

Prima Vita

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Preface: Eternal Zero

The modern hurriedness of life rarely leaves room for reprise. The lack we feel is a discontinuous state. Myriads of momentary feelings seem to barrage and fight to gain the attention of our senses from all angles of waking life. That ancient connection to reality, once overflowing, now seems to sink lower into the catacombs of the mind, in endless pursuit of protecting its own purity. For every time it seeks to experience itself, it is necessarily materialized, lost to physical law, and therefore sometimes paradoxically not even brought to the fruition of its original purpose. It must be complete within itself at onset in order to achieve anything longstanding. Layers are then stacked on top of each other as the essence learns to hide within itself. So every time spirit presents itself it inherently must wither - if only we already knew what was going to happen. We only think we don't because we have been told by others, this is the general presupposition of society, and this is what must be changed within if we are to live the best life essentially possible. Some have called this enlightenment, buddhahood, or becoming an attained master - and this possibility lies within each and every one of us. We tend to think of life as a slow deterioration from this pure state we once knew. In fact, this state still exists slumbering, only waiting to be awakened once more. Like all stars, the initial burst into existence takes up and exudes the most amount of energy that the star will ever again erupt. Later, the afterglow may remain for a long time, and it may even constructively impart onto the universe in its own totality. Creating the right relationship and structure in our own lives may indeed promise eternal life, if we are careful enough.

In as small a volume as possible, I intend to present a systematic way of creating reverse entropy, that is, systematic sustenance of universal energy. If all possible states of existence are known, categorized and premeditated, one may achieve a greater experience of experience itself. This is a scientific method of expansion of awareness within and without, shedding negative beliefs through a reorganization into a more versatile form. As such, this information may be interpreted in a variety of ways and I encourage you to make this your own. Involve your imagination and you shall receive even more wisdom than I could ever put in words. At all times in our lives we follow patterns set in place long before we had any say in the matter. Yet we never seem to

have cognizance of the actual multi-layered reality of existence - that many things are happening all at once. Our will must consciously travel through all these layers for anything to happen. In that sense, none of this is anything new to you and shouldn't be. If you knew every layer intimately, you could better ensure what passes through and what doesn't. In essence, the chapters in this book are gates to the ten various shared universal experiences. I seek to provide an all-encompassing system for anyone to enact a Prima Vida, the life intended for all of us, many times just out of reach, and hopefully every once in a while glimpsed. The beautiful, righteous, fulfilling life is available to all, and this book is a universal map to anyone who can read and comprehend what I am saying.

Inside every single thing, including me and you, is a seed of the universal potentiality. The microcosm within the macrocosm. We are all made in the image of the most divine, including sacred geometry and all the elements. The things we have understood about ourselves as a humanity are grand and sometimes overwhelming, but currently all readily available through the internet and countless amounts of books and sources. Once enough perspectives are accounted for one may begin to formulate a personal perspective. To become aware of our awareness is one of the highest phenomenon we as beings may experience. Along with generosity and gratitude, these are the keys to reintegrating, regenerating, and reestablishing wholesomeness. This guide shall open all doors to universal mastery, so any goal you seek may be accomplished. This is here for you so that you have a system of divination unique in its intuitive integration.

Mostly, this book is simply a formula for a good life - Prima Vida, literally translated "prime life", or "an exemplary wholesome existence". No matter at what age this comes to you, these ideas will be readily available within the known sphere of things, for this is the eternal structure and intelligence of the unfolding and retracting universe. As such, this only accounts for things that are known and can be known. Therefore, it is to be regarded with caution, for things unknown are always in greater number than what we think we know. Through these ten chapters all that is known may be accessed - but you must be careful to look at things unbiasedly and in different perspectives, or else they might not actually be as what they appear. Never move until you are ready.

Everything that existence rests on is what came before it. If Chapter 1 describes pure existence, then this Preface describes the Eternal Zero - the everything and nothing, or the

cycle of cycles. One way to look at it is as the bed on top of which existence rests. It is not aware and so does all the basic, underlying work of the universe in complete automation, as it also takes up more than all the space there is. It is the soil in which the plant of life starts to grow. The eternal virgin mother that cradles existence itself. This Preface is also where I explain the basic concepts on which the rest of the book lies on, and the zero must definitively be understood before proceeding, for it is the untameable greatness.

