

UNFATHOMABLE

THE SILENT KNOWING

AARTI BALANA

*To my Guru—with deepest gratitude. This wisdom is your grace, and my return to Myself.
Thank you for finding me, for showing me what I am not and what I could be. Thank you for
showing me the love within, the joy within, and for teaching me to simply be.*

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Preface

This book is about the insights I have gained from my own life experiences. I have been recording and writing my thoughts for the past two years, shaped by my life experiences and the insights I have been unfolding along the way. Life's experiences bring us wisdom and help us break through our limitations—but only if we connect the dots in a right way and understand them from a higher perspective. This is not just philosophy—it is a way of living. It is for readers who feel ready to stretch beyond their current limits and meet life with honesty. Most of the time, we do not notice the invisible things while they are forming, and we do not talk about them until they become loud, painful, or public. Only then do we react, build organizations, and fight for a cause. But what if we could notice earlier, so they do not accumulate and explode later. This is not a story book, it contains simple truths. I am sharing this here to clearly capture what I am focusing on in my start-up **Augmented Perception** and why it matters. The core vision is, using Brain-VR Interface technology to expand perception and awareness. Please also visit our movement page **Raise Perception** where we are actively engaging with people. And, if you are interested in participating in an early pilot of the Brain-VR Interface (individuals or organizations), please sign up [here](#).

Note: This is an incomplete version of the full book.

Note: Please note that there is always a situation that we can hypothesize and argue on that, but this is the majority of what happens fundamentally.

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Chapter 1

Inner and Outer Reality

What is inside us eventually shows up outside us. For example, if you think of a mathematical algorithm for finding the shortest path from A to B, and then you act on it by writing it on paper or implementing it, and it becomes real in the world. So, what was inside your head, you brought it in the world. Same phenomenon happens at many levels. That mathematical algorithm was born out of conscious mind, but there is a deeper layer too. The world we experience is not only shaped by our conscious choices, but it is also shaped by the "inner code" we carry which is formed by our limited perception, memories, and emotional imprints we may not even realize. Because of that, what happens outside is mostly what is happening inside, even when we do not know the source. This does not mean that if something painful happens you are a bad person. It just means the inner system is complex, and needs correct connection to dots to actually infer "why". Also, how fast the outer reality matches the inner reality depends on our inner clock as in how fast we process, change, and how hard we hold on to something that does not belong to us.

If our inner world is intense, our outer world will be intense, too. If we are truly joyful, we will naturally bring joy to those around us. If we are miserable, we tend to spread misery to others too. If we are kind to ourselves, we will be kind to others too. Because this is the only way we know how to be, there is no other way we know. For example, in some situation X, person A acts calmly, whereas person B acts fearfully. This is the way these two people were trained or have known from surroundings, that is the way their emotional coding is done, just like an algorithm with pre-defined steps to execute.

Similarly, when we do not have control over our own lives or minds, we often try to enforce control on our outside world or people around us. I am not talking about institutional control here. That is needed and is a completely different story. Self-control is required not out of fears that we have, like if I will not do this then I will not have that, but a real self-control can only come when one is not trapped in their own caged mindset. Freedom is necessary for the genuine self-control to develop. Otherwise, the control we impose out of fear while trying to escape a situation often does more harm than good. The freedom I am talking about is freedom from our own limitations. If we feel the urge to lie or deceive others, it is mostly because we are resisting truth within ourselves. The more we deceive others, the further away we are from true reality. The more we hide things from the world, the more hidden potentials remain locked within us, invisible even to ourselves. Our external

behaviors like the judgments we make, the lies we tell, the facades we maintain—are all reflections of our inner unfulfilled landscape. If we want to understand what is really going on inside us, pay attention to how we treat and perceive others. We can blame others all we want, but what have we actually done anything to break through our own limitations truly? Others, whom we meet are our own reflections only in some ways.

