...

But you have to know that this is risky... the boat and the ocean you live in will have to crumble into pieces...



Image/Cartoon by: Susie Kiou

Nigrum Foramen (Latin for Black Hole/Whole)

Isosceles triangulation has its relation. Devouring the known, ripping up the garden fabric of space. Making space for something new, something unknown. The womb of pure potential impregnated by Mr. E. In each small seed there is a black hole in wholeness and in darkness is the wholeness. No fragmentation, no stagnation just quiet, peaceful, silent contemplation, observation of possibilities not yet born its space in meditation.

The seed has no limitation, it emulates the macro and micro of space bodies.

One seed is a black hole in the soil of space, in the soil of your mind. Devouring and merging with the soil, the soul of space, of water, of light, of life, of energy, of the seen and unseen, and all that it meets, greets all inspired by all; acting like a sponge for all the dreams to be, to do, to experience, to observe, mixing it all together to create a whole new cocktail. The black hole does

not segregate or fragment, it leaves no one and nothing out, everything is accumulated, no judgment, no separation, it's all relative; we are all relatives that equal. Extinction of the known, liberation of the unknown. Black, dark, void empty but not. An overactive imagination is not a scary thing so why do we fear it so? The unknown is calling you back, singing in triangular notes, mathematical quotes. The fabric of space, the fabric of the dream is watching, it's observing, how much do we feed our unknown? What new worlds, inner private, sensitive, innocent worlds do we have to offer up to co-create with? How deep have we gone in our void? They wonder oh, how they wonder why this so many tend to avoid and even get annoyed? What is so scary about the darkness? Ask the ones who have been born blind how they see and experience the world? What is color? What is light to them? No light but what they make inside the dark box black hole void of their mind. What do they create? What does nature nurture inside them to perceive? They do not see, yet they see more than us, how can it be? They see themselves as the collective see/sea; what is the outside world to them? Ask the fetus this, too? Swimming in the seas, seed in the garden, in the womb, in the vortexes of our own being which is a black hole of wholeness of freedom. Swimming in the black hole of the vortex of womb of the garden inside the seed is wholeness and freedom. What will grow? What will bloom? Don't worry it will make room? What will perfume from this? Isosceles triangulation has its relation, it's looking for non confused co-creation.

Will you be awake and aware to see them? Your gardens, your wombs are being observed and weighed did you cultivate the known or the unknown? Will it be extinction of evolution? The evaluation is being calculated. Will you be awake to witness the flowering of your nebulonic inner garden?

A tenebris lucem.

Jessica Schab



coming soon EOF radio

Art by Jessica Schab



OUR INNER FEARS REALLY ARE RIDICULOUS HERE'S WHY

Ridiculous we sound with our inner fears that we battle inside ourselves every day. If nature doesn't care about these things then nor should we. We care too much about the things that are ridiculous and unimportant, and not enough about the really

important things. The next time you find yourself thinking you're not good enough remember the examples in this post and laugh at those silly and ridiculous thoughts, so you can clearly see how illusionary they are.

Here at the EOF we learn how not to take our fears and insecurities seriously.

Get involved: www.jessicamystic.com/get-involved.html
Coming soon we will have EOF T shirts and bumper stickers

EOF ART CORNER

The EOF Art Corner is a page created to share the artworks produced by EOF pioneers during their dismantling process*** besides the EOF group. It is also a place where we organize stimulating co-working exercises on different topics on a more collective level so that we can open a debate afterwards about the topic. It has nothing to do with a competition about who makes the best artworks as it is mostly about expression in itself.

Actually, artistic expression has always been part of the EOF project but there was no place devoted to it specifically before, which is why the creation of the Art Corner page on Facebook is one of the first steps toward that intention (it will be extended even more in the future). The aim was to centralize artworks inspired by the dismantling process done by EOF pioneers, and to create some collective artistic 'events' like the stimulating co-working exercises. The page has also been

created to separate the artworks posted from the EOF Group activity, which is more oriented toward the EOF orientations, the debates and the testimonies sharing... so that it would be less confusing for new incoming people in the group to follow the group posts. The Art project is open to every kind of artistic expression, might it be poetry, video, photo-manipulation, music playing, singing, painting, sculpture, installations, and so on; there are no limits. The only restriction is that the artworks must



Picture explained: the square architected space is originally the national library of China , it shows the structured uber rationalised thinking and the compulsive need to learn and gather knowledge. outside of that space we can find the vastness that originally is in our mind. The original (natural) person standing on the tree can see there without any knowledge needed or any encapsulating of this vastness he can see and appreciate. Pamy.



“there is no positive and negative energy
there is only an energy
only our own interpretation
there is no dark magic
there is only a failure to integrate
we are born with the ability to create wholeness
i bring forth my fantasy “
by Julia Colovach



Tamara Galeano



By Sinda Mustika

be exclusive; not copy-pasted from other artists or artworks (if not just some elements in the piece of art), we have to explore our own creativity and imagination. At first we thought it would also be more handy to post on a page and to create albums for whoever wishes to share their artwork, but then we realized that people were able to post only on the timeline of a fb page, this disadvantage will though make the EOF Art Corner page more selective in the artworks promoted, people can also send their artwork directly by messaging the page and we will take care to upload them. For the moment we have 3 admins for the page but the number might increase with the number of pioneers producing artwork and willing to be active in the Art Corner. Artistic expression plays a big role in the EOF Project as it is mostly about Expression of our inner world, our imagination, our struggles and

so on... A kind of expression that gets unlocked without the need of words or thinking through concepts and ideas. It stimulates our mind by using other parts of it (imagination, creativity ...) than those we usually are conditioned to use all day long and to think through. So it's not really to have 'fun' that we produce those artworks, but mostly to stimulate our mind during the process of creation and also to express ourselves differently. This is why we also suggest the EOF pioneers to observe the activity of their mind during the process of creation.



Tamara Galeano



picture explained: the picture represents the whole mind. While the cat is scratching the wallpaper, uncovering layer after layer it still only can find other layers of wallpaper. The cat forgets to pay attention to it's imagination that could lead to some mental expansion. And you what do you see? By Pamy.