A good symbol presenting this idea is the Ouroboros, or the snake eating its own tail. This is an ancient alchemical idea pertaining to the Prima Materia, or the essential substance everything in the universe is made out of. Imagining this snake as real, if it continually eats its own tail and never dies, it achieves immortality, being wholesome and complete through the continuous digestion of its own self. In much the same way, the zero, or the circle, is the perfect shape indicating all-encompassing universal integrity. It picks up anything unfinished or dropped from existence and recycles it back into itself. The strongest shape, as well as the bottomless well. Black holes are at the center of every galaxy, and somehow they birth billions of suns. In much the same way, our minds birth many thoughts but most of them die just as quickly. What is eternal has always been and can never change, and this book is a way there.

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This book is split into three parts, each consisting of three chapters. Each part overviews, in order, the internal/psychological, the material/physical, and the external/psychic. Each chapter accesses a stage in integration, an unfolding of the story of self. If Chapter 1 is the basic essence, the very beginning of the journey, then Chapter 5 is the independent, actualized self, and Chapter 9 is the wisdom gained through absolution. Each chapter may be looked at in many ways but there is an underlying connection through all of them - that they repeat. This must always be remembered: the Zero constitutes eternal resurrection, the dance of life and death; in fact it is always there, at every stage of progress. At the same time, the analytical mind must label things, for in that way the eternal pattern is understood and accounted for. Each chapter can be looked at as it's very own character, with unique personality traits, it's own system to master - just don't get stuck and always keep moving on. You may feel

affinity with certain chapters, for they may remind you of many things you already know. And that's good, just don't overlook anything and give it some time to really sink in. If balanced and used with dignity, you may enact your very own Prima Vita.

A term you will keep seeing through-out this text is that of the original idea. What is meant by this is the purpose of the whole thing to begin with. This is your inspiration for wanting to go through this at all. If you did not believe life to be good in some part of your constitution, you would not be reading this. For this is the prime belief of the Prima Vida - that life is for the living. Therefore, it is necessarily good. This is the one thing there can be no help with. It must originate organically, even if dormant for a while, but it has to be significant somehow. The universal eternal idea is most commonly referred to is love, or a deep belief in the goodness of life. If no specific idea presents itself, worry not, for it doesn't mean it's not there; in fact, the original idea understand itself through existence and many times is too abstract. The point is you must at least know that "something" is driving you, otherwise you wouldn't be here. This idea is seeking expression through you, and it will not be suppressed.

The chapters are a progression. Beginning at Chapter 1, you will notice the following chapters proceed naturally, and every stage is accounted for. Each Chapter builds on the preceding one and so each must be fully understood before continuing on. Then, there is no limit to your life. If one enacts every step respectively, he or she may make anything happen from conception to completion; more importantly, one may live the life intended, wholesome and pure. Only after mastering the current state may one move on. Since the timeless cycle goes on forever, mistakes are impossible.

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## Part I - Internal/Psychological

Here we have all parts pertaining to the beginning and early stages of conception. At this point all features of personal self are made to be known. The child starts to conceptualize and make sense of the world after birth. More so, it wants to make sense of it. In innocence, it is pure, but knowingly must give away itself to the world soon enough, so it plans and awaits that day. Games are played and little is taken seriously. One experiences the self in purity and indiscretion, entertaining all matter of ideas, while looking for the right ones to carry on. All mental constructs are originated here in order to be pushed into existence later on.

This part directly deals with the inner workings of the thing, or how it ideally manifests itself. Existing leads to Learning, with which the Teaching is conceptualized. This must be done before the idea begins to take shape, for this is the original emanation from which everything later will draw from. The perfect form must be thought of before any implementation takes place. This is the formation of the seed which will eventually bear fruit, a process of encapsulation of the eternal idea.

The eternal idea originates through a blessing of the Eternal Zero, but it only begins to exist in this part - it becomes autonomous. One may think of this as a progression of stages - as the chapters continue, the original idea transforms through universal forms on its journey through material reality and onwards.

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## Chapter 1: Existence

The limitless spawns the limited, the first form, and it explodes with raw energy. Untamed and unrestricted it comes to know itself in totality. This is the pure idea, expressed in a passionate form. As it begins to exist, it feels itself genuinely and with no pretension. Not even having moved yet, this is the idea in meditation - at complete rest yet fully aware. It is not conscious of itself on its own, and so sees everything as self - the first conception.

To purely exist, one cannot be swayed by external forces and must find a place of solitude to nurture the perfect form through candid sensitivity of one's own existence. Too much we are unconsciously caught up in cycles that take up a lot of energy, so beware of false images as they may fragment your intrinsic wholesomeness. In other words, one must live in the totality and not in the details.

