

The doctrine unveiled

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Prologue

This manuscript of insight isn't just a book about religion or about the important questions in life, it's a completely new phenomenon concerning the unravelling of the doctrine. The doctrine unveiled. The author has committed many years to writing this book, with which he tries to expose the essence of life.

A word itself is merely a phenomenon. By passing words on, meaning gets ascribed to the words and people accept it and regard it as being real. The author however, goes a lot deeper than the accepted meaning of words. His manuscript is based on feeling, experiencing and perceiving.

Every word tries to explain something that in reality can't be described in words. Until the doctrine is unveiled, we can't understand those things that cannot be put into words. Only when the doctrine is unveiled, a person can understand what it means to feel for example, without having to name it.

The author takes a closer look at words such as accepting, thinking, fantasy, ideals and freedom and shares his perspective with the reader. It will make the reader think and question about these things and it will cause an inner conflict. The reader will ask himself the question why he has always accepted the traditional interpretation of words and why he has always lived according to that interpretation.

The author's goal is for people to get acquainted with his perspective on life by presenting his manuscript: The doctrine unveiled. The book will affect knowledge and the way people think about life. First however, the doctrine has to be unlearned!

This manuscript shows how much the author has read, thought and how much research he has done. Above all, this manuscript shows the work of a person with much life experience. A person who has developed himself in many aspects, which demonstrates his special gift.

This dictionary will move the readers. The author considers it his mission to open the eyes of men. I wish you luck and wisdom reading this manuscript of insight!

Marty Koning, www.martykoning.nl

To attach

To attach is unnecessary and unimportant, the dead can take nothing with them.

Learning

Learning goes automatically, it is not easy to unlearn. You never learn words without images accompanied by the words, because you can recognize them. Words which you have no images of, you'll never be able to process!

Unlearning is not that you yourself or others are to impose rules. Nobody can help you learn to unlearn.

The person who has unlearned the doctrine, you will not easily find and he or she has no interest in making sure you unlearn. Unlearning is something you have to do alone, you don't need anybody to do it. There are hundreds or perhaps thousands of techniques. That doesn't matter, you need one technique to use, until you no longer need it.

Everything you've learned about, such as love, suffering, happiness, etcetera, are unreal things which make an end to reality.

Pick up

The world can offer you nothing you can't pick up.

Nice

Everybody can be nice and imitate, but the word nice itself does not know what nice is.

To accept

When you accept something, everything goes on fluently, without any counteraction.

Breath

Breath does not need a body to exist. The body uses breath to be able to affirm its existence. Breath confirms itself without the body. Breath confirms the fact that breath is breath.

Advice

During the lifecycle you mostly receive advice of the person who is as blind as you are and thinks that the decision taken, could have been taken differently. Whether the opposite actually would've been better, is something that nobody can confirm.

Distance

Distance takes its place in time. Where there is no time, there is no distance.

For distance you need imagination to see what does not exist.

Everything

Everything you had before birth, you will take with you to the grave.

God is all written language, but words are not God. You could also say that God reflects the words and that bad meanings display the devil, until the invisible inner self will unveil the contrary.

Who, what and where is making you think that certain events differ from one another, but in reality everything is the same for the invisible inner self. For example the murder of a child, a brother, a sister, a mother, a father, a friend, an enemy or a stranger. Even suicide! They belong to the doctrine.

When the invisible inner self is unveiled, the invisible inner self becomes aware of everything. There is no need for anyone to tell you anything; the invisible inner self knows everything!

Others

Everything you know about yourself, you owe to the existence of another person. The other person is a living reflection of the mirror to you. You and the other person are equals.

You need others to confirm your own satisfaction.

Knowledge that has been brought to you by others is useless, unless you unlearn it.

What other people say about you is unreal, because you can confirm it; reality can never be confirmed. A tree for example, can be confirmed by you and another person, but the tree cannot confirm your confirmation; that is reality. Reality cannot confirm reality.

All the things other people do and say, you do and say in exactly the same way. By not unveiling this, you will never find out either. The other people know everything about you, like you know everything about them, but never about yourself. Everybody else is predictable, but you never are. You are predictable to other people. I am always another person and never the same.

Other people say what you have to do; there are thousands of rules and theories to restrain you. If doing things is that simple, why are there so many unsuccessful rules and theories? The answer is simple: only thoughts can constrain thoughts, by letting thoughts go their way simple and flexible. Without your intervention or counteraction rules and theories are unnecessary. It's as simple as that. The simplistic can only go into force because of the invisible inner self and because of nothing else. Rules, theories or anything like that are nonsense.