We all go through hardships in life, whether it is childhood struggles, or adult challenges. The extent it happens really does not matter. What matters is whether we choose to draw bitterness or wisdom from these experiences. When we get hurt and feel the urge to cause disruption, it perhaps reflects something about us, about where we feel unfulfilled within ourselves. The true wisdom and actually lived life will only happen, if we can keep our hearts open and maintain the innocence. Without it, we are just walking through life without really living it. It is not a mere quote of philosophy, it has a huge impact on how we see things. We usually have a biased vision on seeing things, which impacts our work, and even problem solving capabilities. If you can just see the things the way they are, you will be a quick problem solver too.

Our perception is actually very limited. Not because the body is not active, but because our awareness does not reach into most of what is active. We usually can not feel blood moving through our veins. We do not clearly sense our heartbeat unless we touch our chest. We do not notice the liver metabolizing, the stomach digesting, or the constant micro-adjustments in our legs that keep us standing. Take the spine as an example, it is involved in coordinating everything: movement, sensation, reflexes, regulation, and communication across organs and muscles. The body is being managed moment to moment through these signals. But we rarely perceive any of that management directly. And yet all of it is happening perfectly, and continuously without our conscious attention. It says something about us that even if it is happening we are unconscious of it. Similarly, outer reality remains unconscious even if it is just next to us. This is how inner and outer reality proportions work.

To give a real life example, I was with someone once, and we were discussing things to write down. There was a piece of paper nearby, and I was actually closer to it than the other person. Logically, I should have just grabbed it. But I stood up and never stepped toward the paper. Why? Because in that moment, I was holding back in my speech—there was something I wanted to say but was not saying. That internal holding back, that restriction I was placing on my expression, directly reflected in my outer action. This is exactly how the principle “what is inside is what is outside” works. Our every action, even the smallest gesture tells something about our internal state. But here is what is crucial to understand that this does not mean you should generalize or assume that every time someone does not walk toward something, they are holding back emotionally. That would be a superficial interpretation. The connection between inner and outer is deeply personal and context-dependent. It really depends on the individual, the situation, and the specific dynamics at play. This is what we at Augmented Perception are focusing on. Enhancing human Perception using Brain-VR interface with AI and connecting the right dots.

Other way of seeing this inner and outer dynamics is, what we do not have internally we seek that externally. When we are not educated about any subject and we want to learn, we

seek knowledge from outside sources for example books, blogs, courses. When we are hungry, we get food from outside. We do not have something to sit on, we get a chair. We need to shower, we buy the soap. We need clothes, we buy them. Shoes, same thing. Whatever we lack, we take it from outside. This is just how we function. Why do we seek a partnership? Because there is an aspect of us that needs fulfillment, something that seeks union. The truth is, we actually have both aspects in us, masculine and feminine. But based on our biology and conditioning, one side becomes more dominant, and we feel we need the other from an external source. So we search for it outside of ourselves through relationships. If we are in inner union and open to learn, that outer union goes without conflict, but hardly happens because if we have not learned how to love ourselves or simply be love as a state of being, then what we offer others is not a genuine love rather it is a transaction. In other words, we are just trying to snatch happiness or love from others because we have not become it yet. We are trading expectations and needs, hoping to get something back. We take a human form to reduce the clutter from life than adding more. We shall be whole, loving before adding more in life. In short, whatever we lack inside, we simply try to get from outside. And while yes, that is how the world works, but we shall note that we are a part of the world so it is only us making it happen. We are creator of our own misery and we are creator of our own joy.