By DKF

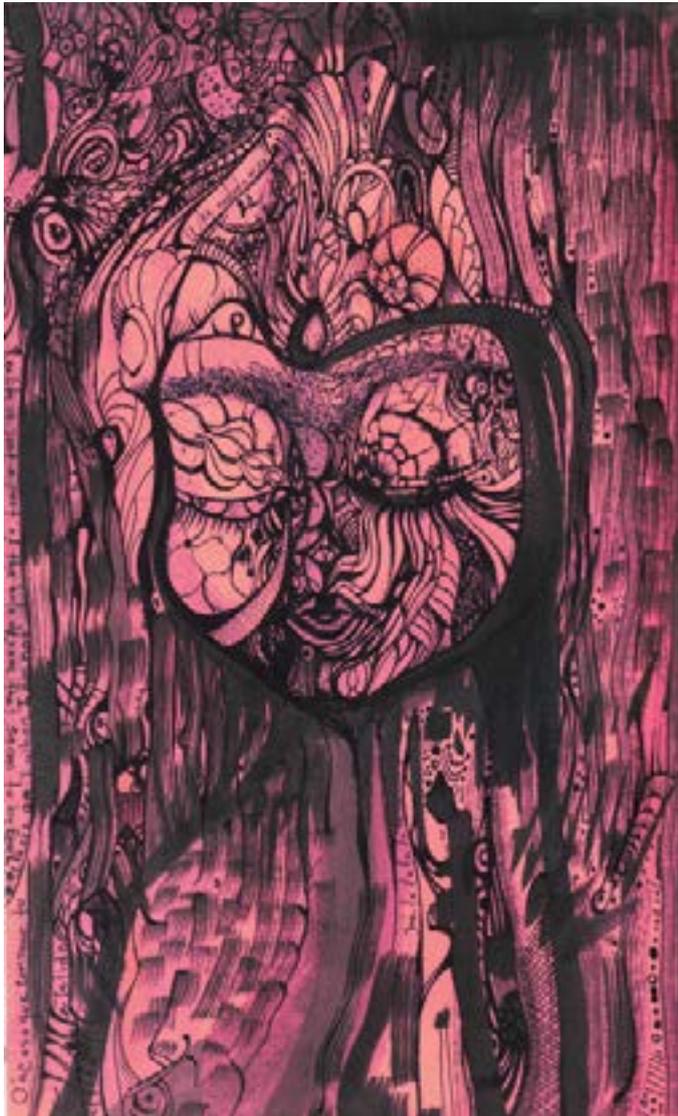
EOFART CORNER

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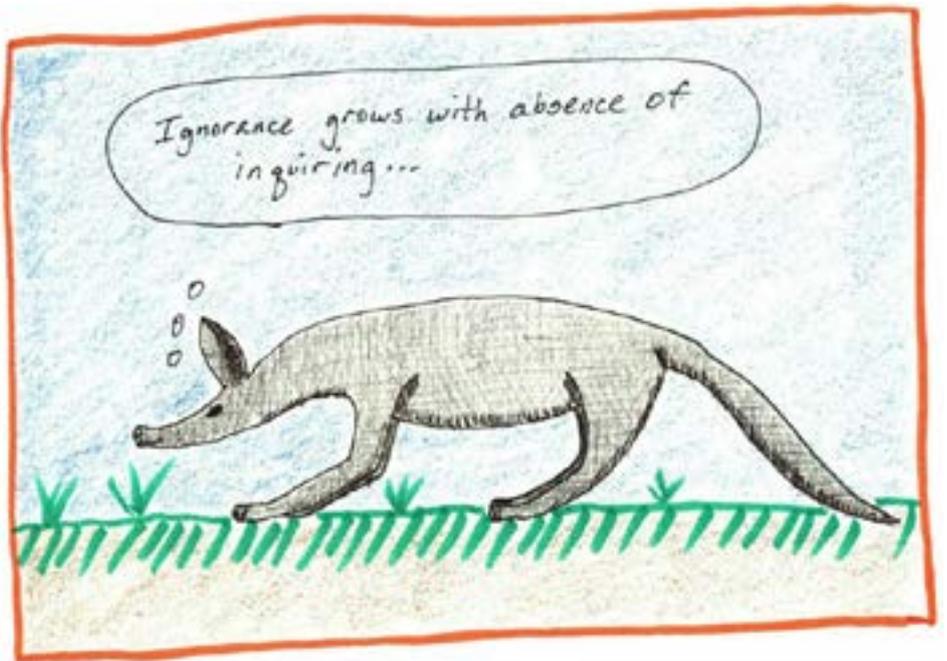


Karen Einars

sumixampax.deviantart.com



By Tamara



Gregory Martin Key

EO FART
CORNER

How is the End of Fear not a belief?

Understanding without Learning

The End of Fear Project is not about giving you a method, technique, strategy, or 'way' of thinking whatsoever to apply to your life. Instead the EOF is about inquiring past all beliefs, ideas, ideals, values, and thinking freely, privately, with the wholeness of the mind. So let's talk about beliefs first.

What exactly does it mean to have a belief?

Identity is the first belief system and so often it remains invisible to us. Our belief, whatever it may be, requires an opposite in order to exist, that which is separate, the "enemy" of

violence itself because there is no understanding of violence and the roots that create it! And as long as we do not understand violence and the very mechanics that lead to it we will never see the end

saying "if you do not accept any artificial limits to your process of thinking then you are creating an artificial limit to your thinking". We think that we are our beliefs and that we need

Attentiveness is not being in a state of constant alertness

that belief. And from this duality springs out the conflict that humankind has faced for millennia, inwardly and outwardly, unconsciously creating what we fight. We fabricate a sense of security by separating ourselves from that which we are afraid of. I have a collection of beliefs that I think are good, so I separate myself from that which is bad, which is really just what I fear. For example, I think violence is wrong and so I am one of the "good people" and not the "bad" violent people. Yet I ignore the fact in which I am willing to fight for my belief itself! Whether physically or not it doesn't matter, it is still fighting. The belief that violence is wrong is not even enough to end

of it. The duality of "good" and "bad", "positive" and "negative", "god" and "devil" is nothing but an intellectual abstraction. It is simply a limiting way to look at reality that prevents us from thinking more deeply and understanding. Suffering is very real, and not necessary, but it is absolutely meaningless to say that it is "bad". We are responsible for what we create and if we want to leave suffering and violence behind then we must understand them fully. To say "having no beliefs is a belief" is nothing but a rhetorical escape from thinking. It is not about "believing" that beliefs are "bad" but understanding how they work and the mess that they make. Thus leading to an intelligent rejection of them. Saying such a thing is akin to

them, but this is not true at all. They have been installed into our mind by the system in which we live and they prevent us from thinking freely with our whole mind.

Whatever beliefs, ideals, values, ideas, etc... that we adopt will merely become the bars of the antievolutionary prison in which we cage our mind. Beliefs always grow out of fear and confusion. Indeed the mind that understands its confusion no longer cares about beliefs. This is why the EOF encourages inquiring into and beyond them. They limit our thinking and are masks for our fear, a way to drug and numb ourselves so to escape our confusion, which only leads to more confusion and then violence, inwardly and

outwardly. They never get to the root of the problem. I am not saying this because it is my belief, but because I have observed and understand how beliefs work in the mind as well as all of the confusion and suffering that they create.

How many people have suffered and died because of beliefs? How long are we going to continue clinging to external existential authorities before we finally decide to start thinking for ourselves? Following an authority whatsoever instead of thinking freely and understanding, will always lead to the same psychological traps that have plagued humankind for millennia no matter how well intentioned that

authority might be. The mess in the world outside is merely a result of the mess in our minds. Beliefs are a result of the way in which we search for some kind of solution when we are confused, but without understanding the roots of the problem! For example, we fear the unknown, so then we search for some kind of existential answers so to encapsulate the unknown into the known, whether they come in the form of religious, spiritual, or philosophical beliefs whatsoever. But we have ignored the fact in which the "solution", our beliefs, exists because of our need to know, which came from our fear of the unknown. So then why does our fear exist? Instead of searching for the "solution" we should investigate and understand the roots of the problem first.

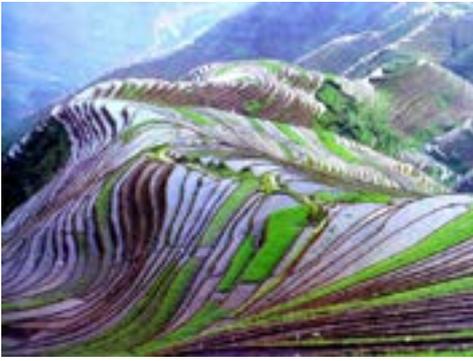
or focus but rather an awareness of our mind and thoughts

How can we truly fear that which we do not know? What we truly fear is to lose the known, because we identify in it and think it is who we are.

