

MORE ABOUT THE METHOD

The existing literature mainly blames the ego for the hardship of human life and lists it as the number one enemy of happiness. Most spiritual teachers advocate losing the ego, leaving it behind, or at least confronting it. 'the Crack' proposes a new approach that brings relief to those who need solutions to their current struggles. This new approach involves studying the ego and getting to know its parts and specific manifestations. Ultimately, it's about learning to read the ego's game, so we can guide it. All along, our focus on the ego is directed toward accepting it, even learning to love it. The ego is not suppressed or battled but understood. We are training ourselves to see our ego as a puppy in need of guidance, so it can serve our well-being.

If enlightenment means egolessness, working toward it is a positive endeavor, but it inevitably postpones contentment. 'the Crack' offers viable solutions for those who want to enjoy their unenlightened lives right now. The question of whether or not the ego is the enemy becomes obsolete as we discover the mind more in-depth and we detect the difference between the ego and ego-dominance. The solutions presented in 'the Crack' come from the method of consciousness development which I created based on my studies and experience: 'the 3M system'.

Accordingly, reading 'the Crack' means embarking on an inner expedition with 'the 3M system' as the map. The method uses both Science and Spirituality, so it has a variety of tools to assure its efficacy in achieving the goal to create inner space. The aim is inner spaciousness because it means that we have room inside of us for the isness of Life to flow through our being. When that happens, everything we think, say, and do is the product of our collaboration with Life, so there is wisdom and goodness in our manifestations. Inner spaciousness also means that we fulfill our life purpose to develop clear consciousness, grow in awareness, and know how to be in all we do. The latter is actually the motto of the method: "BE in all you DO". It is a call to be present in our being while we go by our business and we do all the things we are busy doing throughout our lives. The motto warns against a life lived on autopilot in which the precious potential for spiritual growth gets wasted. Of course, that might also have its purpose for a while.

'the 3M system' reveals a new perspective on the mind and the ego. It is not another method of consciousness development, but the method underlying all practices. It supports a new relationship with the body and the mind, and it inspires us to collaborate with Life. We begin by getting to know ourselves and learning to be honest about our different parts. Then, we focus on accepting and loving our broken and even shameful parts, at least as much as how we like our shiny and socially approved qualities. The goal is to recognize that both are simply characteristics of the human beings we are. Acceptance and impartiality create space within our being.



'the 3M system' engages the body and the mind, it teaches how to handle the specific manifestations of the ego in our personalities, how to gather experiences of inner spaciousness, and how to function through the true self. It promotes advanced posture and breathing through its two original techniques of mindful movement: 'The 3M Power Posture' and 'The 3M Freedom Breathing'.

The body is the gateway to clear consciousness because it gives form to the clear consciousness that is our essence. And by the power of the body-mind connection, when we create space within the body as we do through yoga and any mindful movement, we also create space within our mind and ultimately our entire being.

The central engine of 'the 3M system' is the Observer-self. It is our ticket to personal freedom. The 3M techniques are efficient means to activate, train and strengthen the Observer-self. The more this happens, the more we reduce ego-dominance and the more inner space we free within ourselves. We develop a healthy distance between our troubled doer selves and our Observer selves. As that distance becomes stable, the Observer-self mediates our access into clear consciousness, which means that we move toward functioning through the true self.

train the Observer-self & create space



to break free from the cage of ego-dominance

an active Observer-self opens the little black box of ego-dominance

where
crowdedness
prevails





'the 3M system' is useful against the pressures of an overactive mind, it helps to deal with illness, insecurity, anger, and anxiety, but it also gives to those who simply want an easier life. It can be a method in itself or a preparation for other methods.

Beginner meditators and people in the stages of contemplation before trying mindfulness or spiritual practice, benefit. Experienced yogis and meditators especially in times of wavering when their focus is tested and they fear having lost their mojo, benefit. Those who already have a practice will add an extra dimension to whatever they practice (mindfulness, meditation, yoga, tai chi, qi gong, martial arts, dancing and singing, drawing, writing, horseback riding, walking the dog, jogging, fitness, Pilates, sauna/wellness, etc.).

'the 3M system' brings additional value for people who are challenged by burnout, chronic fatigue syndrome, tiredness of life and existential anxieties, aimlessness, hopelessness, depression, anxiety, compulsive thinking, anger issues, and relationship problems. And in the absence of such challenges, it supports the search for answers to these and similar questions:

Who am I?

What is the meaning of this life?

Why am I trying so hard to belong?

Why do I need to have my worth recognized?

How can I be free of the need to matter?

Why do I expect myself to want so much?

How can I stop thinking compulsively?

How can I reduce the pressure to succeed?

'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 pursuit.

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 meaningfully and be its great partners, so Life enjoys manifesting through us.