

How Beliefs Destroy Your Intelligence

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Introduction

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“The most beautiful experience we can have is the mysterious. It is the fundamental emotion which stands at the cradle of true art and true science. Whosoever does not know it and can no longer wonder, no longer marvel, is as good as dead and his eyes are dimmed.”

-Albert Einstein

The most invaluable and innate gift nature grants us when we are born is our intelligence. As we get older, we begin to lose this innate intelligence, replacing it with the intellect and conditioned beliefs. The intellect is more of an attribute of the mind, whereas true intelligence can be described as an attribute of consciousness. We create these beliefs in order to cope with the mystery of life and reality. This book will teach you how to deal with the mystery of life without losing the intelligence that nature granted you. This intelligence is necessary to cope with the unknown as well as the unknowable. Focusing on acquiring knowledge throughout your life and relying solely on logic and reasoning is certain to continually leave you lagging behind, as the intellect always remains one step behind intuition. You need courage and true intelligence to deal with the unknown and the uncertainty of life and reality. You must come to trust and experience the unknown, and you must drop your beliefs in order gain access to your intuition and true intelligence. True intelligence involves knowing and being interconnected with the wholeness. Knowledge, which is acquired throughout life, is artificial, while knowingness is an innate quality with which we are born. Knowingness is possible only to those who dare to trust their own direct experience of this reality. In this book, you will learn the ways in which both believers and nonbelievers have stopped growing and what can be done to regain our innate intelligence.

How Beliefs Destroy Intelligence

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Belief is defined as a psychological state in which an individual believes something to be true. Beliefs are possible only in the level of the mind. In the level of awareness, there are no beliefs. Beliefs are a by-product of the mind. Beliefs have nothing to do with truth. Beliefs make you feel as though you know the truth, which becomes the greatest obstacle in your search. Beliefs and disbeliefs are of the same stuff. Disbelieving is the negative form of believing, but it is still a result of beliefs.

Beliefs are the greatest form of autohypnosis. Beliefs create the illusion that what you believe appears true. If you believe that something is true, it will appear true. But it is not true. Truth does not require believing. Truth does not need the mind because truth can be sensed here and now only in the present moment. The truth is existential. Your belief or your disbelief in something makes no difference to the truth but will distort the way in which you sense reality. Truth is truth, whether you believe or you disbelieve. Deep in our consciousness, we know that reality is unknown to us and that mystery pervades our reality. We feel that deep in our being, we are ignorant, particularly about the most essential aspects of life. These essential aspects include such questions as “What is the course of your life?” and “Is there an afterlife?” and so forth. As we fear the unknown and mystery, we begin constructing beliefs. In contrast, truth requires that we empty the mind. It requires a rebirth and becoming like a child again, who is growing, yet without beliefs. Growth is only a by-product of seeking truth. Believers and disbelievers have stopped growing. The greatest of life’s truths is that life is a mystery. By trying to hide our ignorance and fear of this mystery, we seek out the easiest means of dealing with it and enter onto the path of beliefs. We choose this path of blindness.

An intelligent person never believes but learns endlessly. A person of intellect who has acquired beliefs, on the other hand, will stop learning and will have the illusion of learning. The intellect is a by-product of the mind and knowledge. A truly intelligent person never becomes knowledgeable. A real person is intelligent and childlike. Intelligence is characteristic of children, while the intellect and knowledge is characteristic of adults.

The intelligent person merges with the intelligence of nature. He or she senses reality directly, without beliefs and prejudices. Beliefs are the barrier between us and the truth. Intelligence is a by-product of trusting (not believing) the intelligence of nature. We must trust the intelligence of the universe. We have unconsciously trusted nature for millions of years of evolution. Life and living creatures are miracles and proof of nature’s intelligence.

