

the CRACK

freedom while stuck in human form

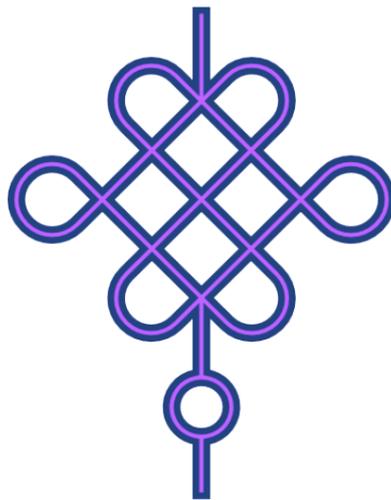


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“There is a crack in everything; that’s how the light gets in.”

Leonard Cohen, Anthem, 1992 The Future



Acknowledgment

'the Crack' is a non-fiction book.

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Fragments from the Introduction

including a short description of the chapters

*‘the Crack – freedom while stuck in human form’ serves as a greater release of what I do with my clients and groups while working with ‘The 3M System’. My lectures, workshops, and retreats are conversations. I insist on eliminating the separation between myself and my audience. I encourage them to step out of their role of being an audience and let us be humans playing together a game. I invite them to see all of us as the same clear consciousness. We have different packaging, but the same task: we are all meant to collaborate with Life. The motto of ‘The 3M System’, “**BE in all you DO**”, means conscious presence in all activities, be it speaking or listening. We are called to always BE first before we DO anything. This is the only way how we can be sure that we do the right thing. By BEing in all we DO, we assure that our actions are meaningful. If the listener listens with presence and the speaker talks with presence, they become one in presence, and their respective roles will be secondary.*

Likewise, in one-on-one sessions, I don’t need my clients to be my patients. I offer the space within me, so they are supported to experience space within themselves. We work together toward a more loving sense of self and better self-esteem. Clients are empowered to deal with their fears, ditch the victim status, embrace their “broken pieces”, accept their particular circumstances, and become partners of Life. I observe, listen, and speak on several levels. On the human plane, the clients’ subjective feelings and perceptions,

conditionings, specific ego-manifestations, and thought patterns form the puzzle of their human forms. On a deeper plane, we both are clear consciousness in human form, and observing the form creates distance and space within our beings.

In the first chapter, we talk about **the meaning of life** and why we are torn between a need to matter in this world that drives us to do and strive, and the fear of surrendering to the realization that the isness of Life wants to exist through us, so we must be worthy, and all is fine as it is. We take a first glimpse at **Abraham Maslow's Pyramid of Human Needs**, and we put **self-actualization** on the table.

In the second chapter, we examine why the Ancient Greek Wisemen called for **self-awareness**, and why we need a truce between the spiritual thirst and the material reality. We take a first dive into **the crucial difference between the ego and ego-dominance**, as we open up to the ironic innocence of the ego. We put our new discovery into perspective as we **define happiness** and explore **the concept of flow** in relation to **'The Self-Determination Theory'**. As we begin to contour **the true self** in our puzzle of self-awareness, we return to Maslow for a deeper look into his pyramid.

The abundant content of the second chapter settles into a solid foundation in the third chapter, as we construct further **a different perspective on life**. In this essay, I share with you my view on **death** and why I consider it the central element of our lives.

*In chapter four, we travel from “Concept-bury” to “Experience-ville” as we explore the difference between knowing something through **conceptual understanding** and living it through **actual experience**. We venture deeper into understanding the ego and extricating it from ego-dominance, as we build toward revealing the method of consciousness development ‘**The 3M System**’ in chapter five. There, we clarify what **mindful movement** is and we locate the central engine of ‘The 3M System’ – **the Observer-self**. I explain the original concept of mindful movement, on which I have built my PhD, and I shed light on why the Observer isn’t the true self. **The HaLoFeHo game**, which I created on the model of the SWOT matrix, gets introduced here to help us identify our parts.*

*Chapter six offers much collateral knowledge while I share the secrets of names – my Christian and Buddhist names and why I chose the name ‘The 3M System’ for my method. This chapter is a model of how to analyze the different parts of the personality and how to locate our cracks (chapter seven continues by showing the different parts in action). Personal realizations are revealed to illustrate how ego-dominance can sabotage our lives, and how we can use our cracks as openings for the light. To better explore the different roles and conditionings which define our egos, we use **Eric Berne’s “Transactional Analysis”**. Then I define the four main symptoms of ego-dominance, which can alert us when we get lost in the different roles we are playing.*

*Chapter eight gives a very detailed description of **the two techniques of ‘The 3M System’** – ‘The 3M Power Posture’ and ‘The 3M Freedom Breathing’ – with which*

we can always create space within our being. The 3M techniques reorganize posture and breathing and guarantee to reduce the crowdedness of ego-dominance. They effectively support us in figuring out how to function through the true self by helping us train the Observer-self and orchestrate harmony between the different parts of our personalities.