Chapter 2

Practicality

Many of us talk about practicality. But what does practical actually mean? Practical means something that can be done. So, let us think about this. Thomas Edison experimented ten thousand times before we got the light bulb. Was he being practical at that time? No. What about Marie Curie? I am sure many people called their work impractical, too ambitious, impossible or maybe privileged. What about other great scientists like Copernicus, Galileo, who gave us the true nature of the solar system, but we acted out of fear which is our limited perception. So, when we say something is impractical or can not be done, what are we even defining as practical? I am not saying move literal mountains with hands, I am not saying drink the whole water from a river. I am also not saying that the mathematical function $|x|$ at zero can be differentiable, or the entropy valued zero means undeterministic behavior. These are just facts that $|x|$ is not differentiable, and entropy zero is perfectly predictable. When we talk about practicality, it is mostly our own reflection and the data that we have gathered by watching people, places or things. And if we see something impractical, it is like an AI segmentation model talking with a classification model that generative AI is not possible. They both have their own world, which is the data and the task on which they are trained. What we usually say to others is mostly a reflection of ourselves. How we see things as practical is based entirely on our own limited experience. Yes, I get it some might be thinking that there are always steps to achieve something higher, so we shall start utterly humble. It is true, but try to grab the essence that I am trying to mention here.

Other way to look at it, which is highly important and we ignore it, is that of raising our perception. Human beings contain different levels of perception. There are sages who have achieved the utmost level. Now, when it comes to breaking our own limitations to enhance the perception, we shy away because we have more important things in our lives. We have work, home, entertainment and so on. We think it is not practical in this worldly setting. Who said it? Must be the historical dataset, but who gave that dataset? People similar to us. So, who told them? The reality is this, that this tangible world itself is coming out from our inner desires and emotions. If we work on it and break our own limited perception, it will make the future generation more peaceful and make our small world more beautiful. What we do, the way we live, the way we think is not limited to our own inner circle, rather it impacts future generations. So, rather than gifting them fears, self-doubts, and worries driven innovations, we shall gift them an era where we have more peace, more authenticity, less manipulation, negative influences and more advanced innovations. Now, again is it practical? If we really want, anything is practical.

We have both aspects in us, masculine and feminine. Have we become practical enough to use both of them in a balanced proportion? No. Have we become practical enough to switch between both when needed? There are so many things the human body and mind are capable of intellectually and it does not need any device, it just needs breaking of our preset mind, but we are not doing it. But they are practical, many sages and scientists have given us treasures.

Now, I will bring this question that why do we really need it? Breaking limitations? I will do at my own time and my life is going fine, I am earning well, I have a house, family and I have people who support my ego, so why do I need to go to the Lion's cave? And this is something we can not see, so I am not really inspired to invest in breaking my limitations.

To answer this question, I will take the example of Big Bang Theory, according to which the Universe came from an incredibly hot and dense state, that seems invisible. Another example, the gravitational force is making the earth and other planets orbit around the Sun. Can we see the gravity? No. But we see its effects and they are enormous. We need to reach the escape velocity of Earth (11.2 Kms/s) to exit its gravitational hold, Do we see it? No. But we spend millions of fuel in the rocket to make it happen. So, it has an immense effect. Having said that, how can we ignore or discard something intangible that we carry? The intangible always becomes tangible or has an effect on tangibility. Our willpower, our hard work, what makes us wake up in the morning, what drives us to keep going when things get difficult, all of these require that intangible force within us. Can you see it? No. But it is there, and it is constantly being converted into something tangible. The desire to create, the motivation to connect with others, the quiet determination to be better than yesterday—none of these can be held in our hands, yet they shape everything we do. So, the way we maintain our internal world determines a huge part of our external reality. If we can just improve the quality of that intangible forces within us, which is our inner clarity, our genuine intentions, our authentic-self then the tangible outcomes will naturally be different. So, the intangible is not just equally important as the tangible, but actually more fundamental. The dominance, jealousy, sense of competing with others, hating, self-doubting, fearing all are the intangible human forces that give creation to wars (which we have been fighting for ages in Human History), conflicts, protests (you will not have to protest, if we all are fundamentally aligned with our authenticity- it is a deep topic and it is not limited to the dictionary definition), killing, deceiving and so on. These are all our human limited nature and it is our own collective creation and responsibility. I know it is very hard to maintain discipline in both aspects, inner work and outer work, and carry our individual responsibilities. It has been seen as other worldly too, because most of the people who have set to the course of breaking their limitations, they had isolated themselves from the worldly gains forever. So, we accepted it as practicality. Again, there is nothing set in stone. It all comes to us only, are we responsible or not.