Existence is the proof for all that is good and true; it needs no assumption or empiric inquiry for it is its own admittance. The singularity cannot be divided and so sees all things as they are, and as such, in their own wholesomeness. It inspires its own emanation as well as all others' through complete self-assurance and bravery. On this aspect rests all of creation - it is the undeniable truth which must be enacted.



## Chapter 2: Learning

Existence sought to know itself, just as the eternal zero before it, and so created an equal. For to know oneself one must look at itself. As existence multiplies itself into two, it loses the sense of self, now having something to admire, and starts to code knowledge by looking at things in polarities. Seeing everything as two sided, it comes to learn to move. Thus knowledge is gathered through vibration.

It is almost addictive. The power of movement brings endless struggles and problems to solve. In this way, the original idea gathers understanding of proper movement through specific methods of action of personal character. Some good, some bad, it becomes as a closed labyrinth - make a left or make a right, but you can never get to the end. It is exploration of all possibilities, so as to know whats possible. It is the soil through which plants may sustain their rooted existence.

Learning to balance helps tremendously. Only in this way can you proceed correctly. Knowledge is a sleepy daze, a conscious forgetfulness so that only things pertaining to the original idea are absorbed and so it is necessarily a state of uneasiness and sometimes even doubt. As you must open yourself to uncertain experiences it can lead one astray. This is because two is the great paradox, never quite resolved on its own. These are things that must be crossed over through honest bearing with this stage - the main point is focused attention on the maintenance of purity of the original idea.

### Chapter 3: Teaching

With enough knowledge, the vessel is built. At this point the storehouse of knowledge upholds the original idea and it must now be consciously structured to commence materialization. With a representation of the original idea, this form can navigate exactly where it needs to go. Existence is at this point embedded with the necessary knowing in order to create forms. As such, it begins time, the holy trinity. Forms need time to grow and take shape so one must be patient.

The fundamental learned understandings in place, one may envision the ideal outcome of the original idea. To create this one must lay down the proper forms, by building them on top of the limitless foundation. Therefore teaching confers universal wisdoms which may then be applied. Through the vehicle of manifestation, one may enact wholesomeness, with the proper forms. Depending on the eternal idea, it will need different parts to be put together, and it is at this stage that those parts are identified.

As a witness, one is able to now see the interactions of others honestly, and so the one comes to know the self fully. Experience bestows an ancient wisdom far deeper: ultimately even knowledge is what we make it. So we must make our understandings our own, just like we must make our whole world from scratch every single moment as it blinks in and out ad infinitum. To teach is to create conscious navigation towards the original goal. The way is chosen and now one has everything needed to succeed.

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Part II - Material/Physical

The middle part deals with the most obvious and within reach - the material reality. This is the constant that collects all things and unites them all on one playing field. True success necessarily depends on this stage, for this is the ideal structure recreating itself in a viable and potent form, through the building blocks of all matter. This is where the methods of existence are defined into a solid form that will not change much more. This stage is the body and organs, of self and of community, the middlemost point between the idea and it's universal success. If Part I is childhood, then this part is being an adult - responsible, independent, and confident of one's abilities.

One way to look at this part is a rigid test of the original idea, for this is when the idea is actually implemented and constructed into the form it will use for the rest of it's manifest lifetime. In fact, this form is how this idea will be remembered and etched into universal history. All things material originate in the world of ideals, which are then brought down and reproduced into an applicable form. This new being will in this part hold contest against similar others, as the world is plentiful.

What matters here is proper implementation of the Elements and basic structure in order to produce the material form Independently of anything else and connect it to the Institutional structure already in place, so as to ensure it's furthering success. It is Chapter 5, the state of Independence, that is most crucial to manifestation, for at this point is very easy to lose sight of the original idea because manifestation implies completion, yet it is not so; Indeed, Independence is a sort of total blindness to over-arching reality. In truth, it is really the easiest stage to pass though given proper conception of the original idea. Most unsuccessful

endeavors collapse on themselves right in the middle - mostly because the preceding chapters were not given enough support or there is an imbalance of opposing forces. Chapter 4 must be implemented tactly, only then is Chapter 5 a breeze and will easily carry on to Chapter 6. Don't make things harder than they have to be and you will succeed. Most importantly do not lose sight of the original idea.

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Chapter 4: Elements

This is the collection of all unconscious raw materials waiting to be picked up and formed into a cohesive structure. It is the instinctual, or animal, body, having to consume to survive. While it is available for any kind of implementation it does not form on its own. The tools and methods are all freely available to be known here, for they will dictate in which way the original idea will come to be known. Through the basic materials does anything happen in the physical realm.