Or maybe we seek to be accepted, so we search for solutions so to match "normality", ignoring the fact in which our fear of isolation and loneliness is what caused us to seek such solutions in the first place. And even in the case that we are "successful" in achieving some kind of acceptance or consensus outwardly, then we fear to lose the condition that we have acquired. Both of these cases are about identity, what we think we are, but it is actually nothing but an intellectual psychological picture of ourselves based on the past. It is merely an idea, a fragment. The point

is not merely to identify ourselves as having no identity or even pettily fabricate an identity as "freethinkers" trapping ourselves once more, but to wholly decode the architecture of identity so to fully understand how it works and go beyond the duality of identity or no identity. So what is the alternative to beliefs then? What do you mean by understanding? The alternative is to have no beliefs and think with a totally free mind. You might think that this is simply another belief, but it is not. There is a difference between beliefs and understanding. And the EOF is all about understanding without learning. It is not about telling you that all

beliefs are 'bad'. But can we investigate what really lies behind our beliefs? Why is there such nervousness when we feel that our beliefs are being challenged? So often we are ready to fight because we are so upset, but by fighting and blaming everything on the outside we actually protect the roots of our fear and confusion, which lie inwardly. Fighting is an attempt to solve fear without any understanding of it and the roots that created it. Instead we should step back and wholly decode what has caused us to react so automatically. Why are we so afraid to lose our beliefs? The End Of Fear Project is not about telling you answers, it is about getting you to think. It is not about



giving you new beliefs, so to be reprogrammed once more. It is about understanding and dismantling all of the layers of conditionings that we have accumulated. If you merely accept what the EOF says blindly, then you do not understand it at all and you will not be able to tangibly dismantle your fear and confusion. This is because learning is not the same as understanding.

Learning is conditional, a particular way to think about a particular thing. There is nothing wrong with this in and of itself as it can have useful technical applications, such as following a recipe for cooking in order to prepare a dish in a specific way.

But so often this knowledge abducts our entire process of thinking, basing it mostly or even entirely in the known. And then there is this attachment to this mental structure that we have created, this symbol of understanding (but not actual understanding). We identify in what we have learned, which is part of the known from which we construct our comfort zone, and then we fear to lose it, the enemy of it being the different and unknown. Then we view everything through the conditioned lense of our knowledge instead of observing freely and then thinking with our knowledge.

Understanding is unconditional; it has to do with the ways in which we think about things. Understanding with our entire mind goes beyond the intellectual structures that are our accumulation of learned information, which can be useful in some cases, but should not dictate our whole mind and entire process of thinking. It does not have to do with the need to hold information, and therefore takes place without the fear to not have an "answer". Even if we may arrive at some revelation and understanding of our fear, that is not the end. If we cling to such a thing and identify in it, then it will merely become another statue within our psyche.

It is not necessarily what we may find out through our thinking that frees our minds, but the act of observing + thinking freely itself! By observing + thinking in total attentiveness we can go beyond even what may seem like a revelation today. Attentiveness is not being in a state of constant alertness or focus but rather an awareness of our mind and thoughts.

So it is not about just telling you to have a "belief in no beliefs", not at all. But can we see how we limit our minds and create such a tunnel vision when we identify in what we have learned and think through beliefs?

Accepting something on the basis of authority or because we want to believe it is not understanding. Memorizing and assimilating information is not understanding. To believe is not to understand. Understanding arises when we are observing + thinking freely with the entirety of our mind. Though even to want to understand can become an obstacle to actual understanding if we identify ourselves in it because to want to understand is still not understanding. Someone else may be able to explain something to you, but they cannot understand it for you.

To think through beliefs is not to be an individual but merely a copy, a

result of other authors, which became your authorities.

Beliefs are all about conformity, inwardly and outwardly, as well as control, and how can we find freedom and peace through control? To think through beliefs

is to be a product of confusion, imitation, and repetition of the past, rather than thinking freely through your own private intelligence.

The EOF is not merely some kind of hyper-intellectual philosophy. It is not just about reading a few interesting posts or having a few interesting conversations but realizing just how deep all of this fear and confusion go and rule our existence inwardly and outwardly, and then tangibly understanding and dismantling all of it.

The posts are designed to get you to think about things that you have never thought (or forgot), and are an invitation to think more deeply and inquire further on your own, without clinging to any prepackaged models of thinking. They are not aimed to give you "truths", "solutions", or other escapisms to assimilate. They are all about finding out for yourself. If they upset you, then go a bit deeper. Is it really you or your conditionings that are so upset? This post is designed to help you understand, but if you really want to know what the End Of Fear is then the best way is to find out for yourself!

Here are some posts to help you understand what the EOF is. They are meant to be a springboard to help you think about and begin to understand your conditionings, fear, and confusion on your own. It takes a while for people to really understand what it is all about. They are not meant to be so easy to understand, but to get you to start thinking. If you can understand them then it is because of you.

by Peter Gebauer

ABOUT EOF® NGO

Sessions Benefits and Goals

Through consideration of all the possible subjective benefits generated by the EOF®NGO organization, it is clear that the development of the foundation will affect personal and social fields

Our motto is simple:

The less confused a mind is, the more intelligent that mind becomes. The less confused a community is, the more efficient that community becomes. The less confused business team is, the more successful that company becomes. (in terms of mental health, physical health, financially, productively, culturally and intellectually). There is a radical need among modern societies in which so many of their members are dramatically suffering from psychosocial discomfort.

THE EOF PROJECT PROMOTES CONSCIOUSNESS IN TERMS OF PSYCHOLOGICAL AND SOCIAL EVOLUTION. IT PROMOTES A DEEP, SOLID AND ADVANTAGEOUS INQUIRY ON AWARENESS.

THE EOF® PROJECT REQUIRES NO MASTERS, HIERARCHIES, TEACHERS OR STUDENTS, NO GURUS OR STRAIGHT RULES OR CATEGORIES, IN ORDER FOR THOSE WHO JOIN, TO REALIZE THE BENEFITS AND PARTICIPATE IN THE CO-WORKING AND CO-CREATION WITHIN THE FOUNDATION.

THE EOF® PROJECT WANTS TO CREATE A CO-WORKING TEAM (MADE BY THE PARTICIPANTS AND THE STAFF WORKING TOGETHER), AND THEN RECREATE THIS EFFORT BY BRANCHING OUT ALL OVER THE WORLD, PROMOTING CONSCIOUSNESS, TOTAL PSYCHOLOGICAL UNDERSTANDING WITH NO STRUCTURES OF BELIEF (WHETHER SECTARIAN, RELIGIOUS, MORAL OR "SPIRITUAL") IN ALL ITS ASPECTS AND PSYCHO-SOCIAL SANITY, INTEGRITY AND CONSCIOUS PHILANTHROPY.

1) Estimates of the effects in term of general work and activity of the EOF project with groups and communities (according with our experience):

Range of time: 4 months: = Reduction of the 50%

Range of time: 12 months: = Reduction of the 70%

2) Estimates of the benefits in term of subjective co-working and activities of the EOF with a single person (according with our experience):

Co-working with a single subject (member of the project):

Range of time: 4 months: = Reduction of the 50%

Range of time: 12 months: = Reduction of the 100%

3) Goals in term of expansion and consolidation of the project and its initiatives:

