

the

CRACK

freedom while stuck in human form



Melinda Asztalos PhD
Karma Pema Khandro



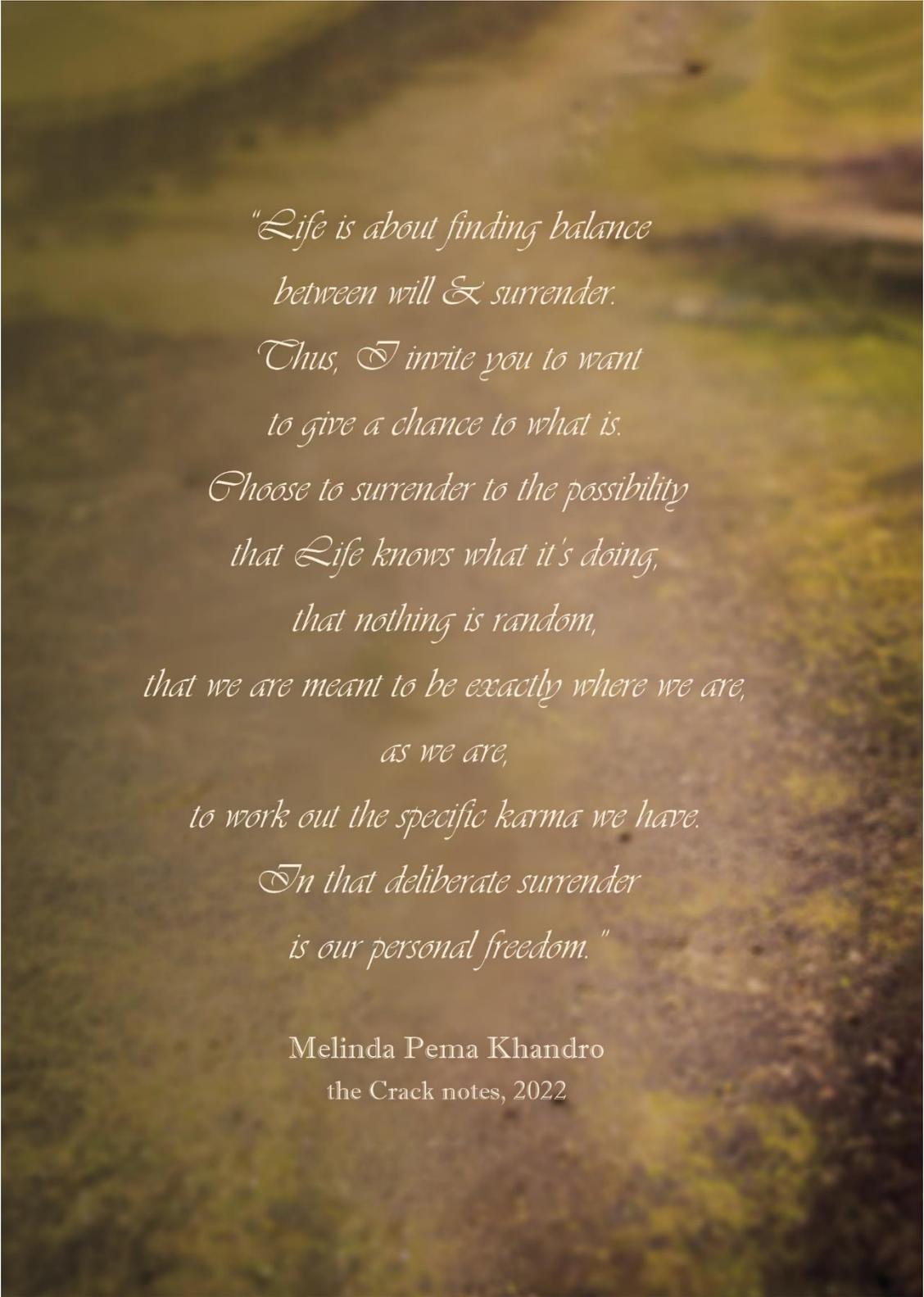
Melinda
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PhD
Karma
Pema
Khandro



Dr. Melinda Asztalos Karma Pema Khandro always had an avid interest in understanding the meaning of life and was fascinated by the secrets and the power of the body-mind connection. She explored her talents in different sports and tried being a competitive athlete for several years. She also became a dedicated yogi from the young age of 13, after realizing that the poses she naturally used as a child to bring her comfort were quite advanced yoga poses.