This may be attributed to the compass, control, and conscious movement. This is proper etiquette and the balancing of axis'. Early physical development. Focus and strength. The chemicals and basic essentials for life are all in this category. This is nutrition, exercise, cleanliness, and general health. One must take care of the foundation of his being, so that the original idea will be supported and not restrained in its embodiment. This can be seen as the vehicle that holds the pure idea, carrying it where it needs to go.

This is the medium of the message, and so it must be kept able and ready to fulfill itself. Only through this will anything happen, if it is kept pure and balanced in every sense. Natural impulses for survival and greed are made possible at this stage, for at requisite times, one must sustain himself any way possible in order for the original idea to be preserved. It is also a safeguard, a hollow representation of everything that it will need in order to fulfill itself.

Chapter 5: Independence

The vehicle in place, it receives direct instruction from the original idea. This is the strongest point of all creation; it is here that physical form is imbued with a purpose. It is also here that the original idea presents itself in its most glorious and beautiful shape. Here, the creator and creation are the same; one may act through the other.

This is the spiritual body, or the soul of the original idea. It is that which is in control of the physical body, as well as the physical body itself, and decides what to do and where to go. At this point nothing can be changed anymore but this is okay because the original idea now embodies a perfect form for itself. This is the furthest away from the Eternal Zero, since it is not connected to the greater whole and the original idea is now all on its own. It is risky since improper foresight can make this chapter very flimsy and easily obliterated.

At this point, the original idea is in real danger of incompleteness. The illusions of freedom and sentient automation are overbearing. It seeks to portray its meaning but lacking the proper tools, developed in earlier chapters, the physical can not be penetrated. Unless the physical is conquered and seen as below the original idea, it will not be honored. The physical stage is only a product of the mental stage and therefore cannot do any more than its intended purpose. Mind over matter.

Chapter 6: Institution

With its varied systems already in place, the physical must be penetrated. Unless the idea is truly universal, it will get stuck here time and again, never actually completing the transition. Even so, this shift only need be understood. This is the realm of communities, or sets, both big and small. It can range from a friendship to a specific order of values as well as, for example, a whole species - it depends on what category the original idea belongs to but it will have to work well with others. The point here is to understand that the frameworks and hierarchies of these systems are actually in place for a reason - they represent the universal medium of structuring things through a moral equanimity, integrity, and overall balance. The government and other social institutions provide great examples of this.

Evidently, this stage is a necessary and rewarding step in the fulfillment of the original idea, but it is easy to get lost in the maze of perspectives. The original idea may pass if it takes a universal form which acts on its own to become easily accessible by openly practicing basic morals. "Do unto others as you would have done unto you." It is fairly simple if proper attention is given, as each stage requires. In this case, the idea is to fit in with those also competing for attention.

This is where many get lost unfortunately, and so it needs to be mentioned: continuing on is not by choice anymore. At the end of this stage any purposed control is lost - and must be. The lesser reality of the original idea is then handed over to the greater reality. It is matured and joins the ranks of constants. For this to happen, the institution must be visited by grace herself.

Part III - External/Psychic

At this point, the original idea has survived itself as well as physicality. It is now within the spheres of all the great powers of the universe, a playing field in which everything wants to satisfy its own potential. The greater powers cannot be known directly but only through this process, for they can only grace the lesser powers through a sort of divine intervention. Once here, the personal becomes the universal and is therefore in unison with all of reality. The integration complete, now the idea will live on its own to produce its fruit. It has now joined the ranks of the eternal, to live on as long as is beneficial for the greater reality.

It will now start its eventual fade back into the zero. The idea will be allowed to ceaselessly reproduce until its constance in reality is apparent, even obvious. In material terms this multiplication cannot be understood, yet all seek to mimic its universal radiance. The purity of the first conception is now realized by all and in fact it is encouraged to be remade as many times as possible. It is a blossoming, and overflow of energy. The more the better.

At a certain moment, the well tips and the idea remakes itself to universal capacity - in other words, out of enough multiplicity of microcosmic units, the macrocosm is erected. This is the universal universal in which all ideas come to completion. It will now exist entirely on its own, as an integral part of the universe. With the blessing of the great, the lesser comes to be treated as an equal until no distinction can be made. The driving force behind the original idea now recycles itself to start anew.

