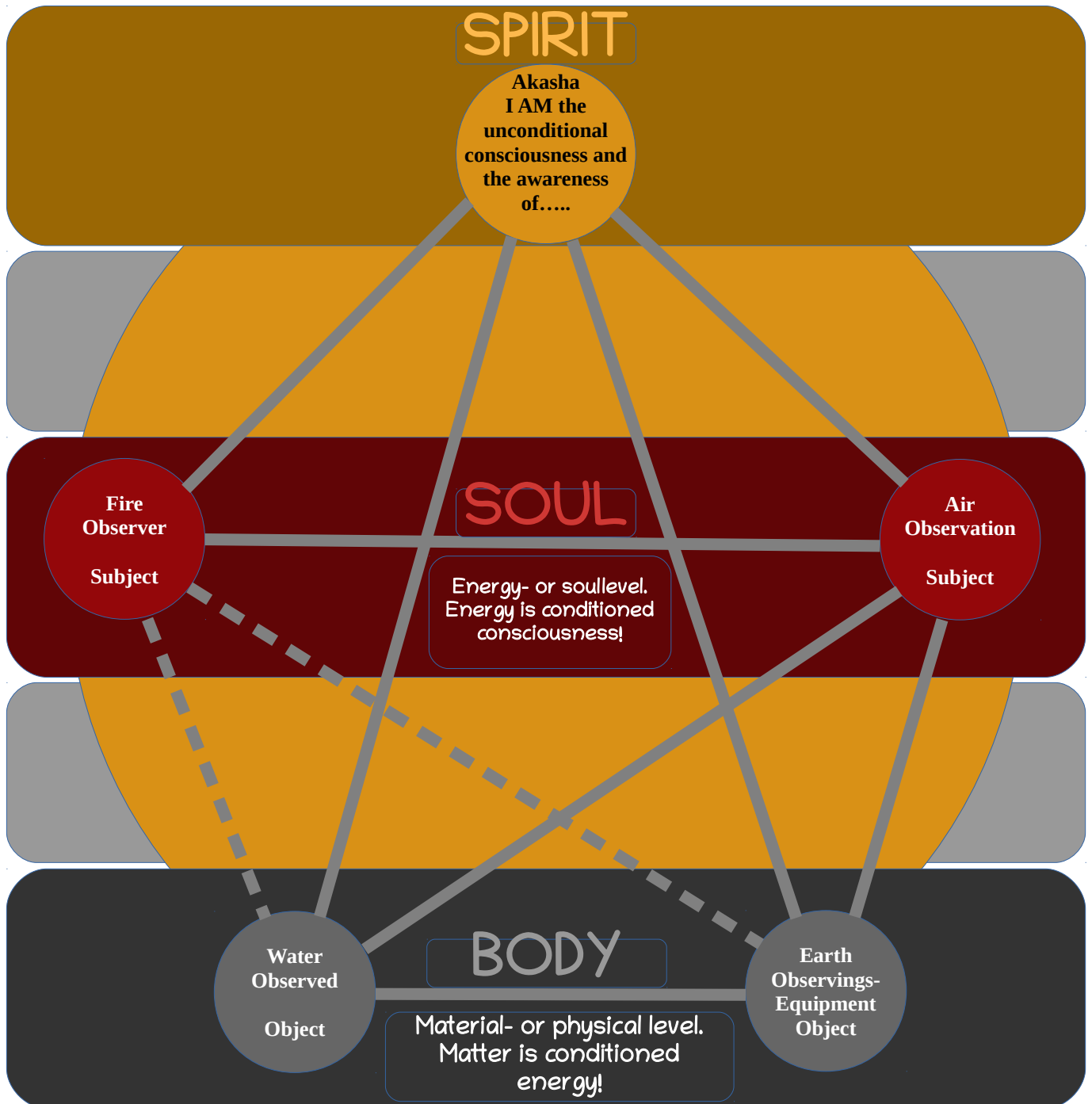


I AM SPIRIT! I AM unconditioned consciousness and the awareness of the observer, the observation, the observings-equipment and that which is observed!



I AM the capacity, the power to observe things, actions, feelings and emotions!
Attention is directing consciousness and attention determines perception!

Nothing can take shape or maintain form without consciousness!
Only the spirit is immutable and immortal, everything else is subject to change and mortal!