At my start-up we are focusing on to bring a possibility to break our limitations at a faster rate with technology, so that we live in this world with more perception and leave this world without regret.

Chapter 3

Tendencies

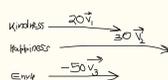
We have this tendency to categorize ourselves as something for example kind, unkind, compassionate, funny, serious, introverted, or extroverted, intelligent, etc (let us call them identities, and we have infinite of them). But these are really just the dominant tendencies we are walking with, while we leave behind the full spectrum of what it means to be a human. It is similar to how when a trend rises—like Information Technology, Artificial Intelligence—we tend to flow in that direction too. We are tendencies, in a way. Think of it as energy and frequency, because everything is energy and frequency (*Einstein*). We need a certain threshold to shift the direction of this energy, just like in physics where you need enough electromagnetic force to shift the direction of an electron. To move our frequency of thinking, we need to apply enough of a threshold. How easily we can do this is determined by how powerfully we hold on to the identities that we chose to become. The more powerfully we hold on to things and identities the more time it takes to shift, the more rigid we are and the more time it takes to reach our authentic-self and the universal truth as well. Easy shift comes with multiple life's experiences in a strategical way. If we have not connected the dots of previous life experience yet, no new level will open up. It is just like a game. **Every tendency is majorly a part of our unconscious cyclical nature, even though it looks conscious. Because if we are actually fully conscious, there will be no pattern/tendencies as at every moment we are choosing, shifting the space-time.** There are levels of consciousness. If we are at let us say level A and we have a strong hold on our tendencies. But once we reach A to B, we are more conscious but still the hold remains, if we reach B to Z then every decision we make is a new choice even if we have done it before, we approach it as if it is new. That is pure conscious being.

We experience diverse emotions—anger, kindness, hatred, love, jealousy, compassion, and many more. Ideally, directing these emotions should depend on our own conscious intention. But in reality, for most of us, our emotions are largely controlled by external events rather than by our own choice. Think of emotions like vectors in mathematics. Each emotion has a magnitude (how strong it is) and a direction (type of emotion). When different emotional vectors combine—say you add ten units of frustration plus twenty units of disappointment, or ten units of hope minus fifty units of fear—the resultant determines your emotional state in that moment and direction. This is our dominant tendency for a certain situation in our life. Even if we want to break it, it comes again because the source is something else. Now, depending on the magnitude and sign of the emotions we consistently hold, one emotion becomes dominant. Maybe anger is your dominant vector, or anxiety,

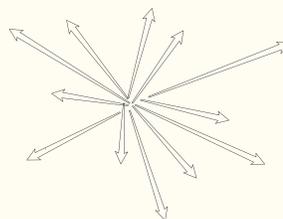
or just restlessness (not able to sit and do nothing). Over time, we become known by this dominant emotion—to ourselves and to others. We develop an identity around it. "I am an angry person." "I am a conservative person" and so on. And because we hold onto these identities so strongly, it becomes incredibly hard to switch out and we eventually make it our limitation. It is like being stuck at a saddle point in mathematics—a point where you are neither at a peak nor in a valley, but trapped in a specific configuration. We are not exploring the complete spectrum of emotions available to us. We keep falling back to our dominant emotion. We are just limiting our perception to what is familiar. It is exactly like looking at the electromagnetic spectrum and telling the nature that, "You only have the visible light range because that is all I can see with naked eyes. Those infrared and ultraviolet ranges are completely otherworldly for me and I can not make use of them because I only have access to the visible range." But in actual, they exist and we have many innovations on UV, IR ranges.

Even, we have created strong identities of gender itself, which is specializing half of the population as one species and other half as other. I am not saying it is not necessary, it was very much. But we have come far ahead to just drop it. Once the lens of seeing human as human will not come, we are far from truth as we are still looking with biased lens of gender only. We use it where it is necessary rather than keeping it on all the time.