Living intelligently is effortless living. The intelligent way of living is the same as the effortless way of living. Effortless living is going with the natural flow. Animals unconsciously go with the

natural flow. We humans, however, became self-conscious and lost our trust in nature. We positioned ourselves on the opposite pole, moving from absolute trust in nature to absolute distrust in nature. This may have been part of the “game of evolution” when we became self-conscious, a process which led us to disconnect ourselves from the oneness or unity of nature. Nevertheless, it remains clear that we must trust more in nature or in the way of nature, as Lao Tzu has taught since ancient times. Lao Tzu, who is regarded as the father of Taoism, says the following:

“Life is a series of natural and spontaneous changes. Don’t resist them; that only creates sorrow. Let reality be reality. Let things flow naturally forward in whatever way they like.” - Lao Tzu

“When I let go of what I am, I become what I might be.” - Lao Tzu

“By letting it go it all gets done. The world is won by those who let it go. But when you try and try. The world is beyond the winning.” - Lao Tzu

One of Taoism’s most important concepts is wu wei, which is sometimes translated as “non-doing” or “non-action.” A better way of thinking of it, however, may be “Action through inaction.” Wu wei is a state of being in which our actions are effortlessly in alignment with the flow of the natural world. It is a kind of trusting and going with the flow. Wu wei can also be translated as effortless action. We can live effortlessly when we trust and flow with the intelligence of nature, which is mostly unknown to us. The more aware we become of the intelligence of nature, the more we are able to let go. It is just like a beginner learning to swim. If he or she does not trust the water, that individual will sink. A good swimmer, on the other hand, does not resist but allows and trusts the water. Swimming requires trust and letting go, rather than believing. If you trust the water, it will keep you on the surface. It is well known that small babies (approximately six months of age) know how to swim. As they grow, they cannot swim anymore. Children must remember to trust the water in order to remember how to swim.

The mind is selective. The mind selects only a few fragments from the vast reality that satisfy your beliefs or philosophy. It selects what fits with beliefs. Why is the mind selective? Because if truth is revealed, it will hurt the ego. An individual’s mind will reject the truth, unless it fits with him or her. The ego is more important to us than truth itself. The ego dwells on beliefs, which avoid the truth. The believer cannot trust his own experience. He or she is used to believing others because others give certainty. The truth is that those selling the beliefs are uncertain themselves.

The path to truth requires us to drop our beliefs and to accepting our ignorance and the mystery of life. Accepting your ignorance and the unknown is the first step to knowingness (not to knowledge). The most dangerous belief is that you must become knowledgeable. To think that you can come to know everything about a phenomenon, will lead you to trusting in that phenomenon rather than the truth. Even if an expert tells you a truth, don't just believe it; search,

experiment and experience it for yourself. Then you will know that truth. Perfectionism is also a belief. Don't wait to be perfect but experience and experiment with imperfections. Trust the imperfect; for then in wholeness you are perfect.

Another problem that arises from beliefs is that believing in things that are unreal can trigger real things in your dream reality, which is your illusion. The expression "What you believe comes true" should be corrected to "What you believe appears true in your dream reality." This is autohypnosis. You may even hallucinate in order to preserve your beliefs.

The mind and beliefs may give you certainty. But beyond the mind's certainty is the clarity of consciousness. Certainty from the mind is stupidity. Clarity from consciousness is enlightenment.

The mind is a form of energy, and consciousness is a quality of energy that is quantum interconnectedness, which will be explained later. Beliefs, which are a result of blocked energy, contribute to disconnection. It is better to feel confused than to be certain. People who think (thinking is an attribute of mind) they know and who are not confused, in fact, know nothing. They believe that they know and have a certainty of mind, but their certainty is merely an illusion. To feel confusion requires intelligence and no beliefs. Only intelligent people feel confused. When you feel confused, you are a step closer to the clarity of consciousness.

When you are confused, you have approached consciousness, which is the quality of interconnectedness, more closely. There, you don't have a direction, you don't have a goal. You are confused about what to do and what not to do for the future, about what is right and what is wrong. You are now more interconnected with the real world in which only the present moment exists. But you must be open-minded to feel confusion and chaos. Only the stubborn and unteachable remain certain.

Feeling this confusion is a great opportunity. It teaches you that you cannot rely on the mind. Confusion leads you to the great understanding that the mind is merely a tool that can be used that sometimes succeeds and sometimes fails. You are not the mind. You are not your beliefs. Beliefs are also nothing more than tools. You must master and use the tools intelligently but not allow yourself to be used by them. The more beliefs that you have, the more your mind uses you. You cannot control the mind until you know how to be without the mind. Otherwise the mind controls you. It is using you. Thus, when you become aware of the confusion, you have just started to become aware that you are beyond the mind; the mind has failed to use you. You can use the mind only when you know that you are separate from it; that you are consciousness that is aware of the mind. The mind is a thing, and consciousness is not a thing, but rather the quality of the interconnectedness of wholeness. Consciousness is a by-product of the quantum interconnectedness of the whole.

