

Reviews

The title of this book by no means describes its contents, because it is packed full of a variety of philosophical musing that have amazing resonance with humanity and its ongoing struggle to rationalize its ever changing place in the overall scheme of things. These range for simple homilies like *'Mantras are radar blockades for the mind'*, *'Death is the only honesty there is, you can't sell truth, only lies'* and *'Constipation is the nearest a man ever gets to childbirth'* to much more complex insights such as, *'What you refuse to deal with, or are incapable of dealing with because you are too tired, builds up as physical backlogs in the waking world and appears as dreams and nightmares in the sleeping world (insanity) is where [the] waking and sleeping worlds become one. In addition you cannot differentiate between them, but act as though the latter were the former. Illness is where physical backlogs reduce your ability to perform in the waking world (depression/suppression/repression) or your mania drains you, (imbalance the other way)'*.

There is no right or wrong way to read the book because it absolutely cries out to the reader to dip into its contents in any order because there, on every page, is a guaranteed gem of insight, enlightenment and reasoning to be savoured and digested. This work is a parable for its time and deserves a place on the bookshelf of anyone who has ever pondered on the motivations behind why we do what we do and think what we think. It would not be stretching a point here to suggest that this book represents the eye of the storm and could actually save your sanity in the maelstrom of narrow self interest and stupidity that surrounds us on a daily basis. I have no hesitation in recommending this compendium of common sense and rationality to anyone with a desire to view the world in more than just a stark choice of black and white.

Brian Allan
Editor
Paranormal Magazine
Author of:
Dark Messiah,
Magick,
Gnosis and Religion' and 'REVENANTS,
Haunted People and Haunted Places'



Affective aphorisms for an afflicted age. The 'empty' mind and head of Tony Sandy are only as 'empty' as the living void between the stars, the so-called vacuum which gives rise to life and existence. In the potentiality and energy of Sandy's wise and teeming thoughts, we find the Epicurean principle of plenitude. Rewarding to dip into daily.

Geoff Ward, author of
Spirals: The Pattern of Existence
www.mysteriousplanet.net

Empty Thoughts
from an
Empty Head

by
Tony Sandy
(aka Paigethoeoracle)

DragonEye Publishing

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Introduction

Welcome to the vacuous thoughts of an empty mind, gathered from the wanderings and wonderings of a feeble soul, lost in a world that makes absolutely no sense to it at all. This book is an attempt to understand what makes us human (our motives). It is a journey that takes us in and out of ourselves as we pursue the truth and evidence for it by comparing the two worlds of thought and action (subjective and objective reality).

Life is accumulation - death is discharge (dispersal). Whether it is building relationships, homes, jobs, families - individual lives or countries wealth, power or position - when death comes to call, we lose them all and are forced to move on. The fear and the anger that follows this is phenomenal as we try to hold on – only equaled by the joy, when we trust and let go of all things we know (and that weigh us down), and we return to the pristine state of childhood (mystery - an empty mind, full of nothing and a life full of possibilities (all certainties gone - all adventures before us: A new world, a new life, a new us.

Life for the spirit is a size 10 foot in a size 5 shoe.

As they say in Zen - the future is in your hands, grasp it and pull yourself forward: The past is at your feet, walk on...

* Alan Watts, the philosopher, said he thought we were 'tubes for experiencing things' - I'd go further and say life is just a question of filling and emptying things (mind, body, spirit or thoughts, sensations, feelings (emotions): Like a vacuole or Black Hole, we suck in new experiences from outside and blow out old ones from inside (fulfilling and draining tasks).

We are like volcanoes - the live part of us never ages because it is made up of 'potential' (energy - moving, flowing liquid) as the part that does age is actual' (physical - solid, stationary, fixed: Layers of past experience/ memories of what was).

It's not other people let us down, but our expectations of them, we take things apart to understand them and put them together, to make them work.

Fear keeps us in motion because we're afraid of stopping and discovering the truth (life works in two phases – the first is standing back and viewing reality, the second is stepping forward to alter it (observer and participator - The Artist Effect)).

The true cause of the world's problems is poverty - poverty of mind (ideas/ imagination), of body (material resources) and of spirit (the energy to go on).