*Chapter nine brings together the puzzle and invites for a closer look into **gratitude**. Then it presents 3 inspirational breakthroughs illustrating the strong anger type ego, the weak desire type ego, and the confusion type ego.*

Chapter ten summarizes the teachings transmitted in this book. Then, I acknowledge my many helpers and I cast my closing wishes.

So, we begin with a dissection where we put the ego under an imaginary microscope and analyzed it to pieces. Strengths and shiny qualities are not favored; weaknesses and obscure traits are not battled. The strengths are celebrated, and the weaknesses are given unconditional love. They are the cracks of the personality, which in many ways, are more important than the strengths. Our souls chose our specific cracks because they carry important lessons for our human experience. By learning to embrace them and love ourselves for them (not despite them), our cracks become windows through which clear consciousness can shine into the world through the humans who we are. Of course, we can shine through our strengths as well, especially when we experience flow, and

when, free from delusions of grandeur and inferiority, we simply do what we do well without sacrificing being for doing. When we don't need to prove our worth and the activity we do, doesn't dissolve the isness of our being.

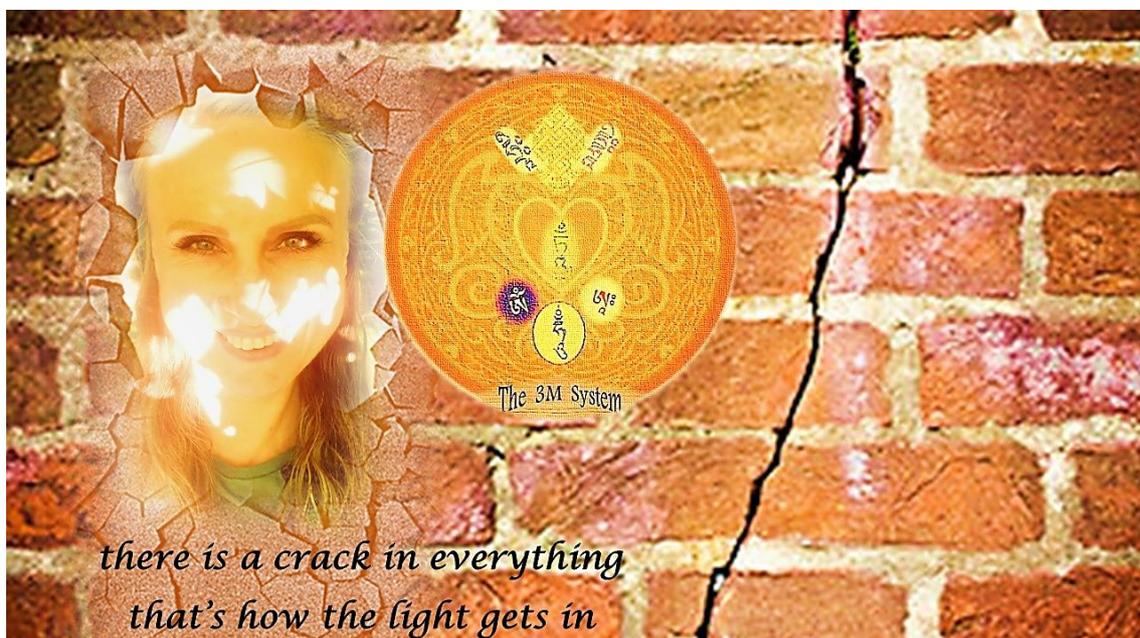
Then we learn to work with the Observer-self, which is the central engine of 'The 3M System' because it enables us to BE in all we DO. It also makes it possible for us to treat our egos fairly and to teach them how to serve their humans - us. We train our egos lovingly as if they were puppies in need of guidance, and we keep our priorities straight: the focus is on reducing ego-dominance and becoming skilled in functioning through the true self instead of living on automatic pilot and functioning under the domination of a fearful misunderstood ego.

The better we get at working with the Observer-self, the healthier distance we create between our parts and our being. A sense of space is experienced within. The busyness of disturbing feelings and thoughts loosens up. The torture of limiting beliefs and handicapping conditionings softens.

We don't embark on this inner expedition without a good map; we have an efficient method that uses both Science and Spirituality to guide us. 'The 3M System' goes beyond explaining, it generates personal experience. It goes beyond refining the intellect and cultivating intellectual knowledge, it triggers true understanding, meditative stability, and transcendent wisdom. We benefit from these results in everyday life situations, in relationships, in stress management, in handling sickness and other challenges, and in goal pursuing. The ultimate aim of this method and its positive

results are finding more ease in handling the challenges of life, sensing more meaning, and enjoying more freedom, peace, and contentment, within the obvious limitations of human existence. We grow to collaborate with Life, to be its partners, and to play nicely a game that has a secret: the only way to win, but also a sure way to always win, is to get to know all our parts, especially the ones we'd rather hide, and to accept our weaknesses as the cracks through which the wisdom of clear consciousness shines through.