Simply become aware that the mind brings confusion, and don't repress the confusion by trying to find the mind's certainty. Don't start searching for somebody or books that offer certainty and

say things with absoluteness. This will only give you a temporary certainty of mind, as the confusion is repressed within you. The mind's certainty is false and temporary. The mind is always divided against itself; it is always in conflict. The mind is always dual. Divisibility is the nature of the mind. Don't repress the confusion and doubt; instead, simply become aware of them. You will then step closer into the clarity of consciousness. In the clarity of consciousness, you will be neither confused nor certain. Certainty and confusion are of the same stuff. Certainty is the negative form of confusion.

When people are confused, they fall prey to mediocre people because they are not confused. Mediocre people will offer you their beliefs. Beliefs are very easy to fabricate and sell and are widely used in the marketing industry. The intelligent person hesitates, wavers. The unintelligent individual is certain about everything. The intelligent person cannot be certain about anything. It is better to be confused than to repress the confusion by acquiring certainty from others.

The mystery of life and reality never ends. The mystery cannot even be known. The mystery is unknowable. The beauty of the mystery of life is that it keeps you eternally engaged, searching, exploring, and adventurous. Reality is a mystery to be lived, a mystery to be experienced.

Meditation is the key to mastering the mind. Meditation simply requires you to observe yourself quietly from the level of consciousness without beliefs, without prejudices. You can use the mind to analyze others, but use only meditation for yourself. The mind tries to be outside, while meditation is the process of going within yourself to see more clearly how your inner reality is reflected in the reality outside. You become more aware of yourself by meditating.

Emptying oneself of beliefs brings about individuality. Individuality is that which you bring into this world. According to the great quantum physicist David Bohm, "Individuality is only possible if it unfolds from wholeness." Individuality unfolds only from consciousness, which is the quality of quantum interconnectedness of the wholeness. Your individual consciousness is a by-product first of the quantum interconnectedness of your whole body and second of the whole universe. The mind and beliefs do not produce individuality. Beliefs are usually learned from others. Beliefs are copied and pasted.

Simply look deep within yourself, with no prejudice, with no prefabricated ideology and beliefs, and you will begin emptying yourself. You will see that reality simply is and that there is no way to say what it is. Reality simply is. Reality is nothing more than this-ness. You become a clear mirror. Consciousness is a crystal mirror. You simply reflect that which is outside. Emptiness is simply a crystal mirror without dust and spots. It reflects whatever there is outside. The beliefs are dust and spots on the mirror, which distort the reflected image. The beliefs make you see what you want to see rather than what is. Consciousness is a crystal mirror, and the mind is a mirror blurred with beliefs. You may have a materialist's beliefs; you may have a spiritualist's beliefs. It doesn't matter; beliefs are beliefs. Consciousness is beyond the mind and beliefs.

Intelligence is seeing reality without the lens of beliefs. Intelligence is being childlike in the capacity to wonder, to see without thinking, to contact reality without the mind, which continuously distorts the reflected image of reality.

Be a crystal mirror when you sense reality, and use the mind as a tool when you have to act. Don't let your beliefs interfere with your sensing of reality. The truth cannot be seen through the eyes of belief. You can't see reality through the eyes of the ego. The ego sees what it wishes to see. The more you meditate on yourself and watch your inner-being, the more your ego and beliefs vanish until you are empty and can be filled with infinite forms of consciousness. The emptiness can embrace everything within itself, including the wholeness. That's why quantum physics has discovered the emptiness at the deepest level of the universe. It could not be otherwise. Only emptiness is all-inclusive and can embrace the wholeness, including time and space. Emptiness is timeless, space-less, and object-less. Emptiness can include everything within itself.

If you are attached to a specific object, you will miss the opportunity to gain other objects. If you are object-less, you will have the opportunity to enjoy countless other objects. If you live a goalless life, you will encounter the right goals. As Lao Tzu says, "*When I let go of what I am, I become what I might be.*" In other words, if you let go of your goals for yourself, you will become the person that you should be.

