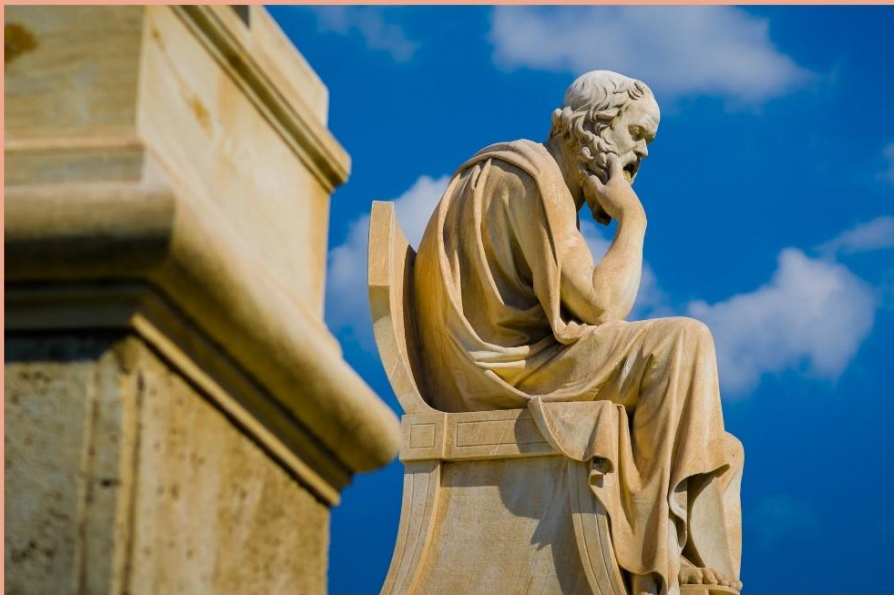


**MARTIN EUSER**

# **Rediscovering Transcendence**



**Dehypnotizing the  
human psyche  
and harmonizing  
relationships**

Updated: august, 2022

# Rediscovering Transcendence

## De-hypnotizing the human psyche & Harmonizing relationships

*Handbook for connecting with the spirit within  
and bringing some empathy to this world*

*By Martin Euser, July 2022*

*Know your Self  
and be whole*

Note: this is an expanded edition of my previous e-book:  
"Resonance with the Self".

A new chapter has been added on seven key principles for an integral kind of science, as well as a new appendix on the symbolism of the seven Sacraments. Chapter five has been rewritten and chapter four has been expanded with some new items.

### Goals of this book:

Understanding the crisis of civilization: lack of vision, materialistic values, the long descent downwards

Regaining purpose of life: the position of the human being in the world  
Finding meaning in a fragmented world

Developing a solid understanding of life  
Forming a sound vision of one's role in society  
Developing a philosophy of life

Working together to make a transition to a wholesome world:  
from ego-centric to ecocentric

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## *Foreword*

In today's fragmented society, many people seem to have lost any sense of meaning and purpose.

Our materialistic science has taught us that we are just a kind of advanced ape with a big brain. Survival of the fittest and fierce competition has been hammered in like dogma. Religion has lost its appeal for many, because of its inconsistency or incompatibility with science. "God is dead", Friedrich Nietzsche said.

To make matters worse, the world is facing threats like climate change, ecological destruction, pandemics, wars, resource scarcity, financial instability, authoritarian regimes, psychopathic leadership, and so on.

Yet, this is not the whole story. Throughout the ages there have been and still are spiritual teachers who have tried to help the human race by explaining that there is more to this world than the eye can see. They have provided us with insights that could transform this world into a much better place than it currently is.

Indeed, the goal of this book is to summarize some of the essence of these teachings and provide some techniques and practices for you to expand your awareness of what life, death, cooperation and struggle is all about.

Some emphasis is given to the “inner game” and how to deal with the conflicting impulses in your system. Space is reserved on some pages to write down your observations and experiences with the exercises.

The book contains a lot of information and ideas that are probably new to the reader. So, a gradual absorption and digestion of the material seems warranted. If you, the reader, find some ideas difficult to accept, then put these on a mental shelf for later consideration. One cannot develop a new philosophy of life in one day, week, or even a year. It takes time.