Eager to research human movement and the uniqueness of the body-mind connection, she obtained two Master's and a PhD in Movement Sciences and Exercise Psychology from Ghent University, Belgium, after having developed the concept of mindful movement as a means to enhance awareness of the different components of the self. In parallel, allegedly building on a previous incarnation as a hermit Christian monk, she had the privilege of following comprehensive courses, initiations, and retreats, with the greatest Buddhist Lamas of our times, including Lama Ole, Maniwa Sherab Gyaltzen Rinpoche, the Shamarpa, the Karmapa, and His Holiness the Dalai Lama.

She shares openly and authentically her discoveries about the body, the mind, the ego, the meaning of life, the importance of self-acceptance and self-love, and the indispensability of honesty in personal growth.



*"Life is about finding balance
between will & surrender.
Thus, I invite you to want
to give a chance to what is.
Choose to surrender to the possibility
that Life knows what it's doing,
that nothing is random,
that we are meant to be exactly where we are,
as we are,
to work out the specific karma we have.
In that deliberate surrender
is our personal freedom."*

Melinda Pema Khandro
the Crack notes, 2022

Let yourself get inspired and empowered by the unpretentious teachings in this book, which flow from the author's understanding and experience, gathered through 12 years of scientific education and over 30 years of spiritual practice.

Melinda Pema Khandro's view aligns with Einstein's: **"Science without Spirituality is lame, Spirituality without Science is blind, and the truth can only come from both"**.

She shares openly and authentically her discoveries about the body, the mind, the ego, the meaning of life, the importance of self-acceptance and self-love, and the indispensability of honesty in personal growth.

Allow 'the Crack' to expand your mind, relax your body, and loosen your emotional disposition. The message is simple, and the perspective is reassuring and helpful:



**you don't need to change who you are
but you ought to know
how you are put together**

'the Crack' shows how to apply to your personality Rumi's eternal wisdom: **"the wound is where the light enters you"**, and how to live in a way to remember Leonard Cohen's reverence for the perfect imperfection of Life: **"there is a crack in everything, that's how the light gets in"**.

www.the-crack.com

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MORE ABOUT THE BOOK

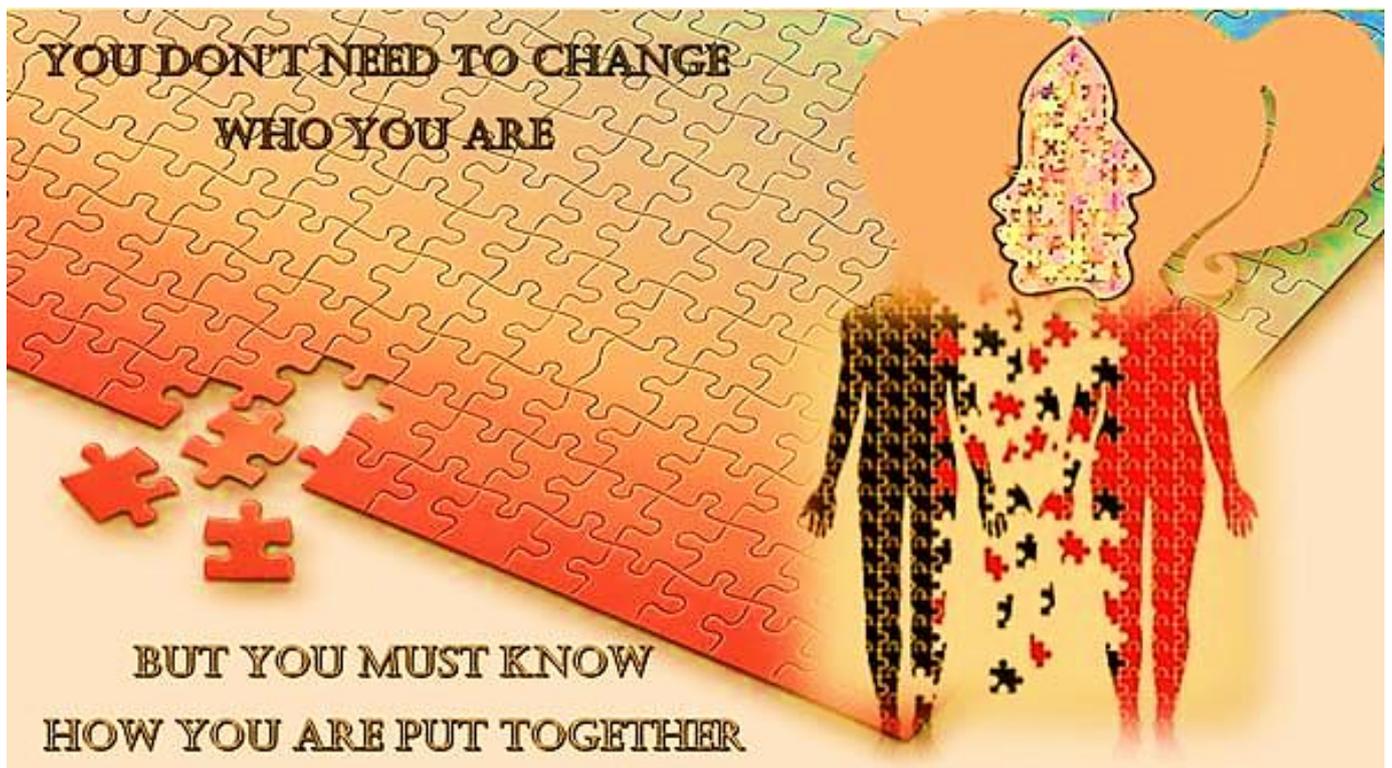
'the Crack - freedom while stuck in human form' is a book about freedom. Not the absolute freedom of emptiness or being nobody, but the attainable operational freedom of being a non-trapped, functional somebody, whose inner spaciousness reduces human drama to manageable amounts.