Because of ignorance you use incriminating words that are used by others, however frustrating these words are to others.

Whatever you say you're doing, you say to confirm others.
Whatever you say you're not doing, you should not confirm.
Whatever you are doing that you don't confirm, you haven't done.

Whenever you say you're happy and you feel good, you are busy confirming that to other people. You don't know if that is actually the case, because you are unable to confirm it yourself.

Whatever gets destroyed by you, is renewed by others.

What the other person knows about you, you don't know yourself.

Fear

Nothing you fear can exist without thoughts.

Whatever you say, you can never hide fear from yourself!

Antithesis

Everything people compare to the invisible inner self, stays the same. The outside is the rise of all contradictions.

Everything that is antithesis is of equally importance. For example good and bad, winner and loser, rich and poor, fair and unfair, life and death, etcetera.

The antithesis and the non-antithesis are one and the same. The purpose is to unveil the insight. It's not about another person talking about it or confirming it to you. There is nothing to talk about, to ask, nor to confirm. It is a self-affirmation to the person that has unveiled that unveiled insight. That person knows that antitheses and non-antithesis are the same thing. In other words: they don't exist. Because of the thoughts disappearing, it's not possible to give an explanation without a choice of words.

The thought about 'I', being 'I', is the essence of the antithesis.

The invisible inner self is the invisible inner self that has exceeded the antithesis.

Words are able to exist because of the antithesis. When the antithesis disappears, the words disappear.

Antithesis arises whenever a group of people takes decisions that are not agreed upon by the minority. Consciously or unconsciously you share the decision of the majority or perhaps a person (since the prehistoric times) lifelong.

Antithesis is destroyed by the invisible inner self.

Assertive

To be assertive is something that is always done for others: you know you are unlikely to be assertive, unless you are fooling yourself.

To be assertive is something that can always be confirmed by others and never by yourself. It is and always will be something for other people.

Afraid

When the thoughts say you're afraid and you don't actually know you are afraid, you say to yourself that you aren't. To be afraid is in your nature and is sometimes expressed, so you can think you're not afraid. Once afraid, always afraid.

You're afraid of the known and the unknown, so you're always afraid.

When you know why you're afraid or what it is that you're not afraid of, you're *afraid*. By thinking about what it is that you are afraid of –but you won't say it or because you don't know, you actually are afraid. If strange sounds in the dark make you startle, then that's also called "being afraid".

You're always afraid of the unknown, not knowing that it is the doctrine.

When you're afraid, you try to focus only on being afraid. In time the fear will automatically vanish, because the thoughts have gotten used to that process.

Before you came into the world, thoughts were already there. When you die, thoughts will remain for others to use. Thoughts are always present for or because of other people. You are one of those other people.

The reason you wish not to die, is because of thoughts; thoughts are attached to a lot of actions. There are a lot of thoughts left that you want to attach to actions or thoughts you yourself wish to attach to. What thoughts possess and what you can possess, is the reason you want to possess thoughts before you die. Death doesn't wait for your fulfillment, fulfillment has already been fulfilled. But thoughts will never be fulfilled. Thoughts have been there for centuries, always the same thoughts. Thoughts old as centuries that can never be fulfilled. Only empty thoughts can be fulfilled... by emptiness.

Thoughts are a doctrine and the doctrine needs to be considered as a loan.

The dictionary has confirmed to you that thoughts are a performance, or imagination. Thus, an illusion! Thoughts are forever unreal, unless you are not able to realize that.

Thoughts can never be in possession of a single person, because that what you do not learn, has no thoughts.

When "I" tell you that something doesn't exist, you will say: 'I can see it, so it has to exist'. And you're right, until the moment you can switch off thoughts.

Being dead is repeating to think about the dead. For example: the death of a stranger could be nonexistent to you, there is no obsession of it. But death does exist amongst your family and friends, they have emotions, memories and ideas about the dead. You are not able to imagine anything. You see death. That's it, nothing more and nothing less. It's over, gone. The taught doctrine about death (of strangers) is not applicable on you.

To answer

The questions you have about yourself, you cannot answer. It is others who have the answers.

It's better not to answer questions, so that later on you won't regret your answers.

People can never answer questions to which the answers are not already well-known. Questions and answers are part of the doctrine. The question already has the answer, before you are able to answer the question. The question or answer is unfamiliar to you, when you have never heard about that lesson.