Lastly, small things add up to create mountains—whether it is the chaos we see in the world or the beauty we witness. Tendencies, left unchecked, eventually become harmful. It is just like atoms, if we combine together forms materials and we create objects. It was the atom responsible for the formation of that object. Smallest unit created something larger. And that is what our tendencies do.



(a) Emotions as vectors



(b) Our emotions all over the place, in chaotic situations

Figure 3.1: Vectors as emotions metaphor

Note that I am not saying we should practice all the emotions that have negative impacts on ourselves and others. We just have to be more perceptive and stop holding onto thing that are not for us, everything else falls into its place itself.

Chapter 4

What is Reality?

Remember how that toy looked like everything to us in childhood? It was our entire world, completely real and meaningful. And now we do not even think about it. That was the only reality we knew at the time. Then we grew up and discovered money, career, education and they became everything—the measure of success, the answer to problems, the thing that matters most. Sometimes, we fell in love, or maybe many times! Then that person felt everything to us. We also fell into envy, and that feeling was our whole world that time. Perhaps we experienced hatred or a desire for vengeance, and those emotions became the lens through which we saw everything. We perceive our needs through the filter of fear, and fear becomes the world we inhabit. As we move through life in this limited state, we crush many people along our way intentionally or unintentionally, all because of our narrow perception. Here is what is certain that at the end, none of these things that seemed like “everything” will actually matter. But we will be left with regrets, maybe not until old age, but definitely on our deathbed. That much is guaranteed. So, what is real?

Before proceeding further, I just have question that how can one love selectively someone and not love others? How can love be selective? Love is a way of being. How can I love my child and not carry the same nurturing emotion for other’s child? Now, we can say that we do. We do love other children too. But let us do a litmus test, if your child and some other person’s child are in danger, you will try with all of your being to protect your child not other’s child. So, what is the reality here? If we are truly loving to someone in our life, we will love all other beings the same way. We will love life the same way, be it animal, insect, or tree.

Now, moving further. We are highly body-oriented people, which makes us fundamentally exploitative. The more things we do that are bodily-oriented, the more it reveals how unfulfilled we truly are. The body is matter, and anything we take from the earth—real estate, food, clothes, shoes, even bringing children into the world—is ultimately about satisfying the body’s needs and the ego’s emptiness. We think having a child is about love, but we need to sit with this question without getting defensive: why do you really need a child? For many, it is because they have not found their true self and need a purpose. Some sees that everyone else is doing it, they look satisfied from the outside, so we do it too. We see that it is how society has worked, so it is a norm, we shall obey. Additionally, we attach emotions

here, that it is love and motherhood or fatherhood etc. But is it really love? When business owners who built their companies "with so much love" lose everything and some even take their own lives because the loss is not tolerable—was that love, or was it a transaction for happiness, for feeling satisfied and belonging, for not being seen as an outcast?

I am not saying do not have children, children are beautiful to have. But before bringing them into this world, we need to break our limited perceptions. Make our life more conscious and less chaotic. Because right now, most of us have thousands of insecurities, and we fight constantly with our partners, and the child witnesses all of this. If we would have truly known love, we would not do that to a child. Due to our unresolved issues, this is the kind of generation we are producing—people who are emotionally broken, who will either avoid relationships entirely or repeat the same dysfunctional patterns because that is what they learned, or they go on for substance abuse, gun violence, mental health issues, etc. because they are lost.

This body-oriented identification does not just ruin individual lives; it creates exploitation on every scale. Wars throughout history have been fought mostly over land and resources—all because of this highly bodily-oriented identification with the self. When we identify primarily with the body, we exploit and crush everything in your path, because the body constantly needs pleasure, balance, and satisfaction. This is how limited perception does not just create personal known/unknown regrets over time—it shapes the violence and suffering of the entire world.

I just want to mention what I mean from all that is we shall engage in any life's activity only to either break our limitations, or we are complete and we can give or help others by being self-secure. We shall make this world a peaceful and more secure place for the future generation. This is our collective responsibility, not by pointing fingers on others rather than self-reflecting.