Positivism is taking response-ability for things -negativity is avoiding it by blaming external resources or us, rather than just getting on with it (life) i.e.. Religion versus politics or all things are as they should be versus nothing is fair attitude (Life is the effort we put into reality - death, the failure to put anything back into existence or to even take back out of it what we originally put in i.e. ourselves). We make God in our unity and the Devil by our disunity.

Violence is the easy way out (The door marked exit) - tolerance, the hard way into life (We destroy the world when we revolt against it and create it when we conform (escape or imprison ourselves)). Violence is the language of despair (giving up

effort) as peace is the way of patient building or rebuilding, brick by brick, stone by stone.

Age brings patience, tolerance and generosity because you realize you have all the time in the world. Youth is impatient because it only sees limits (No time to think / No room to act).

Only an addict knows fear. This is because they are terrified of losing what they have (their addiction), instead of being overjoyed at the prospect of gaining something new that they haven't got yet.

Boredom is a prison cell for the soul - interest, the release catch: Our prejudices keep us trapped in the past - dumping our fears frees us to enter the future and explore what our hatred has kept us isolated.

Absurdity (an 'insane' sense of humour – (humor)) is the only thing that saves us from the descent into hell, that taking life seriously, brings (logic/ belief).

We are who or what we tell ourselves we are. Likewise, the external world reflects back at us our attitude towards it. When we stop reinforcing our views by repeating them to ourselves and those around us, they dissolve and we see ourselves for

what we truly are and the world for what it truly is - enjoyable nonsense to be explored, not serious sense to be believed in (Only a fool who is fooling himself, can fool another fool).

The ego will believe anything that boosts its sense of self-importance (Emperors New Clothes Syndrome), as humility believes only the truth of its own eyes (The blindingly obvious).

Because you're traveling forward, doesn't mean you are going uphill - you could be going downhill, fast! (True progress is usually a slow, hard uphill struggle). The purpose of the law at such times is to put the brakes on decline, to avoid society careering out of control and ending up in the equivalent of a car crash. Angry people are being challenged by life - calm people are not (those that panic is trying to avoid a challenge being aimed at them i.e. running away).

When we see that we're making a dent in reality (overcoming the enormousness of the tasks in front of us), we relax our effort because 'form' is starting to take over from overwhelming 'chaos' (Things are beginning to take shape out of disorder). The start of everything is daunting as a thought and enjoyable as we reach its end, in reality, because of this mechanism.

We get hysterical about a situation 'seeming' to go wrong because we hate to be a failure in our own eyes (In other words, we get upset because we fear, we cannot control the situation, simply through not understanding how it functions i.e. What its processes are (The sequence of events, that make it work).

We are all in one of two states - either crushed by the task of restoring order in our lives or elated by the act of picking ourselves up and starting all over again (inspired or depressed): Misery is looking up at the mountain top - happiness is seeing the slope, leading to the bottom.

Materialists try to distract themselves from their thoughts, through continual motion. The spiritual stop their bodies to start their minds (Contemplate reality). This is why the fearful are in continual motion (full of nervous energy) and the courageous are calm and in full control of their faculties.

Thoughtful people hate external distractions because they take their attention off thinking (The internal world / observation) as thoughtless people hate thinking because it takes their attention off the external world. Smooth flow in either direction,

requires energy (attention) being directed in a single, continuous flow out or in, not alternating back and forth but life isn't like that, so we all suffer losses and gains from both worlds.

God helps those who help themselves - the devil helps him to those who don't help anyone, including him or her self (victims versus victors over life i.e. self motivators).

If you relax, you can expand and let things fall back into place (Go back to how they were/ cure yourself of old wounds i.e. scar tissue/ ridged belief systems).

When we first learn to do something, we repeat it over and over again, to show to ourselves that it was no fluke and how happy we are with ourselves for doing it (easy-peasy). When we don't know how to do something, we not only hide our shame but also avoid interaction at all or as often as possible with the thing/ being we hate because it shows us up as incompetent and impotent, when it comes to solving it as a problem/ learning curve.

Sound stimulates us into action (music to our ears/positive news/ expansive consciousness). Sight/ insight stops us in our tracks i.e. silences us (shrinks our attention down and in, to the microcosmic world of detail).

The faster you go, the more shallow your life - the slower you go, the deeper (more thoughtful) your life (ephemeral versus long lived).