Why We Believe in Lies

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Truth does not require believers. People believe in lies. Beliefs are fabricated to support the lies. The more lies you invent, the more important you become, and the more your ego is satisfied. Beliefs are created by means of the constant repetition of lies. Truth does not need beliefs. Truth is simple; it is existential, here and now, and it is the mystery of what is beyond the present. In other words, the truth is that reality beyond the present moment is a mystery. If someone says that he or she can fly, nobody will believe him or her because it is an obvious lie. Bigger lies, such as conspiracies, are more likely to be believed because it is not as easy to recognize them as lies. Meanwhile, big lies require the mind and beliefs. The greater the lie, the more beliefs are necessary. As soon as an individual knows what your beliefs are, he or she can tell you endless lies. Truth cannot create beliefs in people. Truth is timeless. Truth is never new. Truth is the simplest if we become present without the interference of our past and our beliefs. But truth is inconsistent, while lies remain consistent. The mind seeks out consistency because it functions linearly, while quantum reality is complex and nonlinear.

Why do we believe in lies? Because our ego, a byproduct of the unconscious, has expectations. The ego doesn't want to see the truth because it hurts. Let us explore a simple example: the truth may tell you that you are at fault for an undesired situation, but how can you be wrong? Your ego is superior and tells you that you are always right, blinding you and leading you to believe certain lies in order to blame factors outside of yourself. You don't wish to see your inner darkness. You don't want the light of truth to enter the darkness of the unconsciousness. You repress the thought "I am wrong" and send it to the unconscious part of the consciousness because you fear being wrong. The family, education and society teaches you from childhood that it is wrong to be wrong and punishes you psychologically when you are wrong. But being wrong is part of the path to the truth; both being right and being wrong create the whole. The whole is the truth. Accepting the fact that you are wrong is the best path to the truth. Thomas Edison said, "I have not failed. I've just found 10,000 ways that won't work." He found 10,000 ways that he was wrong.

Moreover, the ego enters the vicious circle of not only relying on existing beliefs but also of trying to reinforce them. The ego will attempt to prove the beliefs right. You must prove that your beliefs are right. If they are wrong, then you are wrong; if they are right, then you are right.

What we said here is a very simplified version of how the ego and the unconscious work, but it is very difficult to analyze the unconsciousness. Your analytical mind and its analysis cannot help. Only meditation can help. Meditation is simply seeing inward without the mind.

How Mystery Creates Beliefs

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Life will never become known. Both life and reality itself will always remain mysteries. Mind will never succeed in comprehending the wholeness of reality. The infinite cannot be included in the finite. Modern quantum physics tells us that the deeper we venture into the universe, the more unknown it becomes. Quantum physics has revealed only one thing with certainty: that reality is a mystery. This means that the various interpretations physicists have devised for different aspects of quantum phenomena are just fairy tales. The experts themselves disagree with regards to their interpretations of reality. Therefore, there are two ways to deal with the mysteries of life and reality. The first way is to accept and be aware of the mysterious and incomprehensible nature of reality; in other words, to embrace and trust the unknowable. The second way is to adopt beliefs of such a nature as to explain the unknowable. The first way is that of meditation, while the second way is that of analyses and logic. The first way is that of creative individuals and artists, while the second way is that of scientists. These two ways have met each other. The way of meditation has revealed that deep down we are emptiness. The way of science has revealed that the universe was born from nothing, or emptiness.

Meditators see that inner emptiness is actually not nothing, but fullness. It is potentiality and the power of creativity. Scientists, too, conclude that the emptiness is not nothingness, because it can produce infinite universes.

The way of logic and beliefs always lags behind the way of the unknown. For instance, many great discoveries in various fields have been made by people who were not formally trained in those fields, but they were instead courageous enough to enter into unknown areas, trusting the unknown. On the other hand, logical and rational people tend to stick only with what they know best, and they go on doing so for their whole life. They refrain from trying anything new due to their fixed beliefs.

Accepting mystery is very important in life. The mind continuously escapes mystery by producing explanations, rationalizations, and beliefs.

The mind is an important tool for creating a map to help you navigate the mystery of the unknown territory. The map, however, is not the territory. Thus, you should be aware that the mind and the map are simply tools to be used, and that mystery will accompany you when venturing into the territory.