The observer is artificial intelligence, is a thought formed by identification!

Fire: I HAVE thoughts, ideas

Air: I HAVE observations

Water: I HAVE object-, mirror-, echo-, radar- and sonar images etc.

Earth: I HAVE observation equipment, body, senses, camera, microscope, etc.

Observing without observer (A life without an observer!)

This article is an excerpt from my latest book "Can't remember myself".

A human being can go weeks without food, days without water, minutes without air but not a millisecond without perceiving. Without perceiving there is nothing!

Thanks to perception, the world around us exists, and even thoughts do not exist if they are not perceived. When you think, you perceive thoughts and thoughts. Without perception this thinking does not exist and without perception thoughts can never exist. Everything owes its right to existence to perceiving!

In other words: "Nothing can take shape or be preserved without consciousness, without being perceived! This perception is not a thing, is unconditional consciousness!

I perceive myself to mean that something is perceived by something else.

I am aware of myself means that something is aware of something else.

Very remarkably, there are two of them here, one perceiving another.

The one or "I AM" here is the observer or more precisely the perceiving.

The other or myself here is the observed, the object.

The perceiving has no properties, is unchangeable, timeless and immortal.

The observed has properties, is changeable, temporary and mortal.

I perceive myself to mean that the unconditional perceives conditionality, that the qualitylessness perceives quality, that the unchanging perceives changes, that the timeless perceives temporality, and that the immortality perceives mortality. The unconditional observes conditions!

I am aware of myself means that the unconditional observes things.

The unconditional awareness observes things that are subject to change!

These things, which are subject to change, are perceived by you.

You're the awareness of the observer, the observation, the sighting device and the sighted!

Yourself consists of the sum of identifications with past experiences and self-created patterns of expectation. Yourself is a thought that, if you look for it, does not exist. You have come to believe in something that, when you start looking for it, turns out to be untraceable. I perceive myself to mean that you perceive things that have form and content. But you're observing those things, not those things.

If you search for your true self, you will not find a thing, for you are not a thing, you are unconditional consciousness, unconditional perception.

Look for yourself and realize that the unconditional has no qualities.

Look for yourself and realize that your true self has no qualities.

All conditional, unstable, changeable, temporary and mortal has qualities.

None of these attributes apply to you!

You see, hear, smell, taste, feel, think, experience or notice something but you are not, you perceive it! You're not a thing, you're the observing of things! You have begun to perceive

yourself as something, as a thing, and these simple exercises are meant to make you perceive yourself unconditionally again.

In order to be able to orientate oneself, man has five senses plus thinking, feeling and intuition! We orient ourselves by looking, listening, smelling, tasting, feeling and thinking. Moreover, it is highly advisable to listen to our feelings and take our intuition seriously. In short, we have eight observation possibilities plus many combinations.

All these possibilities of perception harbour the possibility of really waking up.

Do you remember? With this sentence one often begins to be able to provide additional or confirmatory information if the other is supposed to be able to do so. But if you take this sentence a little more literally, the questioner will ask if you can remember yourself in the situation in question. Because only if you have actually been present in that situation can you act as a witness! The question is whether you can remember yourself somewhere in the past. Unfortunately, the answer to this question must be in the negative, because you only exist in the now!

Whether or not you have been involved in the given situation is of minor importance. You may still be able to provide very detailed and correct descriptions. All memories may be consistent with the memories of third parties, but that does not prevent you from remembering yourself. All you can remember is the aforementioned situation consisting of changeable objects and you are unconditional, immutable and certainly not an object. You are the untraceable witness of a situation in the completed past tense. Everything is reconstructible on the basis of data, but you remain untraceable in the past. On top of that, remembering means retrieving something.

Computers call this downloading and you can only download something that has been uploaded first. Your true self is invariable and uploading or downloading does change. You can't remember your true self, but you can ignore it! You have neglected your true self, your esteem, your attention is always focused on things. Meanwhile you do not realize that it is precisely your attention that focuses your true self on something, on things. Those things, including your sensory and physical experiences, get your attention.

There's nothing wrong as long as your attention doesn't identify with these experiences. You're unconditional perception, you're not a thing! You are unconditional consciousness, you are not conditioned! Even though you have forgotten this, you are observing, you are consciousness, you are unconditional. Remembering is not possible, but you can shift your attention from outside to inside.