You imagine your life differently than you experience it.

You can never come up with an idea; it has already been conceived.

Threat

You are always threatened by delusions.

Control/restrain

Norms, values, culture and laws are there to control/restrain people.

Images

You're being taught to attach to images; you will never know that images are only images. Consciously or unconsciously you will build on those images, with all of its catastrophic consequences for the life situation.

You attach to images, you forget they are images and you start building your life on them. You will suffer because of these images. If you are able to unveil this, you will destroy all contradictions.

Everything you say and the images you are talking about at that moment, are always unreal. Others can never compare the thoughts and images you use, because other people use different images for their thoughts. Your used images are other images and all your words are other words. Nevertheless, the other person knows how to process your words. That's the reason why there is confusion between people. They think they know what the other person is imagining and they talk as if the images are their known.

The image you have about someday else, can never exist to another person. Imagine talking about an image that is unknown to me, it means it doesn't exist. The image of your mother's death, someone I don't know, therefore doesn't exist. So your mother is dead to you, but she isn't to me. So death isn't real if it exists to one person and doesn't to another.

It's impossible for two people to think about words in the same way. This is why arguments usually exist, because of misunderstandings. To translate words, images are a necessity; the images of one person can never be the same as the images of another person. Even the same meaning has other images with other colors.

When you're walking you see images; when you're sitting down you see images, when you're thinking you see those images, when you're dreaming you see images. Images are always unreal.

Every person you think is happy, is actually you imagining they are happy.

Whenever you're awake you see images, when you're dreaming you see images, or you're dreaming that you're awake and seeing images, or you're awake and dreaming that you're seeing images.

The image you have of other people, is the example of your own behavior.

The images that fade away to you are the ones you cannot reproduce, they will stop existing to you.

The images you have of other people, are not what they are.

All delusions come from images.

It's always images of death that influence you and not death itself. When a mother dies, it has absolutely no meaning to you, because you don't have warm images of her. It's all about finding a place for your images. That's very important to you and because of death you cannot process the images. Thoughts exist because of memorials.

For everyone around you you've created an image. You know and recognize those images and never the surroundings. When the surroundings disappear, the images keep on existing.

Everything is the same to people who are not able to project images. A ball or a tree: you compare images you know and you see the difference. The difference is in the images and not in the words (or the other way around).

Confirmation takes place through images that are present in the thoughts. When there are no thoughts, there are no images through which the thoughts can do their work.

By not being able to imagine images, you are able to see the invisible.

A couple isn't happy when they're not able to destroy images.

Thoughts always come with images. With the thoughts you see images. Thoughts are endless chains and so are images.

Everyone tries to create images of what they have seen. They are not able to see new images.

You talk about images, images aren't real; you live with images, life exists of images. You can't talk about reality, without talking about images.

Children do not possess images, they have no time, no distance and they cannot process anything. Images, time and distance are there so we can think about it. This is why it would be inhuman to resent children (because of your own frustrations).

Words will be translated into images and it's the images that make sure you remember.

You have to link an image to everything you hear, in order to process it.

When you don't want to do anything, you must rule out images.

Without images you are not able to process anything.

To understand

The invisible inner conception is when nothing can harm you. If this isn't so, you are not able to understand anything or yourself.

You read what you understand and you don't understand what you read.

You have to associate everything in order to understand other people.

When you explain your experiences to other people, they can never understand you. They've never experienced your experiences.

Even if a thousand books will be written to explain what NOW means, it is nonsense. You won't understand it. NOW there is nothing to understand. To understand you need the capacity to think and thinking means time. NOW is timeless.

Everything you have, you obtained through others. You function through others, without realizing you can't exist without others. When the invisible inner self unveils this, you no longer need others, you will disappear.

Everything you can process belongs to the doctrine and not to your own knowledge.

If you read what you don't understand and you understand what you don't read, that actually is reading.

Understanding is being done by thoughts, without thoughts understanding is unnecessary.

Understanding isn't understandable, because there actually is nothing to understand.

The more you hear, the less you understand.

Given the fact that you can't understand anything, you think children can understand everything and you don't think that they're smart or intelligent by repeating things.

The ears can't hear what the heart can't say.

Understanding

It's nonsense to understand other people, when you can't understand yourself.

You can explain everything without understanding what you are really talking about. Understanding is explaining what you've heard or read.

When you don't understand yourself, you have a reason to become angry, because that means you are not able to understand other people.