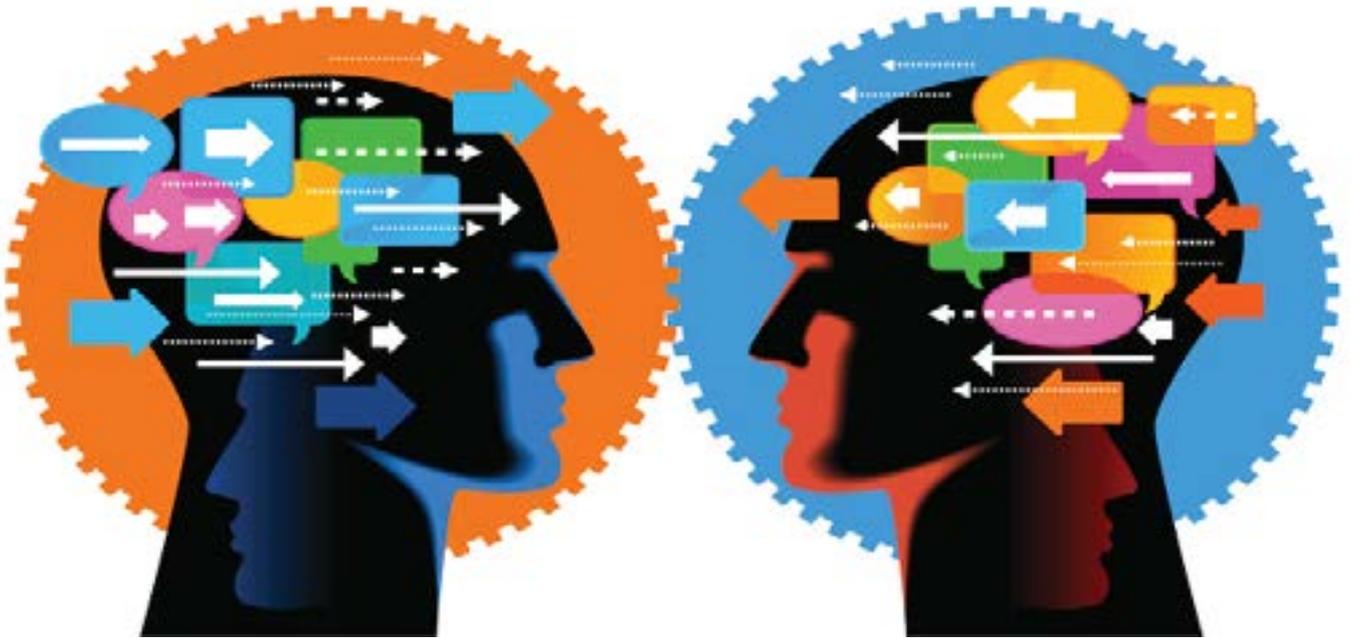
Range of time: 12 months: = + 50 %

4) Increasing of measurable benefits (testimonials, documentation, official data and tangible achievement of the EOF's goal

(in term of psychological/social benefits):

Range of time: 12 months: = + 50 %

THE EOF-1-YEAR UNDERSTANDING CO-WORK IS NOT (AS LIKE ALL OTHER EOF CONVERSATIONS AND ACTIVITIES) A "REPROGRAMMING" OF THE MIND. IT HAS NOTHING TO DO WITH A "RE-INSTALLING" NEW BELIEF SYSTEMS OR IDEAS NEITHER IS IT A SECTARIAN INITIATIVE. IT IS A RADICAL REVOLUTIONARY CO-INQUIRY INTO THE SELF-PROCESS OF "THINKING ENTIRELY" WHICH IS AIMED TO MAKE OUR "CLIENTS" ABLE TO ERASE ALL CONFUSIONS, CONDITIONING'S AND PSYCHOLOGICAL BLOCKS AND AS WELL, ABLE TO NOURISH THE TOTAL FLOWERING OF INTELLIGENCE AND UNDERSTANDING.



Kieran Ball:

I have often pondered on the idea of whether evil actually exists. In my thinking I would postulate no, that the people or acts that we brand as evil are merely acts of self interest by those whose moral conditioning has lead them to a place where they can happily subjugate the happiness of others for their own contentment. As i see it the only thing that makes a person or act evil is the social ad moral condition of the society in which it exists.

As you can imagine this

idea was not necessarily a popular one but I believe now that it was actually missing one ingredient, that is that perhaps good does not exist either. It seems only logical that if evil does not exist neither can good. Each one is only given meaning by the other.

good and evil is an intellectual translation that people invented paradoxically to generate psychological safety and someone to

blame. no society no form of identification of structure and belief systems can exist with out evil so to dominate the mind and that is the history of mankind.

As you can imagine this idea was not necessarily a popular one but I believe now that it was actually missing one ingredient, that is that perhaps good does not exist either. It seems only logical that if evil does not exist neither can good. Each one is only given meaning by the other.

It seems to me if this is true it would support your notion of holding no belief systems for if our belief systems are our moral compass then they truly serve no purpose if the bearings of good and evil are but a fallacy.



EOF FEEDBACK

that people invented paradoxically to generate psychological safety and someone to blame. no society no form of identification of structure and belief systems can exist with out evil so to dominate the mind and that is the history of mankind.

Good and evil is an intellectual translation

Which one of the 5 ways best describes the way you read these posts? Can you now see for yourself how deep the conditioned, confused rabbit hole is and why so many freak out when we go deep?

These descriptions are not meant to promote identification with any of the descriptions. They serve as a self-guide towards deeper understanding, a way to observe your own dismantling process, a mirror for those who are reading and participating in or just wanting to better understand the EOF.

The 1st way:

Is where a person reads the EOF content and gets offended right away or they are unable to understand. They think the posts should be written in a more simple way, so they get mad and give up, discounting the whole thing. They may even delete and block us, or never look at the posts or consider them again as it's too much for them to even go there. They do not want to consider that perhaps the posts are written in a challenging way to stimulate the mind to think. They simply do not want to think. They refuse to think. These are the ones who get upset with the posts thinking that they are too harsh. They do not like to read or hear that they are conditioned. They are most likely to say, "How dare they say that I and everyone is conditioned, they do not know me." These people do not want to bother to find out for themselves. They do not ask: what do they mean that we are conditioned? I want to know." They do not have any internal curiosity They only want the quick fix easy motivational answer. When they see what we write about beliefs they immediately assume and ask. "They are saying all beliefs are bad, that's judgmental." They do not bother to find out for themselves that we are not at all saying all beliefs are bad but we strongly suggest we see the psychological mess it makes when we identify personally with the beliefs thinking that they are their beliefs because they are not that

at all. They rather just assume that the EOF just wants consensus or money or some hidden agenda. Thus they go on to continue living their life in a limbo, never again considering their mind or their conditioning and continue to struggle and suffer unnecessarily for the rest of their life. This is the majority unfortunately.

Some of these people might not get mad but are too lazy to think because it just seems like too much work. So even though they feel it probably is helpful, they'd rather just watch TV or do something mindless. And they keep seeing the posts pop up and their instinct says to read, but then their tired exhausted minds just feel like it's too much work. They give up instead of giving it a chance to read little by little, picking up bits and not feeling like they have to understand everything in entirety right away.

The 2nd way:

A person reads the EOF posts and gets offended, so they look at the author and say "oh he/she is full of ego. They are so arrogant. This is too offensive, who are they and what qualifications do they have to say that everyone even the masters are conditioned. They have negative energy. They are evil. Why don't they say god is the truth? I am going to prove they are full of themselves and a fake. They just want everyone to think like them and agree with them. What's wrong with having a belief system? The EOF seems like a belief system to me. They think they

know it all, that everyone is wrong/stupid and they are right. Why can't they be more gentle and promote love? etc.

Or they look at the spelling and grammar and say "Well they must not know what they are talking about, because they cannot even write properly, they must not be that smart or know what they are talking about after all. But I do because I am smart I know how to spell and promote myself in the proper way. I am a good slave. These EOF people do not take themselves and their work seriously because they are not professional." This is a good indication that the person is conditioned and not thinking trying to protect their beliefs rather than inquire on the content.