The famous Sufi mystic – Rumi said: “The wound is the place where the light enters you”. Ernest Hemingway, Ralph Waldo Emerson, and the magnificent Leonard Cohen endorsed Rumi’s words: “There is a crack in everything; that’s how the light gets in”. This book is meant to help us all live this wonderful truth.



*May we all be clear consciousness
and may we all recognize the isness of Life in our being.*

'the Crack – freedom while stuck in human form' is a manual for living as clear consciousness in human form that presents a method of how to be free within the human experience. Existing spiritual and scientific teachings often transmit too spiritual or too scientific materials. "Spirituality without Science is blind, Science without Spirituality is lame", said Einstein, and this book and 'The 3M System' align with his view. Readers are allowed all the skepticism they can muster up because these teachings go deep enough to transcend major layers of confusion. Readers discover the hidden structures of the mind and the personality, and the underlying mechanisms of the power of now and mindfulness. And they see why the heights of Abraham Maslow's self-actualization (the top of the pyramid of human needs where our highest potentials lie) cannot be reached without passing first through the two subpeaks of self-understanding and self-acceptance.



Let me close this introduction with one story that illustrates how my method works. A man who had Parkinson's disease complained about his troubles at home. I listen to him on several levels. First, the totally subjective level of his opinion, struggles, and pain. Next, the deeper level of possible breakthroughs that open when he and I connect as clear consciousness in human form. His form had Parkinson's and lots of family drama. My form had two dimensions: one of empathy and compassion, which felt sorry for his pain, and the other of awareness, which was capable to look at the scene with detachment and curiosity, admiring how Life can produce such an interesting configuration.

As he complained, the man revealed a puzzle of subjective feelings and perceptions, conditionings, specific manifestations of the ego, and thought patterns (that have caused or reinforced his existing problems). I observed his reactivity and defensiveness, his underlying distrust and fears, his frustrations, and his anger. But I also saw his desire for comfort, and the fact that he reached out for help was a sure sign of some willingness to surrender, some opening, and some readiness.

As he pleaded for his right to be treated with more courtesy due to his condition, I watched his suffering. He craved more understanding and loving-kindness, but his expectation to be treated differently caused a separation that triggered conflicts. He lost sight completely of what was common in all members of the family. Everyone has challenges and the suffering of the ill is not superior to the suffering of the healthy. If we forget to look at others in a way that we see what is common in them and us, we

separate ourselves and in family settings, these separations are exceptionally painful. Anger and resentment grew in all involved, and the man was sabotaging his own desire to be loved.

I observed his manifestations on at least four coordinates: physical, emotional, mental, and behavioral. But I continuously watched him as clear consciousness in human form. His form spoke volumes: clenched fists, tight and hunched shoulders, sunken chest, a cervical hyper-lordosis that shortened the back of his neck in a cramped position pulling his chin upwards in arrogance, and his wobbling lower body hanging from a weak core. His harsh facial expressions were boiling the tension for his next emotional outburst. His breathing was blocked with short gulps of air and a stiff diaphragm. I asked him to sigh, as I always do to check the ability to surrender, and he couldn't.

He definitely needed more strength in his core and base. The better he could anchor himself in his being, the more capacity he would develop to see himself as a complete/valid person, with/despite Parkinson's. His extreme need for attention and sacrifice from others stemmed from a self-image that made him see himself as inevitably broken because of his physical condition.

We focused on getting him to accept himself with Parkinson's disease and even find something positive in his condition. Gradually, as he developed more inner spaciousness, his "quasi-tyrannical" tendencies reduced. His interactions became more positive. The family shared a common understanding that united them: they are all

manifestations of the isness of Life, they are all clear consciousness in human form. Their forms, their packaging, were no longer the only source of truth.

We strengthened the man's core and metaphorically speaking his body grew roots. He became more grounded in his being, and his posture improved. He began to discover relaxation in his upper body that was previously unknown. He described his breakthrough as follows: "My whole life, and especially since I got sick, I thought that I secure myself by holding on tightly with everything I can, to everything I can, as tightly as I can. But now I am beginning to realize that the only thing I have to hold on to is my trust that I am not here by accident and that my condition is not some kind of mistake or punishment. No one messed up and I don't have to blame anybody for my misery, or to expect compensations. This disease is not an error, I don't have to judge what happens to me, but instead, I must try to experience my life in its fullness. The Parkinson's helps me keep focus all the time. My Observer-self is always active and thanks to this disease, I run a lower risk of sliding into automatic pilot mode. My existence has a purpose, I am here to live all this, because that's exactly what my soul set out to do in this life, for that's the experience I need in my consciousness development right now. What greater peace is there than knowing this in my heart?"