Attention will also be given to new organizations that strive to bundle individual efforts to change the course humanity is currently on. After all, insights need to be applied in one's daily life and today that life influences the whole globe through its consumption and ecological footprint.

May this information be of help to you, the reader, and the people you connect with. In case you want to contact me, email me at [ResonanceSelf@protonmail.com](mailto:ResonanceSelf@protonmail.com)

Thanks goes to all those who have inspired me to write this book.

*Martin Euser*

[My academia.edu page](#)

[My library at archive.org](#)

Questions and suggestions, in English only, can be sent to [ResonanceSelf@pm.com](mailto:ResonanceSelf@pm.com)  
A Facebook group or an alternative platform might be set up by me when there is sufficient interest for it.

## Introduction

The topics of this book comprise a vast terrain. They range from perception, belief systems and world views (religion, science and philosophy), to the underlying principles that can be seen operating throughout nature. Some of this material can be found elaborated in my book "Mysteries of the human mind", and my article on Vitvan (The practical gnostic teachings of Ralph Moriarty deBit), freely available at [my archive](#).

Here, I have condensed some of that material and added some new insights and new articles of mine.

Some may ask: why have I chosen the title "Rediscovering Transcendence", "De-hypnotizing the human psyche & harmonizing relationships"?

The reason is that I believe that there is a growing need and interest among humans to find a basis to ground one's daily life practices upon. There is a felt need to connect to fellow humans on a deeper level. The question is: how to do that? My answer is that one needs to practice some introspection and discover the ground of one's being. Deep inside oneself one can see the Self operating.

In my book "Resonance with the Self" I wrote as the reason for that title: "This is as follows: unless one has some clarity in mind as to one's purpose and goals in life that fit well with one's character and potential, one will struggle endlessly and may well despair as to the meaning of life at all.

The study of first principles of how nature works will give satisfaction to the brain and heart. Learning to cooperate with nature, including humans, brings joy to the self (and the Self as well!). The "Self" refers to that part in you that is the spiritual part. In actuality, the Self is your parent from which you originate. Learning to attune to the Self means to discover who you are, deep inside, and learning to cooperate with others for a more harmonious world. What could be more important? This is also the natural way to evolve, to unfold one's potential."

As to the phrase "De-hypnotizing the human psyche", one need only point at the fear mongering by the mainstream media and politicians during the last two years of the Covid-19 pandemic. Professor Matthias Desmet has written a pertinent book on the Mass-formation and hysteria or mass-hypnosis during said period (see Youtube for interviews). Title of the book: The psychology of Totalitarianism. Besides that,



in chapter two, the reader will discover that the whole of our education system fails to teach people the skills and insights needed for leading a harmonious life. I'm thinking of basic psychological knowledge, social interactions, knowledge about the diverse religions, practical gardening skills, physical training, for a starter.

The techniques and practices I describe in this book will provide some help to those who are seeking to get a clearer picture of the situation they find themselves in, and of the global state of affairs at this time in history. It is not a scheme of get-rich-and-happy-quick, of which too many already exist. It is not the little self or ego-personality that is the center around which everything revolves, but the larger world in which it is embedded that should matter. Empathy is the quality that is sorely needed in our world.

One exercise that can be very helpful in this regard, is to practice *taking multiple perspectives*: learn to see situations from multiple angles or perspectives. This will broaden one's context sensitivity and enables a better understanding of the ideas and behavior of other persons. If one can put oneself into the shoes of another person, who holds an opposite view of yours, then one may learn quite a bit. One can also practice defending such an opposite view by considering arguments that would favor such a view.

Many false beliefs need to be exposed and wrong conditioning needs to be undone, especially with regard to values. Humanity as a whole will need a long time to reach that point. You, as an individual, have an opportunity to start now and have a deep look inside yourself.

By doing so, you are also influencing your environment, since all is connected in this world and the universe at large.

Transforming the self or personality is hard work at times. Yet, the gratification and joy can be immense. Have a pleasant and fruitful journey!

The author

## **Chapter One: perception and beliefs**

*Perception is everything*

Did you ever wonder whether life has a purpose?