These people never think that perhaps we do this because it's to indicate that we do not care what others think and are using this as an example to rebel against the authority of how things should be, follow the rules. There is something more important than grammar, damn it and that is your mind and your freedom. Even if the spelling and grammar were perfect they would still find a reason to attack the author and the content, picking out what they agree and disagree with, rather than considering the content as a whole. This is because it's not telling them what they want to hear and they are very challenged, and feel threatened to think in ways they never have before. Because it's something different it's immediately perceived as not good. This is another indication that your conditioning is thinking and reading for you, not you. These people are fragmented in their thinking. Thus the person may keep reading the posts but only to argue, fight and find fault so as to defend and protect their conditioning and to look smart hiding their confusion and mess, avoiding thinking altogether, thus outsmarting themselves out of their own psychological freedom. That's very smart indeed.

The 3rd way:

A person reads the EOF posts in the intellectual conditioned way in which a person can understand the content but they think of it only looking and considering other people. They read it and say, "Yes, others do this. Yes, I know this person does this. I know this already, it's nothing new; they remind me of this spiritual speaker. I see it, and the others need to dismantle so they can be free or like me. I will keep reading these posts so I will become smarter, conscious, free, and so I can have the truth at last." As you see, this person is also reading and thinking through conditioning because they refuse to see themselves in these posts, they refuse to see their own conditioning, to look at themselves. They only want to see and talk about others' confusion. If you bring up their own confusion they will freak out and start to attack us. Therefore their conditioning keeps itself safe, because the person is still not thinking or understanding profoundly with the totality of their mind, they are still fragmented. They are most likely to say, "well, the posts are good but they need to be less offensive, then they will be more successful in reaching people." Which means I am afraid what others will think if I show this to others, so it's better for them to be fake, less intense and water down their message. They may also make the EOF into their new drug or their guru, these people want to dismantle but bring their beliefs of their dreams, astral travel, or god, or values. These are all conditionings and beliefs and they are simply not compatible with the EOF and the dismantling process. One has to be willing to leave all their broken toys behind. We the EOF are also not interested in being successful, we do not want to reach just anyone we are only interested in reaching the

thinkers, we only want others to think. The posts are specially written as a filtering process. The people that compare or put us on a pedestal are not thinking, or understanding, they are just looking to replace one belief with another, assuming that is dismantling. Another thing these people may say is "The EOF is going to make me into a winner, to succeed, to be happy and enlightened. All of this is also conditioning that must be dismantled in order to experience psychological freedom."

They are also the ones who get enthused/excited about the project, but they think through the enthusiasm which takes their focus and sets them up for high hopes and thus not clear thinking which then leads to disappointment cause the enthusiasm is thinking for them rather than observing the enthusiasm. When a person says, "we should be more positive or follow our hearts in these posts" what they are really saying by "follow your heart," is to still not think, and to fragment the

mind, as the heart is very blind and bias and unable to see things in its totality, indeed so many have messed up their life cause they followed their heart rather than think. As for, "why not just promote positivity in their EOF posts, It's too depressing for me" ... to say that, is to ask us to be fake and lie, pretend everything is ok when it is so not and will be even worse by ignoring what we do not want to see and only seeing what we want, how we want. That is an act of violence.

Yes the posts can be depressing and a bitter pill to swallow but it's reality and we must face it for what it is, not give it a

makeover into something it's not so we can maintain our non thinking conditioned ways.

These are the people that agree with everything we post and compliment it all the time; they will even share the EOF posts on their own wall.

They are the ones that will most likely send us private messages saying:

"Thank you."

"You're really enlightened."

"You made my day,"

"I know you speak the truth,"

"God bless you,"

"You are doing god's work, "

"Peace, love and light."

If a person says these things to us then you can guarantee they do not understand the posts or the project at all. For if a person says, "Thank you," then they're looking to the writer as being something special or beyond them. They think it is because of EOF that they understand the posts. But really it's not because of the EOF at all but because of the person who said, "thank you." That is because of the reader that they understand the posts not the writers thus if they really truly understood they should be thanking themselves instead.

If the person says that, "we made their day," that indicates that they are reading and selecting what they like from the posts and discarding the rest. If they understood, they would not care about their day being made, because it's easy to make a person's day, but what about all their tomorrows? This person will usually make the EOF posts into their new motivational drug, rather than to think and see themselves as addicts. If they were observing and thinking they would not want to do that anymore. If they understood the EOF posts, they would never say such a thing as, "you made my day."

Another classic we get that indicates a person did not understand is when they say,

"I know you speak the truth." This person does not understand because they would see that the author does not care about the truth at all, and the reader can't see why because it is not important and it's actually a part of the problem: the fact that so many are searching and so many always want the truth, as it is another addiction. This indicates mind fragmentation and shows us yet again we are not thinking, that our conditioning is thinking for us.

Then there is "god bless you," that indicates the reader is still thinking in and through their conditioning. How can a manufactured idea bless us? And why should we care if he blesses us or not? What about others? And bless what? In what way? What for? To feed another delusion? Why do we make this god figure into an authority in our mind so much so that we cannot think beyond? This kind of conditioning acts like a wall in the psyche, as the

be-all and end-all. Do you see? A person who understands and is thinking, would see this thought or common saying, and be more than willing to inquire past it. They would try to challenge this beastly conditioning, to take off the pretty wrapping to see what it really is.

Then there is, "you are doing god's work." What is that? What does it mean? The EOF will respond with, "No that is not it; not at all." Then a rhetorical non-thinker says "well if it's not gods work then it must be the devil's work" and then they attack us. They do not see that to believe in a god is to believe in the devil and vice versa, but that is aside from the point. If we give such merit to either one, which are both inventions of the mind, then we immediately fragment the mind yet again and are not thinking. Again we find ourselves at the mercy of duality, separation type thinking, swinging back and forth from one to the other side, not sure which one it is. It is neither. But few

think about this, few see that the god and the devil or good and bad, right and wrong are actually two sides to the same coin of a mind trap, never ending limbo. For if we saw that, then we would know there is an option besides the two: we can choose neither, and thus we choose to be a thinker, to see past this ridiculousness and refuse to play that game, refuse to flip the coin, instead we throw the coin away.

Then there is the new age favorite saying, "peace, love and light." What this indicates to us is, "I am not thinking, I speak through my past conditioning. I want to be seen as a good, nice and conscious person to you. So I say this as I think it sounds good and I am profoundly insecure. By saying this I know that it will get me the consensus I need, and I am speaking from my heart and it's the new age slogan of awakening that I am massively conditioned with." But really what they are saying is "I am a slave to my past beliefs. I do not think and I do not want to think. I just