The teachings in this book support the growth of self-awareness that is not self-improvement - a significant but overlooked distinction. People often fall into the trap of self-improvement, where their innocent efforts become fierce obstacles to their freedom. For to escape the pressures to be better and more, the gauge of expectations must loosen, and self-awareness must involve self-understanding and self-acceptance. Then, we rise beyond the duality of right versus wrong into the über-dimension of equanimity, where we are free from our attachments and aversions. There we find the sweet spot where we participate in living life without getting sucked into the drama.

'the Crack' encourages getting to know all our parts and accepting them without judgment, celebrating our strengths and weaknesses alike. True freedom is when we make peace with our most "unacceptable" traits and tendencies, and we see them simply as manifestations of Life's richness and diversity.

Our task and our responsibility in this lifetime are to learn to create space within ourselves, as opposed to living in the crowdedness of ego-dominance. 'the Crack' highlights that the ego in itself is not bad, but we should be wary of ego-dominance. We are free to choose how we want to live. We can function through ego-dominance or we can learn how to live through the true self. We can use our free will for either approach. The latter implies inner work and change; thus, it might be less attractive to some. But living this life in awareness and taking every experience as a useful opportunity to develop consciousness, comes with the extraordinary profit of freedom. Everything and everyone are simply manifestations of Life's richness and diversity. When we see everything as enlightening, nothing is wrong and nothing is disappointing.

When we create space within ourselves by embracing our cracks, Life enjoys manifesting through us because we provide Life with good playing partners instead of being unaware humans who fight against Life or demand that it aligns with our expectations. Being good playing partners for Life means that we experience the world with curiosity and we appreciate the variety of Life's manifestations. We may have our goals and preferences, but we leave the option open that we might not always know what's best for us and if Life happens to alter the course we want to follow, we trust that flow. In that deliberate surrender is our freedom.



This book is a gift to all truth-seekers who want a deeper understanding of the quirks of being human. It describes a new comprehensive and efficient method of consciousness development 'the 3M system' that brings together Science and Spirituality and 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.

Readers discover the hidden structures of the mind and the personality, and the underlying mechanisms of the power of now and mindfulness. They also get to 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.

This book intends to inspire people to love themselves not despite but because of their weaknesses. The subtle but essential shift from "despite" to "because" changes everything because it involves honesty, awareness, and acceptance. Life is about finding the balance between will and surrender.

Like the gorgeous purple crocus on the cover of my book, our fragility and weaknesses become the channels for strength and beauty, if we are aware of them and accept them without judgment. If we are honest. The crocus heralds a new beginning and hope, and it is evidence of fortitude. Thus, it is the symbol of our partnership with Life.

My wish for 'the Crack - freedom while stuck in human form' is to be a powerful inspirational book that touches the lives of many. I wish this because it brings good things wherever it goes, replacing tightness with relaxation, switching crowded busyness to comfortable inner space, shifting judgment to acceptance, and changing duality into equanimity. It inspires us to embrace the frail, ugly, broken parts of ourselves, and cherish them equally as our strong, shiny, impeccable traits. It empowers us to appreciate the blessedness of the body along with its vulnerabilities, and the power of the mind along with its wickedness. We gain the suppleness of profiting from our best, while not fearing our worst. The ultimate revenue is a powerful boost to our spiritual awakening, which we achieve by alternating layers of deep understanding with personal experiences of spaciousness within.

The target audience for this book includes people who want and perhaps struggle to improve themselves, those who need a more accessible bridge between understanding and implementation of teachings, the advocates of personal growth, and equally people who face different challenges and are ready for their next personal breakthroughs. As well, people who are curious about the meaning of Life but have reservations toward Spirituality and strong debaters who rely only on Science for the truth can be delightfully intrigued by this book.