When you don't understand yourself, you can never understand other people. It's very difficult to understand yourself, making it almost impossible to understand other people. What you can do though, is pretend to understand.

You can't understand anything about the truth. If you do understand, it's wrong. The truth has to be unveiled, then it's called the truth.

When you can explain one thing or another, it doesn't mean you know what you're talking about, because a child can explain the exact same thing and don't understand anything about it at the same time.

What you understand is what your mind shows understanding for. When your mind has no deeper insight, understanding isn't necessary.

The things you can explain, are the things you don't understand. Understanding is being done by the doctrine and explanations belong to the doctrine.

The things you repeat and imitate, are the things you don't understand. The things you do understand, you don't repeat.

Things that don't belong to the doctrine, you will never be able to understand.

To control

If you can't control yourself, your friends and enemies won't know or recognize you.

The appearance can be controlled by you and by most people, but most people can't let the invisible inner self take its course, because they don't know what the invisible inner self really is.

Life is frustrated by the control you have over yourself. This makes it difficult to unveil the invisible inner self.

Control is man's best friend and your own enemy.

To belong to

The doctrine belongs to the doctrine and thinking belongs to the thoughts.

To influence

The doctrine teaches you to think that you can do things to influence yourself and people around you. Nonsense.

Words that influence you are words that decide everything for you during your life.

Words are being influenced by words, as long as people don't come between them.

Known

That what is known is never important; you can possess it.

Important

Importance doesn't exist to you. You are important when people can use you for their own purposes.

Everything you know about yourself is very important, what you know about other people is not.

Importance means something to those who aren't important. The funny part is that important people aren't able to unveil themselves.

Important is a word you cannot fill in.

Important says everything about importance and nothing about yourself.

The way people interact is not important. It's the way you interact with other people that's important.

People who are important to other people will find out later on that they never were important, because importance can't exist to you.

When you are unimportant, you want to be important. When you are important, you don't know you are important. You can never see your own importance.

Things you don't have are important. The moment you have them, they lose their importance.

Things that are important now, are unimportant later on.

Experience

If you don't know what is real, it is fantastic to see.

You can try to imitate semantics, but you can never see the essence of it.

While you wish to live the happiness of other people, happiness passes you by.

What the invisible inner self means, is not the same as what other people see. It isn't a thinking pattern of the doctrine either.

What you experience now, can never be experienced again.

What you can't experience, you can never pass through either.

What is pretty and nice to you, is pretty and nice for just a moment. Later on you will think differently about it.

To promise

You can promise yourself anything, but death won't let you!

To judge/judgment

You create your own judgment by talking about yourself so that other people always have a prejudiced opinion of your behavior.

You're being judged for the things you can do that other people can't.

Without thoughts there is no judgment. Judgment belongs to the insight of thoughts, having to do with culture, rules and norms, etcetera. Things you've learned. These are forms of judgment. So it is not the person itself being judged. Everyone uses the same criteria to judge other people with other people. Judgments exist, before the deed is being committed. It's a confirmation of the (pre)judgment.

Everyone who doesn't know what is romantic, decides the rules on being romantic. You just act out on those rules.

During life everything is being decided and confirmed by other people, even the freedom you think you have, has been decided on and confirmed by other people. Your death, your career, your future and so on.

You can't decide anything, even the good and the bad are being decided for you by others.

To restrict

All doctrines are restricted for thoughts, so that one thought is always less restricted than the other. Nevertheless, restricted remains restricted. Only the person without thoughts is unrestricted.

Decisions are usually taken by restrictions of the mind. Everything that belongs to the restrictions of the mind, has its disadvantage.

Contradictions have arisen because of the restricted mind.

Everybody able to think has a restricted ability to do so, because the mind can only think about the doctrine. The mind is all about the doctrine and everyone has thought this doctrine. So the essence of all thoughts is the same.

The doctrine is restricted and thinking is restricted to the doctrine. No thinking, no doctrine, therefore no restrictions.

When somebody laughs at you for something you are doing, or something you have done, that person is someone with a restricted mind.

To achieve

The only thing you can achieve on planet earth is death.

You can never find out if the things you have done, could've been done differently.

Famous

Being famous, well-known or notorious, is only for people who aren't any of those things.

Whatever your occupation is, the invisible inner self knows you're not important. It's always other people who think you are important and say you are important.

Whatever your occupation or degree is, they're just things that have no meaning or value to you. This is something you will find out when you're dying.

Protection

The bad thoughts you have about other people, are thoughts you have for self-protection.