

# **Transcendence**

A vision for the future

Written by  
Martijn Spek

© 2025 Martijn Spek. All rights reserved.

No part of this book may be reproduced, stored in a retrieval system, or transmitted in any form or by any means—electronic, mechanical, photocopying, recording, or otherwise—without prior written permission from the publisher, except for brief quotations in reviews, scholarly works, or academic citations in accordance with fair use laws.

Published by **Brave New Books**.

Delftsestraat 33

3013 AE Rotterdam

[info@mybestseller.com](mailto:info@mybestseller.com)

ISBN: 9789465202921

First Edition: 2025

Printed in The Netherlands.

The ideas and interpretations expressed in this book are solely those of the author. While every effort has been made to ensure accuracy, the author and publisher assume no responsibility for errors or omissions, or for the application of any philosophical concepts discussed. This book is intended for intellectual exploration and philosophical discussion.

For inquiries, permissions, or author events, contact: [martijnspek15@gmail.com](mailto:martijnspek15@gmail.com)

## *Index*

Preface	1
Chapter 1: End the hunger	3
Chapter 2: Shed the feathers	9
Chapter 3: Shatter the ladder	15
Chapter 4: Face the fear	21
Chapter 5: Feed the soul	27
Chapter 6: Cleanse the waters	37
Chapter 7: Break the cycle	41
Chapter 8: Close the loophole	49
Chapter 9: Caress the stillness	53
Chapter 10: Respect our Mother	57
Chapter 11: Thread the line	63
Chapter 12: Escape our prison	69
Chapter 13: Think much bigger	75
Chapter 14: Dream of stars	83
Chapter 15: Embrace our legacy	89
Chapter 16: Enter the void	95
Chapter 17: Life just is	99
Chapter 18: Sands of time	105
Chapter 19: Never too late	113
Epilogue	115



*Enlightenment: it's all about  
understanding.*

## *Preface*

This entire book will have to be preluded with something important: I am just a dreamer. Everything in this book is based on visions and dreams I've experienced throughout my life, intensifying as I grew older. I am well aware of the fact that most of what is written here will be seen as naïve, foolish, ignorant, or just impossible. Most of what is written will go against 'human psychology.' Much of what I wrote will be opposed by various political and philosophical ideologies. And that is okay, all your feelings are valid, and I agree with everyone.

The point of this book is not to convince others that I am 'correct,' or that this is the only possible way for mankind to go forward. The point is to underline the deeper, spiritual wounds we've inflicted upon ourselves, and to stop treating the symptoms. Many people feel dissatisfied with our modern way of living, for various reasons. Whether that is the futility of work, the agitation between men and women and the growing divide between them, the globalisation of the world, the economic injustice and inequality, the disconnect from nature, the rapid encroachment of technology, or another equally valid reason. Our world right now is profoundly ill, something a lot of people see, feel, and understand, perhaps at a subconscious level. All of this has been shaped by our own doing.

Most people are not able to address these problems on a higher level, let alone propose solutions for them. They see the world as 'too big' and they retreat into their own little bubbles, focusing on their own lives. They rely on substances or hedonistic activities to get through their life. This is not to shame them; I do it just as often.

I just have these dreams. *These visions, where I am drowning in an ocean of mist; sinking into nothingness. I can see human civilisation on the horizon, with the cities on fire, the people sleepwalking, and Mother Nature crying.* I've had these visions for so many years now, they are not random. And no, I don't use drugs. I think there is something profoundly wrong with our modern way of living, something that a lot of people subconsciously feel as well.

The ultimate point of this book is to plant a seed. A small, tiny sprout that may slowly bloom over the decades, aeons, or even millennia. To awaken our inner minds and to steer humanity towards a better future. I strongly believe we can do so much better. We don't need to accept the slavery, injustice, or futility surrounding modern existence. We can change things. Simply believing in this is the very start. Trust that human society is not random, or impossible to change. *We shape society.*

Can you imagine a world where there was no fear, coercion, submission, violence, greed, injustice, and so on? Where we return to our ancestral way of living, not by becoming primitive, but just by understanding timeless wisdom. The core purpose of this book is to make you *understand*. Our way of living is not right. We can change. We have to. Dream with me.

A lot of the same underlying messaging will repeat several times, throughout various chapters. This is intentional. These key ideas help shape your understanding and reframe your mind. They have to be repeated because they have to penetrate the core of your mind, not something that only lingers in your temporary memory. My apologies if this becomes frustrating or boring, but it's just like eating your vegetables. It's for your own good.