Basic teachings from 'the Crack':

I am clear consciousness in human form. Life chose me as its playmate, so, I am worthy, and I don't need to justify my existence. My life purpose is to be a good playing partner for Life. I do that by creating space within my being to assure that the isness of Life can flow through me unobstructed by the crowdedness of ego-dominance. Whatever happens, if I remember to increase the inner spaciousness within my being, I create an opportunity for Life to help me. If I don't get stuck in the crowdedness of ego-dominance and I assure room for Life to manifest, the collaboration between me and Life will produce a solution.

The better I get at sensing the distinction between ego and ego-dominance, the freer I become to exist with all of my parts, broken and whole.

True self-actualization (reaching my highest potentialities) means living authentically, being honest to myself about my parts, and accepting even loving my strengths and my weaknesses alike. All my traits are simply expressions of Life's richness and diversity.

My weaknesses, which make the crack of my personality, might be more important than my strengths because that's where the light of clear

consciousness, divine inspiration, or universal truth enters us. "The wound is the place where the light enters you" - Rumi. "There is a crack in everything; that's how the light gets in" - Leonard Cohen.

However, the crack is a two-way street for light because it is also the place where my light, the light of the clear consciousness that is in me, shines outwards into the world when I live through my true self as opposed to functioning through ego-dominance.

To access the clear consciousness that is my essence, the acceptance of my fragility and weaknesses is paramount. They form the crack of my personality, and my freedom depends on my ability to accept and embrace my crack.

When I function through the true self, I am collaborating with Life in meaningful ways and Life enjoys manifesting through the human being I am. My interactions with Life unfold like electricity turning on a light bulb, and I shine my light.

Life manifests itself through us, like electricity getting through different types of lamps to create a variety of lights. We are all different individuals; each of us is unique. But we are all hooked to the electricity of Life. In that, we are all the same. We are all lamps. Some are fancy chandeliers, elaborate constructions of crystal. Others are simple one-bulb lamps. Whatever our parts, if we know them and we accept them with their strengths and weaknesses alike, relaxation appears within us. Through relaxation, space gets created. Then, Life flows in and fills up that space with its electricity. The result is light. Life can flow through us when we have space within, and it can illuminate our existence. When we focus on that kind of interaction, on such a collaboration with Life, then we function through our true selves. **The true self is not something to find, but something to live by.**

Another subtle but essential shift in perspective from "I have a life" to "Life shines through me". In the former, we live under pressure: we must make something of ourselves. We are alone, fighting and struggling for something that may or may not satisfy us in the end. In the latter, there is clarity to our existence: we are meant to collaborate with Life. We create space within our being so the isness of Life can flow through us. We assure spaciousness within our body, our mind, and our personality, and we take care that our ego with its strengths and weaknesses doesn't build obstructions.

We do this and then we can relax because we did our share in the game. We were good playing partners for Life. We showed up for our end of

the deal. Life does the rest. The responsibility is only half, and once we know how to increase inner spaciousness, the pressure pushing on us is close to null.

A short list of insights from 'the Crack':

- 1. The meaning of life is to form a partnership with Life and to be good partners in it. We are meant to learn how to play the game of living beautifully so that Life enjoys manifesting through us. True partnership with Life is only possible if there is space within us.*
- 2. Life can flow through us when we have space within, and it can illuminate our existence. When we focus on that kind of interaction, on such a collaboration with Life, then we function through our true selves. The true self is not something to find, but something to live by.*
- 3. There is nothing wrong with our egos, but we must be wary of ego-dominance. The more unaware we live (running on autopilot), the more we function through ego-dominance. In turn, the less ego-dominance we have within ourselves, the more we live through the true self.*
- 4. The view that life is the preparation for death, is liberating. It motivates us to use every experience of our lives as means to develop clear consciousness. When everything is enlightening, nothing is awful. When everything serves to reveal Life's richness and diversity, nothing is dull or terrifying. Deliberately using all our life experiences to develop clear consciousness grants us the freedom to be ready to let go in gratitude at the time of our death. Like when you go to sleep totally at ease because you have completed everything you had to do during the day and all is fine as it is.*
- 5. Self-understanding and self-acceptance are the cornerstones of a successful life. To be the masters of our existence and to reach our highest potential, self-understanding and self-acceptance are paramount.*
- 6. Our weaknesses shape the cracks in our personalities. If we embrace them, they become openings through which the light of clear consciousness, divine inspiration, or universal truth enters us. Equally, our cracks are also the windows through which our light shines outwards into the world.*
- 7. If we all promote acceptance of our cracks, we get united in a new world in which everyone is free to be as weird or as common as they like because no one is expected to be better, or more, or anything else, but simply true.*