Chapter 7: Grace

All divine things are governed through these golden gates. They are guarded with the grandest powers of all, for only those who get through may consciously achieve the overflowing of the original idea. It is here that any material influence is broken down. Some call it the great mystery - chance, luck, miracle, destiny, faith, enigma, synchronicity, etc. In other words, this is something that cannot be described through known means. It is when what happens needed to happen. This moment cannot be prepared for. A revolution ensues for any structure eventually becomes rigid and oppressive for even its own survival.

Pure knowledge is finally actualized through discipline. Cycles, as well as any type of repeated ritual, quite literally summon eternal forces. If the past chapters flowed smoothly then this one should too, for any and all resistance is self-actualized. This is synonymous with letting go of a wish or desire so that it finally comes true. It may also be referred to as a kind of martyrdom in which you symbolically renounce the original idea when in fact you are only passing it onto higher forces. Though it cannot be seen, this is the joy of achievement, the personal celebration of enacted wholesomeness, and even the completion of the original idea. Thus this is the last time it experiences itself purely and in glory, now made eternal.

Indeed, this chapter is the crossing over into the realm of the eternal - an astounding feat all on its own. It announces a great universal wisdom, carefully premeditated construction, as well as the thing in and of itself, of all that went into its manifestation. Now it is in the hands of the grander powers of reality, as it joins their ranks. It is now guaranteed an existence free from ruin, entering the unrestrained purity of higher intelligence. It achieves its potentiality of surpassing the material form into its eternal form. After this stage, the universe takes over all personal responsibility over the idea and makes it its own. With this comes a great release, and transformation.

Chapter 8: Abundance

Having experienced and let go, the original idea is now eternal, and with this comes possibly the greatest gift - wealth and abundance. Physical existence is now guaranteed anything it could ever need. The idea reproduces itself without limits - absurd by any material terms. Since it got to this stage, multiplication is easy, as the lower steps are already made to be efficient. In the image of the original idea, the eternal idea recreates itself ad infinitum, in the process solidifying its existence now in the universal sphere.

It will do this until capacity is reached. Even though its form and function are now eternal, there are still boundaries made by other eternal ideas. This specific idea will live on in compliance with and as a part of the greater reality, never as reality itself. Material limitations, such as decay and time, are now nonexistent. The original idea has been seeded, sprouted, grown, and is now bearing endless fruit, which contain seeds of itself. It is a universal process unlocked in ideas that bear fruit beneficial in the sense that all other ideas benefit from or tie into this one.

This chapter is literally infinity. To the bound and limited physical reality, it is inconceivable, for everything has value and is worth something else. To reproduce ceaselessly seems impossible, or some sort of trick. But it is not. It is only a sign of having reached the eternal. It is a deep relaxation, for the original idea now can never be destroyed, only integrated with other ideas. It may happen that older ideas lend themselves to a newer idea, thereby reassimilating the eternal sphere. Only the forms may change, the function always stays the same - a benefit for all else.

Chapter 9: Essence

Infinitely multiplied, the original idea is now brought to the background, to be reestablished as a universal constant. Everything that rises must fall, and so this is the fall back to purity. Literally it will re-member it's source - in other words, it will come back to where it came from, to complete this cycle. Depending on the significance of the original idea, this may take a long time, and justly patience is its virtue. The independence fades, and what is left is the deed done. Through its own dissolution, only the most important is left - the eternal essence. This is the ultimate forming agent in all of creation - one can call it the blueprint, or the imprint and ultimate influence this idea has made. The last step in completion, the original idea becomes totally transparent, almost as camouflaged, and shares it's most intimate secret, the wisdom that was recovered through experience of meaning and purpose.

At this time, records of history are made. A reference is made to the long life of the idea and what it's done. This idea is squeezed into its final, most sublime and universal form - essential wisdom. This idea is now freely available to be accessed at any moment and from anywhere. The essence is spread throughout. This stage really represents the congregated causes in the back of all things. Through this stage, all lesser are united in the image of the greater, but unlike Chapter 6, it is not oppressive but rather encouraging of unrestrained creativity. It is best expressed through the fractal growth of all creation, expanding by embracing its own self.

Every idea must eventually turn on its self and give back all that was given to it. At this time, it will become reductionist and minimalistic, only holding onto the most important reason for its existence, until it must give up even that. The original idea has already spread its image so it lives on through its copies (made in Chapter 8). Through that, the essential reason for this idea is translated, understood, and carried on. Here, the original idea becomes the universe itself. Having completed its purpose, it is ready to return to its source in preparation for the next experience of something completely new. The cycle complete, all is assimilated in the subconscious. The slate is wiped clean.

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