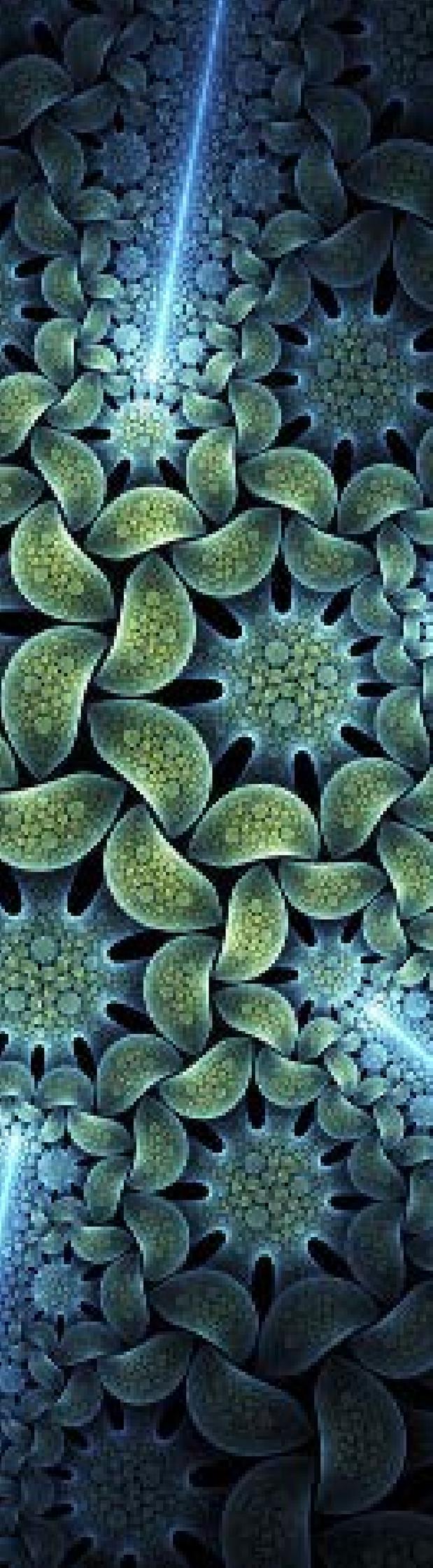
say love is the answer but yet the world is a mess, my life is a mess and I refuse to take my rose colored glasses off and look at the world and myself as it is. I refuse to see that with my new age conditioning of 'peace, love and light' I am being negligent and violent. I refuse to see I am spreading it like a nasty virus. I refuse to see what is behind what I am repeating." They are also indicating in that statement "I refuse to see the violence and confusion that stem from love or that by continuing to talk in this way I am actually not sending love, I am sending you confusion and garbage because I do not know what I am really saying. I am just mindlessly repeating what I have been told.

To say you send 'light' is to say you're blind and only choose the light side, shunning the dark, therefore shunning balance, and that you wish the same for others, to be equally blind as you, the person saying this statement. Can this person think about what they think, what they play over and over in their minds as their own personal mantras? Can this person think about the common things they say and wonder if it is them or their conditioning? Can they see they were not born with this kind of conditioning? Can they see that it is not natural? So you see, they may agree with what the EOF posts but they clearly still do not understand them at all, because they just want to look good, conscious and smart. But it is clear they do not get it because they are

still not thinking, and if you're not thinking, you're not understanding the EOF posts.

The 4th way:

A person that reads the posts is by immediately taking every word personally, like it's written just for them. They may feel personally attacked or singled out. They do not see others, they see only themselves and this is too much for them. They identify with all the content where they start to judge themselves in a harsh way saying, "oh my gosh, these posts make me depressed but I am addicted to them. I can see how confused and conditioned I am. I am the worst person ever. I am such a mess. I am hopeless. The world is a mess and totally screwed. I am totally overwhelmed by my mess and confusion. I am angry and frustrated at the EOF and myself because they showed this to me, and now I do not know what to do. I do not know how to live or how to think now. I see the mess in the world, I see it for what it is, all the craziness and I am responsible for it all. I can see how my conditioned mind adds to this and it makes me sick. Nothing is real, it's all illusions and conditioning in my head, I cannot live with myself. What can I do? I will never be like the EOF people, they are more advanced than me. There must be a solution. Oh no the EOF says there is no solution, and now I cannot



go back to my old comfortably numb ways. I want fun and distraction. Ok I am able to admit that the world is a mess and confused, I see it and now what? I cannot think past this like the EOF suggests but I am trying to, but I am no good. What if I am never going to be able to do it? I can't do this, It's too hard. I am a loser, a failure. I am so stuck and am unable to free myself like others who seem to do it so easy there must surely be something wrong with me. I suck."

This kind of a person sinks in apathy, anger and frustration, even self-destruction, they do not know how to think past this self-blame. This is still not thinking because this leads to more confusion, self pity and this person wants consensus from the others or from anyone who will give that to them. They are not able to observe this pattern, this vicious circle, and what is really going on behind the scenes, because they are not able to think past their identity or see they are not these thoughts. They are not able to read the EOF posts objectively, in a detached way. They are not able to see that they are not their idea of themselves. This is also not thinking. They are not thinking. They are still being rhetorical and responding from their conditioned mind.

The 5th and final way:

To read these posts is as a thinker and observer; these are the EOF pioneers that we are looking for. They are tired of the fakeness, they are willing to inquire past all their beliefs and conditioning with a fresh mind and a sense of humor. These people are able to see all the patterns and phases of the mind that are talked about above, in all the 4 ways to read the EOF posts. This person is able to observe how the mind takes them through each one of these phases of rhetorical and conditioned thinking, but they are not struggling or victims of this understanding/realization. They instead find it interesting; they read the EOF posts like they are a James Bond agent or an eagle watching the whole field, not just one part of the field. Thus they can see all the parts and stratagems, traps the conditioned mind tries to set up for them. They do not get upset by this but even more interested and curious. They can see the mess, the confusion, the violence in the beliefs, in the world, in people they know, and they can see it in themselves. And yes, they feel discomfort, of course they do not like it but, they do not try to push it away, nor do they complain or argue, or feel the need to fight or defend anything, or to distract themselves in mindless amusement. They are not spinning in circles, in seeking, as they know that all those things are not going to help in understanding the totality of the mess and their mind.

They do however get stuck in some ideas about the dismantling process and that is the shock, they want to be shocked. Maybe it will happen for them maybe not. The more they dismantle the more they start to think and ask themselves, "but why do I want this shock? Is it a goal I am using to see if I am doing this properly or is this just another pot hole of conditioning to judge and compare myself to more illusions?"

They understand what it means to be in psychological alone-ness and this does not scare them. They are willing to go there, too so as to handle themselves around other confused people that they have to put up with, until they can



free themselves psychologically from them as well. They may be a bit nervous to do this but it does not stop them; it also makes them more determined, they are able to use this nervousness to their advantage rather than against them. As it's their choice to live in psychological freedom, no one else's. They are aware of the trap of controlling or repressing their thoughts or being fake around others anymore. They no longer care to please anyone anymore or live in silent submission, but neither are they aggressive or forceful with others. They try to get others to understand, if others do not understand then it does not bother them as much as it did before. They see that they do not need to stress about these silly conditionings anymore. They ask themselves, "but why should I care and struggle over this when it will just put my thinker mind in jeopardy? Which is totally not worth it." They can see their conditionings, consensus, desires, addictions and beliefs for how ridiculous they really are, whereas before it made them cry, now it makes them laugh and even see clearer as an observer and thinker.

So they continue to observe, and think and thus see things clearly for what they are, and they get excited and want to help us promote the project. They can see how unique the project is, how necessary it is. They can see how we cannot do anything or understand anything if we do not first understand the mind first. They do not want to be a slave of their conditioning anymore, they know they must dismantle any and all conditionings even the ones that most think are "good" and "beautiful". They can see it for what it is, and want to dismantle conditionings no matter how challenging and frustrating it will be. This person is a thinker, very few are able to read the EOF posts in this way, right away.

For some it takes a couple of months, while some are able to right away smell some freedom, which is enough to further pursue the project through their curiosity. Some do this silently reading all the posts.

They do not even hit the like button or make a comment but we know you're there trying to understand, thinking, perhaps trying to apply in your own way what you get from the project or even silently promoting it until you're ready to contact us. Then there are the ones that are not so silent and want to find out for themselves right away, so they either get a copy of the orientation books or do the 1 year coaching with us, and post on our walls, join the EOF Facebook group of like minded thinkers and share their own personal stories of how they understand the project and their own dismantling stories, co-sharing and co-understanding and co-thinking together.