Most changes and ideologies proposed in this book may take a long time to bloom, and most people will not find resonance with them. That is okay, this book is not for everyone.

Truthfully, I want to heal us. I want to mend the spiritual wounds of society, to restore purpose, meaning, inner peace, and to offer a grounded vision for the future of humanity.

Some of my ideas are abstract, leaving them open for interpretation. Which is the point. I do not determine what society looks like; I am not God. My goal is to make you think; to wake you up. Accept responsibility. Fight injustice and shape a bright future. Just like changing habits: you do it one step at a time. One tiny pebble is almost nothing. However, many pebbles, rocks, and stones may build empires. Dream big. We can transcend our outdated collective society. And this begins with yourself.

## Chapter 1: End the hunger

Hunger is an unpleasant feeling that we do not like to endure for too long. It is a signal from our body that it is time to eat. However, in factual reality, this is not fully true. There is a small nuance when it comes to interpreting this signal: hunger means your body seeks energy. It is regulated by hormones; a warning that your body is lowering its output due to insufficient energy, meaning your metabolism slows down. You can choose to eat; to supply your body with energy. Or you can choose to fast, to let your body break down fat for energy. This simple difference is completely reasonable, but often forgotten by many. Most people think you *need* to eat when you feel hungry. In fact, this is only true if you are underweight, or if you have another solid reason to actually eat. If you carry enough fat on your body (which the overwhelming majority of people do), it makes complete sense to just let your body use fat for energy. You can trust that the hunger will dissipate, even if you don't eat. The less insulin resistance you have, the easier this becomes. Fasting is a skill.

All of this only applies to feeling hungry on the physical level, making it very obvious and relatable. Yet, there are dimensions beyond the physical. *Hunger* means you are dissatisfied; that there is a craving that you need to satisfy somehow. This can apply to so many things: wealth, materialistic possessions, status, relationships, attractiveness, social media clout, being the 'best' at something, having the latest gadgets and toys, etc. Our modern society is filled with what can best be described as *illusions*. These illusions are external elements that seem valuable, important, or leading to inner peace. Unfortunately, illusions aren't real, and trying to grasp them makes them disappear. You will not find inner peace, meaning, and happiness by chasing these mirages. No, being a bit more attractive, having more bed partners, or earning more money will not make you happier or find true fulfilment. These things come from within you, they cannot be acquired externally.

In the grand scheme of things, chasing these illusions can be summarised as 'climbing the ladder.' Climbing this ladder is very common in our society, something most people do all the time, especially younger generations. We wish to compete, to acquire more, and to always be 'better' than others. As people grow older, they usually grow out of this chase, as



they understand that it's way healthier to focus on your own life and to not care nearly as much what others think of you, or what your status is.

Unfortunately, climbing the ladder (or chasing illusions) is heavily encouraged in our society. An unattractive woman with few friends is seen as a loser, and so is a man who is broke or works at a simple, low-status job. People with few friends are seen as outcasts, and people who earn little money are seen as disposable. People who are virgins well into adulthood are seen as failures. These norms run extremely deep, the fact that they are being called out here may be a tough pill to swallow already. Let's not blame individuals for falling for these illusions. It is such a shame that people have to learn the hard way that climbing the ladder does not lead to fulfilment. It would be a lot healthier if we simply changed our perspective, so people were not pushed onto this ladder in the first place.

It also does not matter how far along you've gotten. Maybe you're extremely handsome, wealthy, or a CEO of a successful business. Perhaps you've had a lot of intercourse, and you have a rich social life. You did what was expected of you, and you succeeded. You got to heights few people will ever experience. Yet, you are blind to the fact that every rung you've touched made you slightly more disconnected from your roots. It is never too late to let go. Root yourself.

The very first step towards transcendence is to stop trying to satiate an endless hunger. Don't chase things that are meaningless, no matter how much we confuse ourselves into thinking they matter. *You cannot fill an infinite void with 'more.'* You cannot cast out a hunger that is relentless by feeding it. Just like stepping on a treadmill, trying to reach a destination, you are just wasting your energy. Step off the treadmill. If you want to reach a destination, you need to plan a route and actually move there, not stay on a treadmill thinking you'll eventually get where you wanna go.