Accept the doubt in you. Let the doubt be with you; do not repress it. Doubt represents the inner potential to inquire and search. Nothing is wrong with it. Doubt is not a search for beliefs. Doubt is a witness to the mystery. Doubt is good in and of itself. Doubt is natural. Only repression of doubt and mystery creates beliefs. Therefore, refrain from trying to conceal the doubt. Let the

doubt remain and release your beliefs. Disbelief happens only when you have already believed but have subsequently been deceived by yourself and others.

Not all beliefs are untrue; they may be true or they may be untrue, but to believe is a by-product of the mind. To experience reality without beliefs is to be intelligent. Experience brings knowingness rather than knowledge. Knowingness enters the eyes, which are without the dust of beliefs. Also, drop all conclusions. Begin sensing reality without forming any conclusions or referencing previous beliefs. Intelligence comes when you drop beliefs and conclusions and begin seeing reality impartially. To be impartial, you should practice seeing from different dimensions; the best is to view things from diametrically opposing dimensions. For instance, if you are a spiritualist try to see things from a materialist point of view, and vice versa. If you are rich, try to see things through the perspective of poverty, and so forth. The more dimensions of life you become aware of and explore, the more expansive your vision becomes. In science we know that quantity change may become quality change. Thus, the larger the number of dimensions of life that you explore, the more you will see the oneness. This will broaden your vision, which will become all-inclusive. The broader your vision becomes, the fewer prejudices you will have.

Existence is a mystery because, although we may answer many questions, we are unable to answer the ultimate questions; the mind fails to answer the ultimate questions. For instance, what is the beginning of the universe? Scientists have offered many theories about its origins, but they cannot answer the question of what existed before the beginning of the universe. What was there? Emptiness? If it was emptiness, what is emptiness? The question marks remain, but the word emptiness is beautiful, because it is accompanied by the mysterious.

Additionally, quantum physics has revolutionized science on practical levels, but when it comes to purposes beyond the practical, enormous unresolved implications have emerged. Quantum physics cannot escape from philosophy. Quantum physics has encountered and become intertwined with the conscious observer, which is consciousness itself. Quantum physics has become the ideal ground for various interpretations and fairy tales, because it embodies mystery. The fact that reality is mysterious and unknowable is the greatest insight provided by quantum physics. This mystery can be the source of both scientific and religious beliefs. You can interpret the unknown as you wish, so as to satisfy your ego. Science has many beliefs, of which the most misguided is that someday science will uncover all the secrets of the universe. That day will never come to pass because the simple truth about existence is that it is unknowable. Mind cannot understand the universe, because a part in and of itself cannot include the totality of the wholeness it is a part of. The mystery can be lived, but cannot be known; it will remain always unknowable. The only ultimate truth is consciousness. When you say, "I don't know," you have abandoned the mind and have entered the realm of pure consciousness, in which there is only this, the here and now. You have left the mind behind, and you enter into eternal existence where no question is relevant. Questions related to the beginning and the end of things are irrelevant because consciousness is eternal. Consciousness, in my opinion, is the quality of quantum

interconnectedness within and of the wholeness. When every part within the wholeness is interconnected with every other part, the entire system becomes alive. For instance, in plasma, electrons don't behave like individuals, but rather as though they are part of a larger and interconnected whole. In some sense, they gain "consciousness" and may be considered to be alive. The behavior of electrons in plasma inspired the great quantum physicist David Bohm. As quantum physicist Bohm has stated, consciousness is much more of an implicate order than matter; at a deeper level, matter and consciousness are inseparable and interwoven. In other words, consciousness and life are enfolded in higher orders of reality, or more accurately, in the wholeness of reality. Or consciousness is an enfolded order in the ocean of universal energy because matter is condensed energy. $\text{Energy} = \text{mass} \times \text{matter} \times c^2$ (Einstein formula). Quantum physicist David Bohm has also stated, "Deep down, the consciousness of mankind is one." The great psychologist Carl Jung coined the term collective unconscious, according to which humans share the same unconscious on some level. Reinforced by the term collective unconscious, we could say that consciousness is a by-product of the interconnected whole. The greater the whole, the greater consciousness is. Thus, the quantum interconnectedness of the body gives rise to or produces the individual consciousness. As our body is condensed energy, which, in turn, is part of the universal ocean of energy, the individual consciousness is part of universal consciousness. Our individual consciousness is simply a wave in the ocean of consciousness. Individual consciousness will dissolve and be enfolded in higher orders of reality and will become part of the ocean of the collective consciousness. The enfolded "order" will then be unfolded again, and so on cyclically.