For the majority of the people that read these posts, it takes a year or sometimes even more for them to understand. They usually struggle through and with all the phases listed above (like I did) but they never gave up, they are able to see their patterns and conditionings and still struggle with them but less and less every time as they slowly dismantle their confusions, being less of a victim to them each time. Slowly they are able to see how conditioned they are/were and are even more determined to free up their thinker/observer selves. It's not easy for them, it's a trial and error but they are determined to understand, to get it, to dismantle this conditioning and confusion, stupidity, violence from their psyche once and for all so as not to see history repeat itself; so as to live their life and build up the future in the unknown, in the totally new way and thus be PSYCHOLOGICALLY FREE.

That year gives them the tools to better understand their mind. It is like reading instructions on how to fly a plane, but it is up to that person if they want to actually fly the plane. And reading and understanding how to fly a plane is not the same as actually flying the plane. They know that their mind has been conditioned for their whole life and it has been this way throughout history, thus they know it does not end after the year. It's a life time of work but life definitely gets more interesting and exciting after they make it past that first year, as they try out their psychological wings for the first time in a long time. Not since they were kids did they fly and now they are exploring fully and freely their wings, as they take flight in the skies of their mind with their psychological free wings.

ORIENTATION #14: WHAT IS EXISTENTIAL FEAR?

E.O.F. or End of Fear, the fear we are talking about is what we call existential fear. It is not to be confused with natural fear. If a tiger or a snake or a crazy person wants to kill me, then that is something I would naturally be afraid of. I would try to find instinctual and

rational solutions to fix the problem and avoid dangers. That is necessary and natural and comes from our need to protect ourselves and prevent bad situations. But existential fear is based in the fact that humans know about death. Humans are afraid of death

because death represents the ultimate archetype of the unknown, and the unknown can manifest itself in every moment of your life, which is the known. So, we spend our life trying to prevent and understand the unknown. Our millenary

problem is that seeking to explain the unknown shapes our consciousness, creating a constant need to translate intellectually what is actually impossible to be translated by the psyche. Doing this shapes us into a lifestyle in which we come and go and in the middle we constantly try to understand, consciously or not. This, paradoxically, is the fabrication of fear we know from history.

Indeed, the constant tendency of mankind in a historical scenario has always been dominated by suffering, sorrow, searching for transcendental solutions, conflicts, separations, tribal conditioning and illusions. That is fear. Humankind is not really associated with "love, peace and light," but, rather, with fear. Anyone who says this isn't true is simply a fool. Where does this fear come from? The human mind, with its knowledge about death, constantly strives towards psychological security.

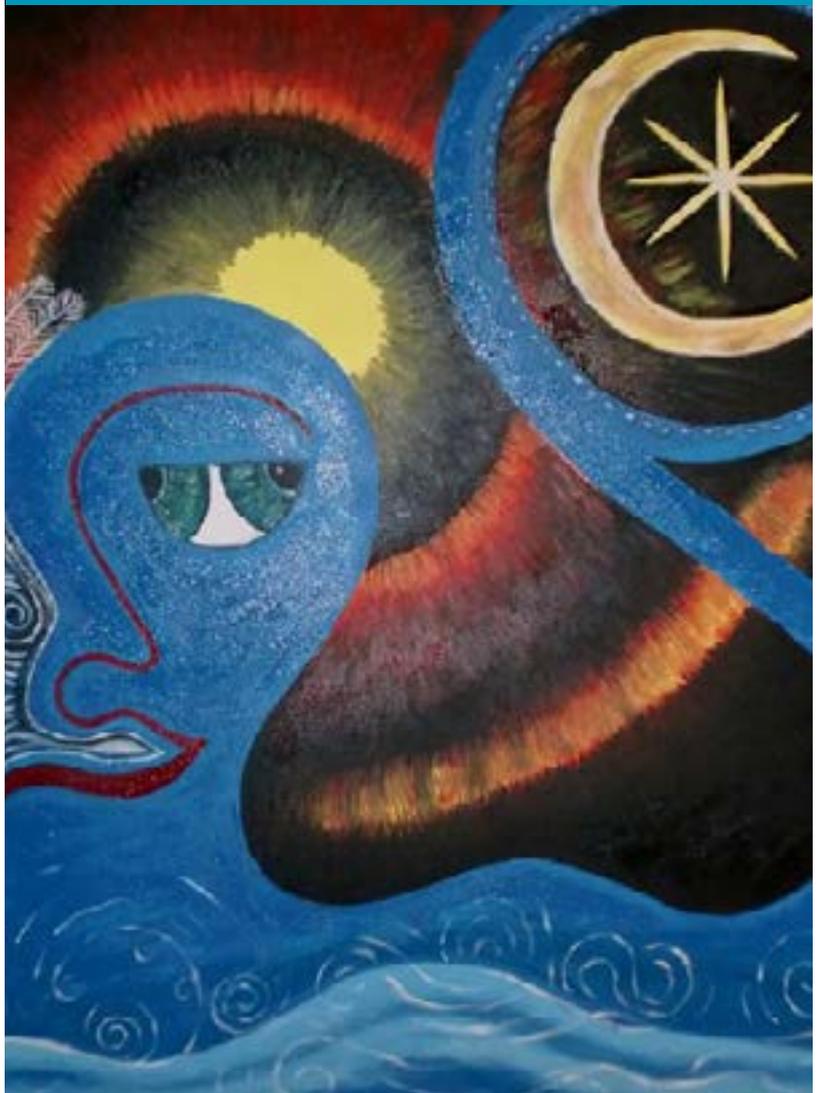
Otherwise, it cannot work, which is a good thing, right? In order to fulfill this need the human psyche needs a tool, a structure, or a system to use - and here we have the radical problem of mankind. Because the easiest tool to use is the past, right? The past gets used as a device for decoding or explaining the unknown, and from this comes the constant searching. It is this same searching that kills the extreme importance of experiencing the present moment in full sensitivity and with a totally liberated mind. Indeed, through this perennial act of searching the mind is never at peace. It is in a

constant state of searching. Over time a person becomes self - and socially - educated, programmed and manipulated into searching. By creating this kind of psychological, social and intimate lifestyle a person loses that

intimate relationship with his or her own sensitivity. Then, a god, life purpose, spirituality, guru, illusion, etc....become extremely important. It is from this we get existential fear. This is an historic fact and something that is still happening today and why we set up The E.O.F. but not to latterly end fear but to understand fear, to change our relationship with fear so to no longer be the psychological victim always at the mercy of fear.



Eof pioneer Art
Julia Colovach



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What is so interesting about this letter is that she grew up in a new age environment, so she could be special, in which her parents talked with her about chakras etc. So many have this idea that if only they were raised by conscious parents then things would be ok.. or when i have kids im going to raise them conscious but the thing about this letter is how she so clearly shares that being raised this way has

your
impressed



lead to mass psychological confusion self suppression and self abuse. This is the psychological result on being raise with such beliefs and ideas, if you think helping your kids with giving them such beliefs think again. I am really with this letter cause i feel everyone can relate to it in one way or another also she is an archaeologist and now she is looking at doing a whole new kind of archaeology psychological archaeology that is, and how he exposes and honestly observes and shares her identity/ fakeness a product of her conditioning that she is now trying to dismantle. She exposed the ugly truth of the love light positive conscious movement indoctrination, how it works and hooks you. This letter is also really good to help people better understand The EOF project.

*Thank you... You know who you are for letting me share this,
this letter will help many*

Dear Jessica

I ordered the book a few month ago, and it has kept me busy ever since. In my head I have written countless emails to you and Diego but never actually sent them. You see, I am very shy and extremely fearful. I especially fear to leave my own comfort zone, how devastating and exhaustive living in my comfort zone might be. But somehow I cannot continue my life like nothing has happened.

Here is one of the things I wrote after I read a post on identity, to give you an idea of who I am...

Or what I am - I wrote it as an email to you (but was afraid to sent it). It is very long but that's how it is. I try to be honest (especially with myself). I know there are much more aspects below all this, but its a start...