We get angry at outside distractions because they take our attention off internal questions, preoccupations ('I don't want to play outside because I'm trying to sort out this problem, inside').

Anger is the refusal to accept the helplessness felt from either mirth or tears as both disarm our ability to act.

Anger is fear putting the brakes on. It is stress putting on internal pressure, by turning your attention down and in, in the same way pain does (gravity as opposed to levity).

Why do we not like silence? Because it reminds us of the seething, anger inside.

Sitting quietly and peacefully indicates power over knowledge and us of the outside world (interaction with it). It is the angry prisoner syndrome (Trapped in a cell of our unknowing i.e. ignorance).

We think things are rubbish when we don't understand them (hate/ have a low opinion of them) and think they're brilliant (love/ have a high opinion

of them), when we do understand them and therefore can control (interact with) them.

When we think things are going to be difficult (complex), we become depressed and angry (give up hope). When we find, given time and effort, that they are actually easy, we become elated instead.

Suicide is self-sabotage. It's the attempt by an individual or race to avoid its destiny in this world by not following up its potential.

When we commit ourselves to our destiny, we stop blaming others for our condition and take charge of it ourselves ('The Fountainhead' by Ayn Rand). To blame is to disconnect from and say we are not responsible for that we've cut off from - even if that includes our own lives and ourselves.

Those who open their mouths and make a noise want attention (ignore others/ other things). Those who open their eyes and keep their mouths shut, pay attention and learn about existence, other than their own.

Experience (openness/ awareness) leads to knowledge and that in turn leads to increased intelligence (doubt leads to fresh search - smug certainty leads to the same thing but via a bigger and usually more unpleasant wake up call: What you deny exists, sneaks up on you until you can't deny

its existence anymore (stepping on a land mine effect).

The slower you go, the more you can think of (sense). The faster you go, the more you can react to (perception is blurred by speed and clarified by stopping (arrival, rather than journeying)).

Free exchange on both sides comes from mutual understanding. Resistance occurs where this isn't mutual.

The inner journey grounds us in reality (deep thought/facing what is in existence, in the here and now/exploring the mystery of life). The outer journey causes us to become light headed and to float off elsewhere, else when. It is abandoning thought for thoughtlessness – the specific for the general. It is levity as opposed to gravity; future exploration as opposed to past research; imagination versus memory (knowledge). It is the confidence that action brings as opposed to the double-checking that doubt brings.

You only reject that which you cannot understand and therefore control because it leaves you feeling helpless, like a child (A blow to the ego).

Only when you accept your condition can you get out of it - rejecting it leaves you trapped (Knowledge based action is the key to your escape from the frustration of mystery as it teaches you through experience, what you need to know).

Sleep and intelligence are linked as the former allows assimilation of knowledge. Fear is the enemy of sleep and our grip on reality. The more scared we are, the harder we run from reality, physically and mentally, to our detriment. Meditation is waking sleep and the way to retrieve the truth about yourself and the world as fear leaves you vulnerable to attack (lies and manipulation). Courage creates depth of character (identity) and awareness of the depth of the world (Its truth/ workings). The reason that we try to hold onto things (try to preserve them) is that we know we can control. Dying (leaving a job/ relationship/ home/ life) is returning to the helplessness of childhood (backhanded reality).

The world has two doors - an exit and an entrance. The pessimists are rushing to get out and the optimists are struggling to get in. The former are ignorant because they aren't committed to life (lazy/ avoiders/ scared/ deniers), as the latter are intelligent because they are committed (want to know/ do/ be here - life affirmers).

Fear is the stick that drives us away from something as joy is the carrot that leads us towards it (horror and attraction are the physical equivalents of these emotional states): Neutrality is being there, negative emotion is abandonment and positive discrimination is taking something on, in the 'want/don't want' war of consciousness/unconsciousness.

Distrust leads us down and in as trust leads us up and out (experiment to test reality versus defense of it (known limits)).

Trust teaches us to slow down and relax - distrust, to rush about trying to keep traces on everything you love, protecting it from the 'possibility' of harm (fear of loss versus satisfaction through gain).

Nobody owes anybody else anything. Courtesy is an acknowledgement of this - that is, that help is always 'voluntary' not obligatory.

Belief negates evidence to the contrary (ignores it) - disbelief pays attention to it (learns).