What about your own life? Also, do you think that your belief system influences your ideas about purpose? If so, how?

Ponder a while about these questions and write your answers down below on a printout of this page, or in a notebook.

---

My purpose (or larger goal) in life is:

My beliefs influence my view on life as follows:

---

The reason I ask these questions is to start you on a journey of investigating your perception of life, your belief system. What did your parents, school, church, friends, and others, tell or teach you about the world we live in?

What was an implicit or hidden message that you got from them?

What did they teach you about religion, spirituality, death, love, work?

Write your answers down below.

My parents, school, church, friends, media told me about religion/spirituality:

---

---

About life and death they told me this:

About love:

---

About study and work:

---

We will now dive into the world of consciousness and perception, with its many aspects, and start developing a view of things based on the ancient wisdom traditions.<sup>1</sup> True wisdom never ages. It also incorporates new insights when circumstances change. So, universal principles never change, but the application of insights is adapted to specific situations as these invoke the necessary intuitions. Intuition is the capacity to grasp a situation as a whole, in all its aspects. The intellect then can work out plans of action to be dynamically adapted when necessary.

The first thing to do now is to investigate belief systems.

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1

The wisdom tradition is also known as the *perennial wisdom* ( *philosophia perennis*) and includes the best of the esoteric and mystic writings of several schools of philosophy (Advaita Vedanta, Buddhism, Neoplatonism, Sufism, Kabbalah, Christian mysticism, theosophy, to name a few).

## Belief systems: the heritage of humankind

Philosophically speaking, one can divide belief systems in two great categories:

*materialistic versus spiritual belief systems, or views on life.*

The materialistic view entails the belief that matter is all there is. Consciousness is seen as a by-product of matter, the mysterious something that is produced by the neural networks in one's brain. There is no good explanation of phenomena such as telepathy, clairvoyance, near-death-experience, out-of-body experiences, encounters with angels, origin of life, meaning of life, deep spiritual or mystic experiences, and so on. In fact, such a view has little to offer to humanity but shallow pleasure, addictions, greed, ecocide, promises of a techno-paradise. Yet many people live in despair. One may wonder why so many people hold this view. One might counter-argue that technology has brought us some affluence, at least in (post)industrial countries. True, but at what cost!

The combination of a wrong monetary system, based on eternal economic growth, with a neglect of ecological considerations, has brought the destruction of life on earth ever closer to us.

The **spiritual** view of life involves the belief that consciousness precedes manifestation. It builds the vehicles it needs for its manifestation out of primordial elements. To be more precise, consciousness, substance and life are three aspects of the same 'thing' or being. Our present languages have no words to describe such triune entities. Philosophers have fallen into the trap of separating consciousness from substance. They have created separate categories where such a separation should not be made. René Descartes was one of those philosophers who made this colossal mistake.

Note that the so-called mind-body problem does not exist in the spiritual vision I describe in this book. Since everything is an expression of consciousness-substancelife (a triunity), it is only a matter of the degree of evolution of beings and the cooperation of apparently opposing forces or energies responsible for manifestation.

The whole universe is a manifestation of One Life that penetrates all, a bit like an ocean that contains countless water droplets. It has a substantial side as well as a consciousness aspect.

Much more about this, such as fractality and nested systems, can be found in the bibliography in the chapter on the seven axioms and in Appendix A.

The spiritual or holistic view of matter and consciousness is consistent with the evidence found by Dr. Iain McGilchrist (see reference to some of his books above). This view understands duality and complementarity. It argues that opposites can be reconciled and often work together harmoniously. An example is the two hemispheres of the brain. While the left hemisphere is more involved in rules, static images, rigid yes-no answers to questions, the right hemisphere works more holistically. It sees the Gestalt, or the whole of a situation or person. The reader is encouraged to explore the works of McGilchrist to increase his or her understanding of the workings of the brain, or rather, the brain-mind.

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The whole universe is a manifestation of One Life that pervades everything, a bit like an ocean containing countless drops of water. It has both a substantial side and a consciousness aspect.

More information about the spiritual vision, in addition to this book, can be found in my e-book "Mysteries of the human mind", especially the section on Vitvan's New Gnosis, also available as a separate file.

