Moving from the Self-Defeating Loop to the Self-Liberating Loop

I've noticed that what can make a religion powerful is when it's reduced to one simple "Self-Defeating Loop".

You know.

Believe in Jesus.

Believe in 'the Prophet' (pick one).

Believe in one simple thing, just that one simple thing, and don't worry about context or counterfactual anything.

Which causes ½ the world to attack you, not to mention your other rational and Intuitive faculties which also 'attack' you in more subtle ways.

This leads to embedded alterations in the superego, ego, and id/shadow, which OFTEN leads to SUPPRESSED cognitive dissonance, which causes the body to manifest synchronistic or anomalous events, which leads to you to ever strengthen the Self-Defeating Loop.

It's the cycle that has trapped humanity for millennia.

It's called the 'Self-Defeating Loop', as it shields you from your own True SELF. So that you never meet your True Self but instead build your persona to be VERY thick and suffocating.

That is the power of religion.

Now, FREEDOM comes when you stop defining yourself with temporary, largely culturally determined images that you store in your body.

It's tiring to keep storing that endless hamster-wheel of defensive images In your body.

That's why it's called Liberation, when you stop doing it.

Platonic Surrealism doesn't play that game.

Once you realize that you are POTENTIALITY and AWARENESS itself (you start with AWARENESS first, the vision that you are POTENTIALITY

comes later)

Then you don't build these self-defeating loops.

There is nobody to defend.

All that, maybe 50% of your mental and emotional energy you might be spending moment by moment, to play CULTURAL MOVIES, is "liberated'; allowing you to do whatever you wish with the resources for something positive, not a 'red queen's game' you can never win.

Really,

Just like religions have, Platonic Surrealism has an 'EZ Button' too.

Choose to have a 10,000-foot-tall AWARENESS ('higher EGO'), and you can STILL play ANY cultural game, if that brings value.

But you DON'T HAVE TO.

That's all there is to Liberation.. There's no need to be vaulted to infinite dimensions to escape the wheel of life.

YOU ARE THE WHEEL OF LIFE.

You can either choose hamster loops of doom (religion) or you can choose Liberation --- and the choice is present moment by moment.

I can't speak for what your experience would be, if you Just went :

"I AM UNBOUNDED AWARENESS"

and

"I ALSO WATCH THAT MOVIE",

and lazily watch your life unfold , just the way it would have unfolded, whether your boxers were in a bunch or not.

But for me, it didn't take much more than that, and yes,
Those 'miracles' and synchronicities slowly came
back, here and there, but not due to suppressed
cognitive dissonance.

But rather ‘just cause', why not?

Little love kisses, for no needful reason at all.

Reference: 10,000-Foot-Tall Ego Practice

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