

## **We label everything and believe the label**

**W**e attach labels to *everything* and believe that we have discovered a reality through the labels. We are mistaken in every case.

We attach labels to plants. Allegedly there are weeds, such as stinging nettles, and useful plants, such as an apple tree. A plant is a plant. There is no reality behind these labels; there are neither good nor bad plants. The nature of the plant has not been changed by the label we attach to it.

We attach labels to animals: Allegedly, there are vermin, such as cockroaches, and livestock, such as cows. These are all human inventions that have no influence on the nature of an animal. A cockroach is a cockroach, no better or worse than a cow and vice versa. No animal has changed its nature through our labels.

We attach labels to events. Allegedly there are good events, such as being awarded a diploma, and bad events like a car crash. Those are all human inventions that do not change the nature of the event. Passing a diploma is passing a diploma; there is nothing good or bad about it. By the way, the same applies to *not* passing a diploma. The same goes for a car crash. A car crash is a car crash and nothing more. We attach the biggest label to THE event in life: death! The same applies here as for everything else. Death is what it is. It isn't a bad thing: I'll talk about that later.

We attach labels to mental concepts. Professional training is good, being unemployed is bad. Marrying is good, xenophobia is bad. Christianity is good, Communism is bad. There is no truth in any of that. I have even seen the labels "ethical" or "unethical" applied to "rhetorical methods" on a website.

These are inventions of the mind that have no deeper meaning and no reality. There are only rhetorical methods. *Nothing* changes if I label something as “manipulation”. The actual manipulation is not the thing to which the label is applied but the application of the label “manipulation”.

We attach labels to time: Allegedly, there is wasted time and precious time. There is *no such thing* and there never has been. I will go into this in more detail during the course of the book.

Every minute of your life is exactly as precious as any other random minute in your life. As you have been convinced of something else until now, here is that sentence again: *Every minute of your life is exactly as precious as any other random minute in your life.* Everything else is a construct of the mind. All the rushing about has been in vain! The only thing of value is the present moment.

We attach labels to human behavior. Allegedly there is such a thing as a “charming flirt” and such a thing as “making a clumsy pass”. All that is happening is that a man is talking to a woman with a possible goal in mind. Period. The label has not created a reality. We say “helping someone with their coat” is good. We say “stealing” is bad. None of the labels creates a reality beyond the label. Making a donation to a charity organization is no more right or wrong than killing. Don’t be shocked! You yourself have animals killed in order to eat their meat (Please note, this statement contains *no* value judgment!). Both, “donating” and “killing” *just are*, and the fact, that one is supposed to be good and the other one bad, is a label attached by men.

We even attach labels to what we are permitted to love. Apparently there are good things and bad things that we are allowed to love. Sport is OK. Pornography is not. There is neither a good nor bad love – there is just love. We believe we have found a reality when we attach a label to a specific form of behavior. None of that is true.

We label people. Allegedly, there are good people, and there are, allegedly, bad people. That is one of the greatest illusions that we have created in our human reality. We call someone a charlatan and someone else a luminary. Both terms are only an attempt to cover the rock with a coat of paint. Neither changes what a human being is: a human - a being with a divine soul. We attach the label "slut" to one woman and we attach the label "queen of hearts" to another one. These are all human inventions, which do not change the nature of the person. A human being is a human being: neither good nor bad. Its true nature will not be changed by any of our labels.

And to finish off, there are the two most sophisticated labels that we use. Both have to do with ourselves, for we attach labels to our innermost being. These labels will become especially important to you if you want to approach the happiness-breakthrough, which is why I will go into them in more detail later in the book. At this point I shall merely mention them briefly.

We attach labels to ... our thoughts! And we think, they are true.

From the point of view of the happiness-breakthrough, there are neither good nor bad thoughts. These are all inventions of the intellect, which make our lives hell.

And now it gets even more extreme:

We attach labels to ... our feelings! And we think they are true. There are neither good nor bad feelings - there are only ... feelings. We do define good and bad feelings, but that does not correspond to reality. It is difficult for Joe Q. Public to imagine that. But those on this Earth, who have already achieved the happiness-breakthrough, know that it is true and they experience it as such.

I will discuss the deeper reality of feelings and thoughts later, in the second volume of this book, in the section on approaching the happiness-breakthrough.