Chapter 5

Sensitivity and Perception

If we have molten chocolate on our hands, ideally we would wash our hands before touching anyone, right? Or at the very least, the person next to us would want us to wash our hands before we shake hands with them. Similarly, before we touch anyone's life, we should work on getting rid of our own limitations first.

As Einstein said, everything in the universe is energy and frequency, including us. When we apply an electromagnetic field to an atom, an electron's wavefunction can shift to a higher energy level. How long it stays in that excited state depends on the strength and duration of the electromagnetic field applied. It could even happen that the electron loses its original state completely—it might drop to a lower level or stay at a higher one, depending on many external and internal factors. That is how we influence people around us. Regardless of gender, we are very sensitive beings. And that is why humans attain some higher consciousness level, because only if you are sensitive can you be conscious. Else, it can not happen. We have to have some level of sensitivity. It is just like if one of the hand gets paralyzed, a person will not be able to sense any object but the object is there getting touched by the hand, but person's hand does not feel it, because the sensitivity is gone. In other words, this person will not be conscious of the object because sensitivity is not there in the hand. Also, sensitivity does not necessarily mean consciousness is present. We experience this every day—while eating, if we are simultaneously scrolling through our phone or watching television, we overeat because we are not truly conscious of what we are doing. Our body has sensitivity to the food, but our awareness is elsewhere. Day to day, we perform countless actions without real consciousness guiding them. However, the reverse is always true: if genuine consciousness is present, sensitivity will definitely be there as well. The two are directly proportional in this direction. The more conscious you become, the more sensitive you become to everything—your internal states, your surroundings, the subtle details of each moment. Consciousness amplifies sensitivity, but sensitivity alone does not guarantee consciousness is operating.

Stability

Chapter 6

It does not matter what age, gender, beliefs, or achievements we have, if we have not established an unshakable stability within ourselves even in the midst of chaos, we have truly missed out on life and our own unlimited potential.

This does not mean becoming cold or disconnected. It will be a demotion, if we do that. Rather, it means learning to approach difficulties with a different attitude, i.e. with curiosity and determination. When a new challenge appears, instead of collapsing into stress or resistance, we can think, "This is interesting. Something new has entered my life, and I am determined to find the actual essence of why it happened." Easier said than done, I know. Anyway, here is what is fascinating that the reason that initially seems to explain why something happened almost always fades or transforms when we look deeper. The surface-level "why" is rarely the real answer. It is exactly like how science works. As we dive deeper into any scientific discovery, we find more and more accurate reasoning and models. What we thought was the complete picture turns out to be just one layer, and beneath it lies something more fundamental.

Consider how our understanding of the atom evolved. Neil Bohr gave us a model where electrons orbit the nucleus like planets around the sun, which is orderly, and understandable. But as scientists looked deeper, that model proved incomplete. Schrodinger came along with wave mechanics, showing us that electrons do not actually orbit in fixed paths but exist as probability clouds. Life works the same way. The first reason we think something happened to us is like Bohr's model-useful, but incomplete. If we have the patience and curiosity to keep investigating, to keep asking "but why, really?" we will discover layers beneath layers, until we reach an understanding that is so fundamental that it transforms you and how you see things. But now even if we have come to this realization, there is no way it can be embodied until experienced. This is what we at Augmented Perception are focusing on, in achieve an unshakable Self by breaking the limitations by experiencing life.

Chapter 7

Breaking Limitations

There is no such thing as luck. What people call luck is actually the result of immense hard work, specifically, the work of breaking through our own mental map that has been established over years and years of conditioning. Our mental map is the network of beliefs, assumptions, patterns, and limitations we have built up since childhood. It dictates what we think is possible, what we believe we deserve, how we see ourself and the world. Breaking through this map requires tremendous effort and courage because we are essentially dismantling the very framework through which we have understood reality. When we are not being true to ourselves, restlessness and anxiety arise. Now, if there is restlessness to complete some work and we call it passion, that is not what it is in actual. It has just taken another form, stemming from some unconscious wound. When there is intensity combined with calmness, that is when you know you are aligned. The ingredients we put in while baking a cake, if we add too much salt or sugar or any other ingredient, it is going to affect the health of whoever eats it or more susceptible to the corresponding ingredient. So, if ingredients are anxiety, restlessness, compulsion to do some work it will turn out that way only.

