

February 2026 update (feb 25)

I wanted to let everyone know that the new book is coming along, all be it, much slower than I originally thought. It is going to take a month, to several more months of work. I think there is going to be value in it for the reader, but I don't want to rush anything with it. It will take the time that it takes. But all in all, it has surprised me with the depth that has revealed itself.

Thus, I won't be doing any interviews, or likely making any videos, for most of 2026. There are a few reasons for that.

First and foremost, the only thing that I would really want to talk about are Silence and Emptiness. But on one hand there is nothing to say about them, at least not much more at this stage than can be found in *Empty the Cave*, I would just saying what anyone can read. Besides no one really wants to hear about it, because there is nothing in it for “them” or “me.” Silence and Emptiness just Are. Secondly, all of the material about the journey of Self Definition in the rest of my books, and they also tend to speak for themselves. All one has to do is read them carefully, and apply what is needed for their specific life. All the videos and interviews I have done to this point may have added small bits to that work, but generally the power come from reading the written word.

Which is pretty much what no one wants to do anymore. The world of video and podcasts have taken over as the information source now for, well, everything. I find that somewhat shocking that the number one place people search for information on any subject is YT.

Actually video platforms I am finding very concerning. The majority of videos are now AI generated, or AI added, or AI recommended, or AI influenced. Thumbnails have to shock everyone, and comment sections promote conflict and antagonism. That is why I want to focus more again on the written word, and as much as possible on books that someone can have in their hand, and read at their own pace. You know like in 1995, or 1925, or 1800, or... The great inner power has been turned over by the masses to a screen.

I watch mostly nothing anymore, save a few people that I have followed for several years, and catch them only for short updates on what the current situation of reality is at. Full videos I no longer spend time with. Beyond that, I stick to my writing and stillness.

My focus for 2026 is going to be on the written word. I will keep going on this book until complete, take a short break, then get going on the third and final part of the *Exit the Cave* series. That is the direction I want to move towards from here on out

Along the way I may make short update videos, but no more than that. I do have a few articles on the go, things that really can't be put in the books, so I will add them to the site periodically, during breaks in the book writing process. The first will be in March on the Ken Grimwood novel *Replay*. I got a few new insights after reading it again last month. Every time I read that novel I get a new surprise. There is something very unique about it, as I will share.

This was just to let you know my direction heading forward from here. Wishing you well. When the book is finally available I will let you know. See you next month with some *Replay* insights.