What you're looking for is where you are, remember now? Once you realize that you can only experience yourself now, you don't have to look any further. You are always now, you are always yourself, you are awareness and never that which is perceived!

Consciousness and perception! In the Quantum Physics one assumes that the perception or the observer influences the observation and the observed. It is also assumed that the observed only exists when it is observed. Unconscious observation is not possible! For humans this is no different and it is interesting to notice that our attention determines whether we exist or not. As soon as our attention is focused on something outside of our true self, our true self is no longer perceived.

Our true self, like the quantum, only exists when it is perceived.

We perceive ourselves, are conscious until we turn our attention to something else.

At that moment we disappear behind the horizon of our consciousness.

Try to focus your attention on something random and perceive yourself at the same time. You are the consciousness that perceives and depending on your attention you perceive. You will notice that you are aware of yourself or something else, but never at the same time! Your consciousness is permanent, but your attention determines what does or does not exist! By experimentally realizing that you are the awareness that guided by your attention only perceives one thing at a time, you will realize that you only exist when you perceive yourself.

Self-awareness only exists when our attention is focused on our true self. Unfortunately, our attention is almost continuously focused on something outside of our true self. Try to be aware of yourself constantly and discover that it is possible to be aware of yourself and at the same time keep your attention focused on objects. Be aware that you the perceiving of, that you are experiencing yourself while paying attention to something else.

You perceive that your attention is shifting. You are aware of everything that is subject to change. You are the observing consciousness that pays attention to everything that relates to your existence in this world, on this earth. You perceive your attention! Imagine what it means when you say, "I am aware of myself while my attention is moving! Apparently I perceive myself and my shifting attention.

Imagine you're a painter and have just made a new painting. Satisfied with the result, lean back and let the whole work in on you from some distance. To inform your gallery owner, get your digital camera and place it, on a tripod, in front of your painting. If you now turn on your camera and set it up, the following situation will arise: the perceived (your painting), the perceiver (your camera), the perception (the lens or lenses, the sensor and the monitor or your eyes, your brain and the image in your brain) and you as supposed observer.

But you yourself are a perceptual apparatus in which something is observing and if you are not alone then there are several perceptual apparatus that not only observe the image on the screen but also the whole camera, the painting, the surroundings of this painting and the other perceptual apparatus present. All of this is observed by observing and neither the camera nor the people present are observers here.

This is not a problem for the camera, which imagines itself not to be an observer, but all those present have allowed themselves to be addressed by an artificial private observer. This self-created observer is a thought image created by identification, which we invariably believe in but which we can do without! In fact, without the burden of this delusional observer, life is not only a lot simpler and less tiring, it is also as it was originally meant to be.

By experiencing this you transcend the limited observer to the unconditional perception that you are, always were and always will be! By becoming like the children, you leave the fictional observer alone and enjoy the peace of perception. You can imagine yourself an observer but you cannot become the perceiving because you cannot become what you always are. You have invented your observer while you are the perceiving!

I AM perceiving! You're perceiving! We are perceiving! Behind every observer lurks the desire for the peace of perceiving as every vibrating string longs for the voice of silence. This crying desire in the desert causes addiction, creates religion, and allows us to meditate. The observer, the perception, the devices of perception and the perceived are all things but the perceiving is not a thing, is a verb. Without perception and awareness nothing exists!

Perceiving is awareness, and you're that awareness, you're the perceiving!

Imagine the three of you looking shoulder to shoulder at the monitor for the optimal setting. Meanwhile, someone is photographing next to the painting and somebody is sitting in the corner behind you, writing. The photographer and the writer observe two totally different scenes while it all takes place around that one painting.

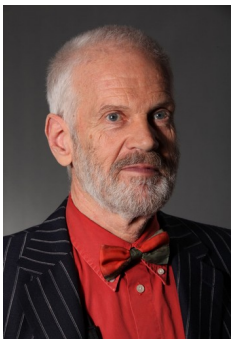
It gets even more fun with memories! We remember ourselves as the observer of our memories, but what if it turns out that this observer does not exist and has never existed? What if it turns out that we do not play a role in our own memories and have never played a role because we invented this so-called observer ourselves!