Breaking through our limitations does not just help us discover more of who we are—it becomes a way of life. Goals become more achievable because we are letting go of doubts about ourselves and learning to compare ourselves only to ourselves, not to others. We are the kind of beings who can easily pick up other people's dreams and start living them out as our own. We need to touch our true self instead. There is always infinite possibility within any tendency we carry. If there is greed, it can be infinite. If there is compassion, there is no limit to how deep it can go. If there is misuse of any innovation or knowledge, that too has no boundaries. These tendencies, by their very nature, have no limits. And, we live our lives like we are measuring out portions, for example, I will be 10% unkind, 5% cruel, 10% percent passionate, 15% percent family time, 20% career oriented and we want to define it as work-life balance. But there is no work-life balance as such, not in the way we commonly think about it. What we actually need is to be authentic enough that our work becomes our life. And this does not mean rejecting other aspects of who we are. It means including all aspects of ourselves in everything we do. I am not talking about working twenty four hours a day out of survival mode or compulsive necessity. I am also not talking about burying yourself in work because you had a fight with your partner and need to distract yourself from the pain. That is escapism. We need to break all these things we sometimes find difficulty to comprehend, for which we need to connect the dots.

The more preferences we have, whether likes or dislikes, the more control we have given to the external world. Each one is a cargo weighing us down. If we want to fly, we can not by holding onto endless things and identities. Real freedom comes when you hold less things and that too lightly. We are a part of nature. When summer comes, it takes time for fall to arrive, and then winter. In the same way, we just stay stuck in our habitual tendencies, and we can not shift when we need to. It takes time to shift, time to break through our limitations. But human beings have evolved beyond the natural cycle. We are meant to reach states that go beyond what nature automatically provides. This requires more and more life experience, and the ability to learn from it. The less limitations we have, the more clarity we will have and the faster decision can be made. **Again, we at Augmented Perception are working toward this vision—to make this world a more peaceful and authentic place by bringing personalized life's experiences to break our own limitations.** We have forgotten that we came here to break our own limitations. Things happen in our lives in loops, in different forms, and we do not figure out why. If we are circling around how will we reach the next level of our life?

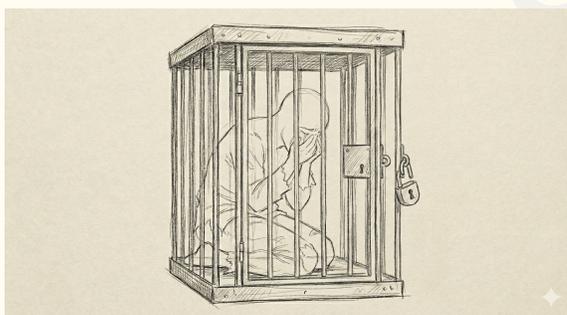


Figure 7.1: Human, caged in his own mindset, but can come out anytime. Cage is not locked. That is an illusion. Our limited perceptions are not real. If we want to live in real reality, we need to break limitations.

”Choose your battles wisely. The real battle is with our own masked self, not with the people, places, or things outside of us.”

”We are crippled beings, walking on one leg and thinking we are balanced.”

”The greater depth you have met with your own self, the similar depth you meet with others.”

”The lesser we manipulate situations for our own good (which we think, but is our illusion), the closer we move towards our authenticity.”

”The lesser we hold on to people, places, things, grudges or circumstances, the more authentic we become.”

”What we put out is what we get back, our intentions towards us and others, we are solely responsible for our misery or happiness. This is the law of nature.”

*Actual transformation takes the pain of ignorance we carry.
Transformation does not happen overnight, or days, or months.*

END

NOT TO BE SOLD