In that book I describe the reification of concepts, that is: the making of a concept into a thing. Taking a metaphor literally is also an example of this. That's something the left hemisphere likes to do, in addition to endlessly abstracting and generalizing, leaving only inanimate objects where there were once living subjects. The left hemisphere is involved in representations, rather than presentations, which

are more of a right hemisphere activity. The left hemisphere deals very poorly with context. It has a narrow focus, and seems to be adapted for the use of tools.

As the saying goes, *the map is not the territory*. The map leaves out many details of the terrain. It can be useful, but should not be confused with reality.

This reminds me of dominant left-brain scientists who cling to their models of reality even when faced with massive evidence pointing to serious flaws in their models. Rather than modifying these models, such scientists choose to ignore reality and stick with their beloved models. The left hemisphere likes closed systems, with internal consistency. So it's very helpful to ignore or downplay evidence that conflicts with their models. The kinds of questions that are asked are determined by the presuppositions of scientists, which are not often made explicit or acknowledged. This observation is a good introduction to the next section.

### **One sees what one believes to be true**

#### The parable of the snake and the rope

In the Indian Upanishads there is a nice story about a boy who walks in his village at dusk and suddenly sees a snake. He starts shouting: snake! Snake!

After a while he looks closer and realizes that it is a coiled piece of rope where he nearly trampled upon.

This is a perfect example of how our perceptions are colored and influenced by our beliefs about ourselves and the world. If one believes that others can't be trusted, one will see deceit everywhere. It is a self-fulfilling thing. One projects one's opinions and beliefs on situations one encounters. Perception and beliefs act like a *filter* on one's consciousness, blocking a lot of valuable information from our awareness.

So, examine your beliefs carefully. Where did you get your ideas about society, education, work, relationships? From the media? From your parents or friends? From experience?

Clear perception is not easy to attain. It requires a cleansing of the mind. More about that in chapter two where some techniques and methods are given to set the mind on a path of clear perception and thinking. Lastly, this parable points to the truth or reality that consciousness assigns to its perceptions. From the <https://www.britannica.com/biography/Michael-Oakeshott#ref1185950> Britannica encyclopedia: "..objective idealism, which argues, against materialism, that our experience of reality is mediated by thought while also rejecting the notion that reality is solely subjective and thus relative (subjective idealism)."

The interested reader is also referred to the philosopher Schelling whose philosophy incorporates the idea of objective idealism.

### **Values guide us in our thoughts and beliefs**

It will not come as a great surprise that values exercise a great influence on our life. After all, values play a role as diverse as to the importance of success, having good relationships, making money, looking attractive to the other sex, but also in ethical issues and moral decisions and developing virtues. One attaches value to things, persons, achievements. We give meaning to our sense-impressions, filtered through our belief system.

### **Which are your values? A short questionnaire**

A quick way to discover your values is to ask yourself the following questions: What do I want or expect from a life partner? What do I like to do most of my time (paid or unpaid)? What kind of work would I like to do best? How do I spend my



money? What kind of hobbies do I have? Do I like to work with people? Do I like to do research? Work in nature? Care for children? Repair cars? Why? Try to get an overview of your most important values. Make a note on this page. It may pay off to revisit your notes some years later to see whether you have shifted your values in some respect.

## Psychocybernetics

Lately, I have been listening to the audiobook "Psychocybernetics" by Maxwell Maltz. It is published by Pinguin random House audio. I found it on audiobooks.com. Matt Furey, president of the psychocybernetics foundation gives a commentary in the audio.

I was pleasantly surprised to recognize many points of agreement with my own writings, which give a *spiritual form* of psychocybernetics. Some highlights, from the first half hour of the audiobook, paraphrased, are the following:

1. Work with visualization and mental imagery
2. The self-image and success
3. The theater of the mind
4. The goal-directed feature of the brain-mind

The self-image is defined in the (audio)book as "the individual's mental and spiritual concept or picture of himself". It is "the real key to human personality and behavior". See chapter one . Maltz/Furey state that "a mental blueprint in the subconscious mind controls our future".

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