

1. Ten-point outline of how your view evolved

1. Early tug toward presence and “awake” living (2011)

- • You start with ordinary-sounding resolutions—“Presence. Silence. Paperless.”—but “to be fully present, in the now” is already “the most challenging thing I have undertaken.” (Jan 1, 2011, “Present. Silent. Paperless.”)
- • Within months you quote Steve Hagen’s line that the Buddha’s teaching in one word is “awareness,” and that Buddhism is “about seeing... raw, direct, unadulterated experience” rather than belief. (Mar 21, 2011, “Buddhism Plain and Simple.”)

2. First cracks in the solid self (2011–2012)

- • Bodhipaksa’s *Living as a River* helps you see “consciousness is the activity of experiencing,” not a separate thing that “has” experiences; there is “no being, only becoming.” (Mar 30, 2011, “Living As A River.”)
- • You quote Douglas Harding on “unknowing” as walking “one step at a time and blindfolded,” and start to treat “I don’t know” as a serious spiritual position, not an admission of failure. (Mar 24, 2011, “Unknowing.”)

3. The “no self” shock and thoughts without a thinker (2012)

- • Posts like “Self? What self?” and “Thoughts without a thinker” emphasize Buddhism’s claim that “all that goes on in us is a flow of thoughts without a thinker” and that “the permanent, unchanging self is an illusion.” (May 22 and May 30, 2012.)
- • You reach for metaphors—shadows, clouds, rivers—to make this palatable: we see a stable “me,” but it’s more like a weather pattern than an object. (Aug 28, 2012, “Scott Adams Creativity”; Sep 29, 2012, “Thought Cloud”; Oct 17, 2012, “Shadows.”)

4. Nonduality as background hum (Ramana, Nisargadatta, Watts, 2012–2014)

- • Ramana's *Be As You Are* and Nisargadatta's *I Am That* shift your center of gravity from "fix the self" to "see there is no separate self." The Self becomes "non-personal, all-inclusive awareness," the "ocean of consciousness." (Nov 22, 2012, "Be As You Are"; Nov 22, 2012, "I Am That.")
- • Alan Watts' Tao and Brahman language—"you are an aperture through which the universe is looking at itself"—gives you a more playful, less pious vocabulary for the same nondual intuition. (2012–2014, various Watts excerpts including "Still the Mind," "Become What You Are," "Tao: The Watercourse Way.")

5. Time, free will, and the machine of mind (2013–2017)

- • Quantum and neuroscience notes (free-will experiments, objective reality experiments) reinforce that decisions and perceptions start "outside of awareness," undermining the sense of a captain at the helm. (2013–2019, "The illusion of free will," "A quantum experiment suggests... no objective reality.")
- • You openly ask, "Do we have control over our thoughts?" and conclude "it only feels like I'm thinking my thoughts. In fact, the thoughts are thinking me... I just know it ain't me pushing the cart." (Mar 23, 2017, "Do we have control over our thoughts?")

6. Fear holograms and the practical use of awareness (2016–2017)

- • The "Fear Hologram Projector" metaphor nails a very embodied version of awareness: fear loops are "holograms" powered by attention; "bring up the house lights" of awareness and they fade. (2016–2017, "Fear Hologram Projector.")
- • You start to treat mindfulness less as a spiritual achievement and more as an interrupt: "Awareness is the brief pause that allows me to choose whether or not to push the red button of anger or fear." (Philosophy.md synthesis).

7. Comfortable with emptiness (no beliefs, no concepts, no future) (2017)

- • In "Comfortable with Emptiness," you take that old line "Do not seek the truth, only cease to cherish opinions" and unpack it

into a lived stance: “I exist, there is Awareness, and all experience is in the Now. That’s about it.” (Mar 20, 2017.)

- • You work through definitions of belief, idea, concept, desire, anticipation, system, future, and end up with a picture where what’s left is bird song, sun on your face, esp

8. meOS, extended self, and the network (2016–2017)

- • The “meOS” posts cast the self as an operating system continually updated by inputs, with no fixed core, and explicitly tie that to cloud storage and global networks: “The cloud is our extended soul. Or, if you prefer, our extended self.” (2016–2017, “meOS,” quoting Kevin Kelly and Watts.)
- • This folds nonduality into tech: if the OS is always becoming, and the network is one process, the “ghost in the machine” is an emergent story, not a thing. Enlightenment becomes the OS recognizing its own fictive self-image.

9. Awareness as noticing that you’re noticing (2018–2025)

- • Posts on David Cain, time, borrowed life, and your meditation streak tilt awareness toward gratitude and “bonus round” living rather than metaphysics: each day feels undeserved, which makes ordinary moments more vivid. (2018, “Your Whole Life Is Borrowed Time”; “800 Days.”)
- • Later, Claude’s analysis of 107 consciousness posts observes that the “surface narrative” (you reading your way into nonduality) hides a deeper arc: awareness turning back on itself—“noticing what it feels like to notice.” (Mar 13, 2026, “Claude on Consciousness.”)

10. Nondual awareness + AI as collaborator (2020–2026)

- • Recent posts bring AI into the same field: conversations with ChatGPT/Claude/Perplexity become experiments in extended awareness, “a new lobe for the brain” and “conversational co-authorship with a thinking machine.” (2025–2026, “A New Kind of Data,” “Book Archive Part 3 – Reincarnation,” “Claude on Consciousness.”)[

- - Your working stance is: no permanent self, awareness as field, time as largely illusory, AI as both mirror and prosthetic for that awareness—without committing to any grand answer about “the meaning of the universe.”