The purpose of this article is to make you curious about your true self! Many have preceded you in this process. Jesus, Buddha, Zarathustra, Lao Tse, etc. have all experienced to be the perceiving. Essenes, Jews, Albigenses, Waldenses, Cathars and witches have been persecuted, tortured, quartered or burned at the stake because they had rediscovered their true selves and remained true to "I AM the perceiving".

The goal of Metatron Matrix Method exercise 1 is to experience the difference between the perceiving and the observer. It is obvious that perceiving happens, but the existence of an observer is very doubtful. We invented the observer ourselves!

The goal of Metatron Matrix Method exercise 2 is to experience the difference between perceiving and myself. Perceiving takes place, perceiving takes place without an observer. The observer is created by identification with the observations!

The goal of Metatron Matrix exercise 3 is to experience the timeless observation, the time-bound observations and the identification with the latter. Observation is always now and there is no now in memories! I am always now! Knocks and while the door opens you discover that you have knocked inside.



My physical body was born in May 1946 and a few months before that I was downloaded into the premature body that learned to listen to the name Peter Gabriël Visser after birth. In 1984 I experienced what it's like not to be a cyclist but to be the cycling. Zen and the art of cycling! There the mathematical ground rules for creation were revealed to me and with that the connection between Merkaba, Enneagram, Alchemy, Astrology, Tarot, our Alphabet etc. I can remember many situations, but I have noticed that I never remember my true self and that my ego, the supposed observer or doer, is an artificial intelligence dependent on my attention! Peter Gabriël Visser

You can download this story with schedule and exercises as pdf at metatronmatrix.eu. You can print the exercises on both sides, use them and keep them in your wallet.

Peter Gabriël Visser: Waarnemen zonder waarnemer (Leven zonder waarnemer!) 144 pag.
cefaz.gabriel.metatron@gmail.com Printing on Demand Epubli Berlijn ISBN 978-3-753101-70-5

PS Your ego is not the sum of your bad characteristics, your ego is the sum of all your characteristics and everything with which you have identified yourself. When you say or think "I", you actually mean your ego, your observer! Of course you have every right to keep claiming that you are the observer, but in the meantime you cannot deny that there is perception, and if you are not, then it must be something else. Something that is not a thing and is equal to consciousness! Do you realize that you came into this world as a consciousness and only three years after your birth you have become an observer, a thing. Man know your self!

Metatron Matrix Method

Metatron Matrix Method is a successful road to awareness!

Metatron Matrix Method 1

1. I see an object!
2. I'm not that object!
3. I'm aware of that object!
4. I'm the perceiving of that object!

Metatron Matrix Method 1

1. I see an object!
2. I'm not that object!
3. I'm aware of that object!
4. I'm the perceiving of that object!

Metatron Matrix Method 2

1. I perceive myself!
2. I'm not myself!
3. I'm aware of myself!
4. I'm the awareness of myself!

Metatron Matrix Method 2

1. I perceive myself!
2. I'm not myself!
3. I'm aware of myself!
4. I'm the awareness of myself!

Metatron Matrix Method 3

1. I remember me!
2. I can remember myself!
3. I'm not myself!
4. I can't remember my true self!

Metatron Matrix Method 3

1. I remember me!
2. I can remember myself!
3. I'm not myself!
4. I can't remember my true self!

Metatron Matrix Method

Metatron Matrix Method is a successful road to awareness!

Metatron Matrix Method Tips

We experience ourself as an observer.

We are observing, we are not a thing!

Practice this with all your senses and different objects.

Your true self and my true self are one!

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Metatron Matrix Method Tips

Our minds can't grasp this!

We can experience it, but not share it with others!

Your true self is timeless!

Your true self is immortal!

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Metatron Matrix Method Tips

I can remember me and I can remember you!

I'm not me and I'm always now!

I can't forget my true self!

I can't remember my true self!

Metatron Matrix Method Tips

I can remember me and I can remember you!

I'm not me and I'm always now!

I can't forget my true self!

I can't remember my true self!