My identity:

In my mind there is a storm going, that is trying to figure out why and how I have become what I am now. This existential struggle inside/ insight of me.

My identity is that of exclusiveness! I am special, I need to be better than the remaining, 'normal' population. I went to a school with well off children, I had friends that were different than what you normally see on the street (we were hippies while the 'normal' children at

'normal' schools would dress up and paint their faces. Everything in my life needed to be special. At home We ate organic food, no junk, we would be thin and be aware of our appearance while always have the flair of 'natural' around us. We would talk about things like the aura and my father was and still is a very gifted doctor. But, I just followed, I am a follower. I am not genuine at all and because I new that I was in constant stress. I feared being normal, but had no idea how to be special because I could not think of a way how to realize it. So stress became part of my identity.

And because of this stress I needed a way to release it. This is were the food came in and later my shopping addiction. First I became anorexic and than I developed bulimia, which has now governed my life for over 13 years.

I created a persona that looked special, and behaved funny and special and would be friend with other special people, but to be able to live with the constant stress I was in to keep up the image (identity) I was living a secret life of addiction and self destruction. And I am still living it.

Why, because I am scared to "death" I am paralyzed by my fear of being exposed as the normal being I am. The normal being that farts, that likes junk food, that likes to watch romantic movies and especially fantasy stuff (I never told this to anyone). That is in need of normal conversations about the weather. That likes to buy clothes en mass and that is a slave

I want to share this letter with all of you from a silent anonymous EOF Pioneer/Thinker.

to the whole consumption patterns common in our society just as other 'normal' beings are.

The identity that I am holding up loves organic food, and needs to be healthy and aware of its body all the time (while in secret is devouring tons of chocolate and cookies and whatever I can get my hands on). Time needs to be spend in a constructive way, meaning one needs to be busy all the time (while in reality as soon as I am alone I just sit down to surf the internet to buy stuff I don't need). My identity also has to prove that it is one of the best and can juggle study and two children like it is nothing, while

my every step and it has now started to control my children with he effect that the older one is now controlling her sister (she is just copying what I am doing to her and to myself and to everything around me).

Well, somehow I have always struggled with my life and never new what it was (I tried even therapy once but I hated it and just lied to my therapist about everything)

Then a few month ago I couldn't bare myself anymore and started searching (of course not within me but outside....)I met a person who tried to convinced me I was a lightworker and that I was all light and love (which I did not feel at all) but because I am a follower I started looking on the internet about this stuff and found out I could categories myself as a high sensitive being (but even my hate for smells and noises are probably just programmed because its how I was brought up).

A few years ago (I get these recurring periods of

being the perfect house wife, Cleaning and cooking. The perfect Identity also is a good daughter that looks after the family. To be able to be this perfect being I am constantly stepping over my own boundaries. I don't really have an opinion (I just repeat what others say and do), If I do have and opinion I don't state it in fear of what others might think or how they will react - because I fear that If I am exposed as what I am others might leave me and I will be all alone. But in fact I am alone, because I have no friends...I let no one come close because I fear being judged, I fear people.

To step out, to just stop hiding behind this thing which is not me.

The problem is, that I cannot think in a different way. I don't known how to become me again because I don't know what 'me' is.

Because I always 'have to' be in a certain way, I need to I must, I should...I Control...my identity controls

increased struggle when I realized I am a fraud which always results in me going to search for some answers on the internet) I stumbled over Your page and I was interested by your abilities (I have never been able to do anything paranormal which has bothered me a lot because my sister always saw and sensed stuff I could not). But of course I would forget after a while and go back to my normal routine of being a fraud Identity with fake wishes and desires.

A few month ago, when I was almost convinced I would be a divine being who **came to earth from a mother planet to help in the ascension process I went back to Your page and found You had all changed. I read your blogs and that's when I ordered the book.**

Well I am now a few month further and my head is in constant pain (metaphorically speaking). I am still stuck in my old identity but I am slowly starting to realize that it is

something that does not need to be there for ever.

of course I have thousands of questions about everything, and I am still afraid and will probably remain so for a long time because I have already been afraid as a little girl (below age of 5 at least) so I don't remember a world without fear... So it will take time for me to dismantle this habit of fear.

Well I am also afraid that you guys are a fraud too... Because I have always followed and now I am following your fb pages and am reading your book. But I have become much more aware of myself so anyway while it is not pleasant at all it is helping me a lot to figure out what this thing called Me really is.

I know this is a very long intro to some aspects of myself, but I needed to write them down.



Linda Mistika

Eof pioneer Art



More about Linda:

planetlinda.weebly.com/about-me.html

chlorophyll.weebly.com/index.html

ORIENTATION

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We must see the reality in which a mind who claims free choice... who claims for this act of proclaiming, promoting, establishing free choice...the nourishment of this act doesn't mean that that mind is free inwardly..

Historically men have shaped political values, social architectures, common senses founded by the principle of free choice... And where are we now ? Yes: we have a choice... choice to camp for days so to buy the new iPhone... We vote, we fly here and there, we can speak publically about almost everything we want... We have the spiritual, political, esoteric, sexual choice... and we also have the choice to become crazy without the condition in which some fool in charge classifies us as possessed by some demons... but rather just mentally insane... We have the black friday as a demented expression of ultimate capitalism & freedom to be crazy

commercial modern zombies... But are we free psychologically ? Are we able to understand even a little bit, even from an intellectual point of view only, what to -"be psychologically free"- exactly means ?

Are we thinking about the profound meaning to be psychologically free? Cause the act of thinking about these things actually represents our higher responsibility towards the next generation to come... People have been worshippers of their constitutions and for that they fought and died... There is a liberty's statue right within the psyche of the many... But, again; it is absolutely rare, the presence of a profound

self-inquiry aimed to go beyond that psychological statue... And without such a radical intimate inquiry... that statue remains merely a symbol of freedom, a label, an ideal, a value... while the mind is not free at all... trapped in the net of conditionings... in the swamp, in which we think that we are thinking but in truth we are not thinking: We just pick up pre-packaged models of thoughts



WORLD & NATURE



and through them we activate the whole conditioned process of thinking... The majority of the people claim for free choice, whether to defend their belief of to worship the freedom of speech even if they do not have something to say... but just to say something (as like Plato suggested long ago) ...But they ignore the psychological condition they live ... which is a condition in which their mind is not free at all... being encapsulated in a cage of influences, attachment, dogmatic values, beliefs and so on... Wherever and whenever there is what we perceive as free choice then we should inquire deeply in what that psychological option we call 'free choice' really is... before taking any action... Because so often what we call free choice is, instead, a mere conditioning or even a manipulative trap... So often people raise the flag of free choice while their mind is massively conditioned... In conditionings there can't be free choice... no matter what we are willing to discuss, to promote, to believe or to establish... In absence of ultimate psychological freedom there can only be the known shaping itself through the mask, the dress, the illusion of something new, or a change, or a hope, or an alternative based on the model of the previous one. Therefore it is tremendously, immensely more relevant to observe, to locate, to understand and to totally dismantle the very root of our conditioned mind rather than claiming the flag of free choice... cause the moment the mind is absolutely free then free choice is no longer important in the life of men... As like when we are involved in an absolutely unconditioned moment of attentive joy... among trees perhaps ... then the verbalized concept of joy itself is no longer important in our mind: The mind is free to experience with no intellectualized labels... As like in that moment: Wherever there is radical understanding, free choice is no longer important.

Take off the flags from the psyche and
try to think about these things.



**For more information about the project, please feel free to contact the
founders Jessica Schab and Diego Kricek Fontanive.
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www.eofproject.org
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