So intelligence is the quality of functioning as unity by being quantum interconnected as a whole within the greater wholeness of reality. What's more, creativity is unleashed when the "mind" and body function as a unity or as a quantum-interconnected of the whole, which, in turn, is quantum-interconnected to the wholeness of reality. The body is condensed energy, and the mind is subtle energy, but both are the same energy, and consciousness is a quality of both. The moment your body and mind function together in unity, you become creative and intelligent. When we're practicing creativity we're also practicing intelligence because we're thinking globally as a result of our interconnectedness with the wholeness, which may even be a universal consciousness. True intelligence thinks organically and "ecologically" and contributes to increasing the organic functioning of the community and society, Earth, and the universe.

Intelligence is unity. Intelligence is the main characteristic of organisms. Living organisms are intelligent.

Intellectuality is division from wholeness. Contrary to intellectuality, intelligence encompasses the unity of the wholeness. Life has evolved on Earth without the intellect of man. On the contrary, it has evolved from the intelligence of nature, from the unity of nature.

The creativity of nature comes from the unity of wholeness. Similarly, like nature, when a person is whole, creativity comes naturally to him. Creativity in art is a by-product of unity. For

instance, the painter must become one with the painting. Art is higher than science. Art leads, and science follows. Science lags behind art. Only creative people have advanced science. The true scientists who have advanced science have been artists first and scientists second.

Being creative and intelligent requires individuality. According to David Bohm, “Individuality is only possible if it unfolds from wholeness.” You are a unique unfolding of wholeness. Respect yourself, and love yourself, as there has never been a person like you and there will never be again. You are incomparably unique. You need not be like somebody else; you must be yourself, your own being. You must do your own thing. Beliefs make you a mechanism. Don’t be a mechanism; be an organism instead. The creator of a mechanism tunes every part of that mechanism with the entire mechanism from the outset. In organisms, every part is continuously **self**-tuned with the whole organism. In organisms, each part has freedom while remaining in tune with the wholeness, whereas each part is pre-defined what to do in a mechanism.

You cannot be creative when somebody has given you a task to finish because there is no unity between your mind, soul, and body. The mind, body, and spirit are not in tune with one another when you are forced to do something. The mind may be hurrying and wants to achieve the goal, while the body may require relaxation.

Creativity cannot be forced. Creativity is the way of wholeness, which cannot be predicted and practiced. The way of wholeness is characterized by spontaneity. It is beyond rules. You cannot apply rules. The moment you aim to practice the way of wholeness, you miss it.

To clarify the wholeness further, the wholeness is not easily defined. The wholeness is infinity. But consider the reality being built as wholeness within wholeness within wholeness. Our body is a whole in itself, but it is a whole within the wholeness of earth. The earth is a whole in itself, but it is a whole within the wholeness of the universe, and so forth. Who knows where it ends? It ends in infinity, which leads to mystery.

Thank You

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About the Author

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After being an engineer for 6 years and receiving many job offers in the field, my “real job” left me discontent and yearning for more, so I decided to seek the essential things in life--things that cannot be taken by death. It is my passion to devote myself to unbiased research of everything relating to the human experience, including: physics, metaphysics, spiritualism, materialism, psychology, ancient philosophy, religion and more. Consciousness is eternal, and I want to view it through as many dimensions and worldviews as possible.

One day I decided to share my ideas with the written word, and I've found that doing that made creativity explode within me! I think that by sharing our ideas and allowing creativity to express itself fully through us, we find our true bliss. It is the highest force of the Universe and gives birth to all phenomena. I have found that the best way to learn is by sharing and teaching others. It's all about sharing what's in our hearts and connecting with one another. I have discovered through my own experience and research of scientific literature, that the greatest ideas come from the creativity and spirit of simple people who dare to follow their dreams and intuition. We all have the freedom to share what we've discovered, and we empower others by doing so. With that said, I sincerely hope you enjoy the writings I share with you.

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