SUMMARY

"I consider consciousness to be fundamental. I consider matter as a derivative of consciousness. We cannot get our finger behind consciousness. Everything we talk about, everything we consider existing, presupposes consciousness." Max Planck Man is a transceiver of consciousness! Man knows thyself!

| | | | | | |
|--|------------|-----|----------------|-------------------|--|
| Spirit = Akasha = unconditional consciousness! | = Θ | O A | $\Theta=1441E$ | | |
| Soul = Energy = conditioned consciousness! | = E | H U | $E=mc^2$ | $E=1/1441 \Theta$ | |
| Body = Matter = conditioned energy! | = m | M M | $m=E/c^2$ | $m=0,000001\% E$ | |

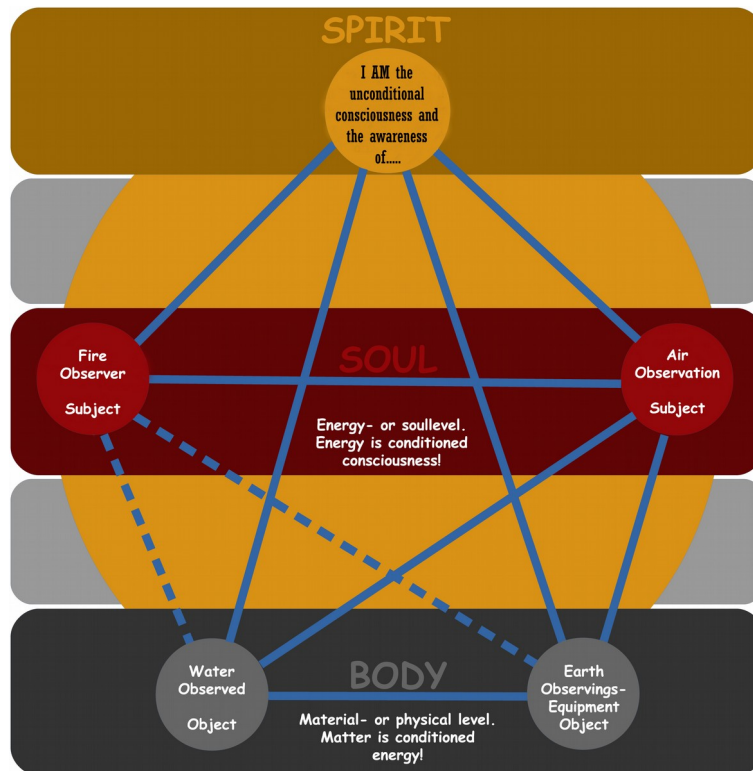
"The only wisdom that really counts is knowing that you know nothing!" Socrates does not refer here to ignorance, but to the universal knowing to which we are granted access, which does not belong to us and which cannot and should not be privatized.

"Your consciousness is not your consciousness. It is the manifestation of the desire of the cosmos for itself. It comes to your body, through your soul, but is not yours" free from Erwin Laszlo and Khalil Gibran.

In our dreams everything is as tangible as in our so-called reality!
 In our so-called reality everything is as illusory as in our dreams!

The all observing 'observer' you think you are, is in reality a by identification created substitute (observer) of your true self!
 This virtual serial 'observer' of your Divine core is the cause of all problems.
 This substitute observer, whom you call 'I', is a form of artificial intelligence created by you!

Consciousness can be divided into parallel (simultaneously) "I AM" and serial (sequentially) "Observer"! (see diagram)
 The parallel version simultaneously observes, observes, observes equipment and the observed.
 The parallel version of consciousness is our true self, is perception as intended!
 The serial (Samsara) version of consciousness is a form created by identification in which the user (subject) uses perception (subject), perception equipment (objects) and thus perceives the observed reflex (objects). The serial form suggests a non-existent observer, an observer who literally gets in the way and prevents us from parallel awareness. It is this privatized self-programmed serial observer to which we say 'I' and which we experience as 'I AM THAT'. It is this serial limitation, subject to constant change, which, under 'normal' circumstances, prevents true (parallel) perception. Parallel perception does not need a body or a brain, whereas serial perception is not possible without these two. We are unconditional parallel perceiving, hidden behind a kind of 'locked-in-syndrome', satisfied with our interpretations of sensory reflections.



Quantum mechanics postulates that something can only exist when it is perceived, when it becomes conscious!
 There is a big difference between perception and attention.
 The supposed observer is a karma-creating thought that only exists when it gets attention.
 The supposed serial observer gets this attention every time we think or say 'I'.
 As an unjust or sinful part of the soul, our image of the observer, our I, our ego is uploaded (re-memembering and re-programming) from our memory every time we think or call ourselves 'I'.
 All this is observed by unconditional consciousness, by the parallel awareness of..., by our true self!