Ending the hunger is the gatekeeper of reaching enlightenment. The overwhelming majority of people will fail here, because they fell for illusions for decades. They cannot accept the fact that being 'successful' is meaningless. Their wealth, prestigious job title, attractiveness, or number of sexual partners they had are all important! Right?! Please say it's true! Unfortunately, it really is not. That is not to say that you should never do any of these

things. It's not that you shouldn't work, be responsible with money, work on your fitness, or have intercourse. It is more so that these things will *never* lead to true fulfilment; you cannot use them to fill an infinite void. It is just like applying make-up to hide your real face: you cannot conceal what truly lies underneath. You cannot put a blanket over a hole and believe it's filled. As soon as you step onto the blanket, you fall down. Or, in more practical terms: the more things you own, the more work you have to do to maintain them, and the less peace you feel.

Stopping the unending chase already brings an overwhelming sense of relief. You'll realise that you fell for illusions. It doesn't matter if you win or fail. It doesn't matter if you only went up a few meters, or you've been climbing rung after rung for years. *There is no top.* Do you ever wonder why celebrities struggle with issues like drug abuse much more often than the median? Being famous, attractive, or wealthy does not lead to lasting inner peace; it's usually quite the opposite. Subconsciously, we may know this already. Unfortunately, there are so many (young) people who still fall for these illusions. We constantly shame each other, belittle each other, or try to force each other to get on the treadmill anyway. This is probably because we feel less bad for 'wasting our life' if others also do this, like crabs in a bucket. The way to break free is not to pull each other down; it is to lift each other up.

Imagine if it was a norm in society that things like status, wealth, reputation, or job experience are deemed irrelevant. Where we instead focused on autonomy, respect, compassion, freedom, and a deeper understanding of what society we wish to build. Where life was no longer a fiercely competitive free-for-all, where few people win and most lose, while we gaslight each other into thinking all of this is acceptable. Oh, such blissful dreams...

We will not change these entrenched norms in an afternoon. However, *you* can change yourself. Already understanding this wisdom raises your consciousness to a level that's required to even begin the journey. Keep the concept of a 'norm' in the back of your mind. We decide what is normal. It wasn't that long ago that slavery was normal, or that women couldn't vote, or that kings ruled over us, whom we had to obey without question. Funny how slandering the king is still punishable by law in many countries today, even within

Europe. Norms are just like laws: malleable, fleeting, and only as important as we deem them to be.

Norms change when we change them. No sooner, no later. Of course, there is an obvious transition period, things won't change rapidly unless a revolution or something similar happens. However, changing norms is up to ourselves. We need to fight for them, push the boundaries, change perspectives, and never give up. Any harmful norm in today's society can be changed; replaced with something better. The idea that wealthy people are more important, or the idea that you are 'worthless' if you don't work full-time can be changed. Just as the idea that a man is less valuable if he doesn't study or work in STEM, or the idea that a woman who's past the age of 35 is useless because she's 'past her prime.' It could go on, but you get the point. Things we believe as normal are just that: norms. And we can change *any* of them, if we want to. This will be further explained in the next chapter.

We are behaving like blindfolded prisoners chasing illusory carrots, believing we will be released once we catch one. This is probably one of the best ways to describe modern society right now. The solution is to quit playing the game, and to fight for change. We can push against the tides, wake people up, and make actual changes. It starts with one person at a time. It begins with you.

Once this norm has shifted, where we—on a collective scale—no longer believe in satiating an endless hunger, we have already made a massive leap. Imagine how much harmful futility can be erased once we all embraced this wisdom. All the harmful advertisements, social media brain rot, overpriced cars, fashionable clothing, and so much more can all be discarded. *We won't care anymore.* We can instead focus on what is meaningful, like bolstering our connection with nature, seeking meaningful friendships, caring for the most vulnerable, and embarking on our true spiritual journey. We can embrace an overwhelming sense of rest and stillness because we are no longer endlessly running on the treadmill.

Understand that modern illusions are just that: mirages. These harmful expectations are genuinely making people ill, especially younger people or those who are mentally struggling. It is crucial to understand that your dissatisfaction in life stems from the fact that you are chasing meaningless things. This is not your fault, you are being told to do these

things. Breaking free as an individual is important, but we can do much better. We can *shatter the ladder*, something we will come back to shortly. Embrace your hunger, accept it, and it will dissipate.

