

Why I Wrote What We Lost- Continued  
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This article is a continuation of a video I made with the title “Why Did I write this?,” meaning why did I write *What we Lost*. Since I will not use AI to transcribe videos, I decided to let those who have not seen the video see it at the link below, then the article will continue from there...

<https://youtu.be/qAJkTYRWKwM>

*What We Lost* is the most accessible of the books I have written for the average person, because it has more down to earth elements that just about everyone is facing.

A main aspect of what the book is sharing is that “the clear inner adult state” is (well not lost) or damaged, or stolen or cage. The best word to describe the state is that it has been MISPLACED. The natural adult state is still inside of you, it is just due to the ideas of civilization and all the conditioning from schools, parents, movies, television and the like, that this state was locked away. The child-adolescent state was deemed to be all one needed. That means you have to look for it so to speak, because it exists where you currently are, but you must “uncover it.”

Everything today has to be entertainment, presenting clear concise information is no longer considered valid unless the dopamine centre gets hit the way it does in a video game or watching a video. It is why I let go of the idea of writing a novel, because the novel is a type of story, entertainment, as opposed to a clear and concise way of presenting information, which is how I chose to write all of my other books. We don't need more entertainment, we need more clarity.

Thus we need to regain our intuitive power, so we can eventually take the pointers that are in the chapters on the girls’ and boys’ ceremonies are presenting. Once the clutter that has covered the adult state is unremoved, and the door to it found, then with some clear intention, you might say a personal formula can be pieced together on what you need to do in order to activate it. It will be unique for everyone, but the chapter’s do give some ideas of some ways to generate it.

The good news is that EVERYONE can do this, because it does not require someone be either special or worthy...it is part of the natural set up at birth, we were just taught to think that such things such as natural femininity or masculinity were worthless, or that having integrity, empathy and caring will just mean you can never “succeed” crawling your way up the corporate ladder. Only when the basic structure of goals and expectations of “me” have been burned out, can the space be allowed for this natural state to start to come out and flourish. The more it does however, the less likely you will fit in with the technological modern world. The natural adult state strives for simplicity and stillness, the exact opposite of this insane reality.

So that is really what my book has been trying to do, see that there is another level to living already in place, we just have to choose to access it. Only then can a real spiritual journey begin. Until then everyone is fighting the world, trying to diminish other people, trying to get whatever the child ego wants, rather than be able to move to a place of calm awareness to see what really needs attention

in the moment. That will likely be very little.

Most will not want to bother with all of this, it is all simple stuff that “they” have already done. They are 45, they are an adult, they’ve adult things, so where is the advanced stuff for “me” they will demand. But maybe you will see that the foundations are not as clear and solid as you might have thought, and that there are indeed steps, that while seeming simple originally, could provide outstanding foundations for work later on in the journey.

I know that many will not see the value in this book, but you might. I wrote it for a few people today, and perhaps many more in fifty years (assuming books still exist). Maybe you are one of those that can make use of the pointers in here right now.

My hope is that it can help some people find a bit more personal sanity in an ever-increasing insane world.

Cheers,  
HM