

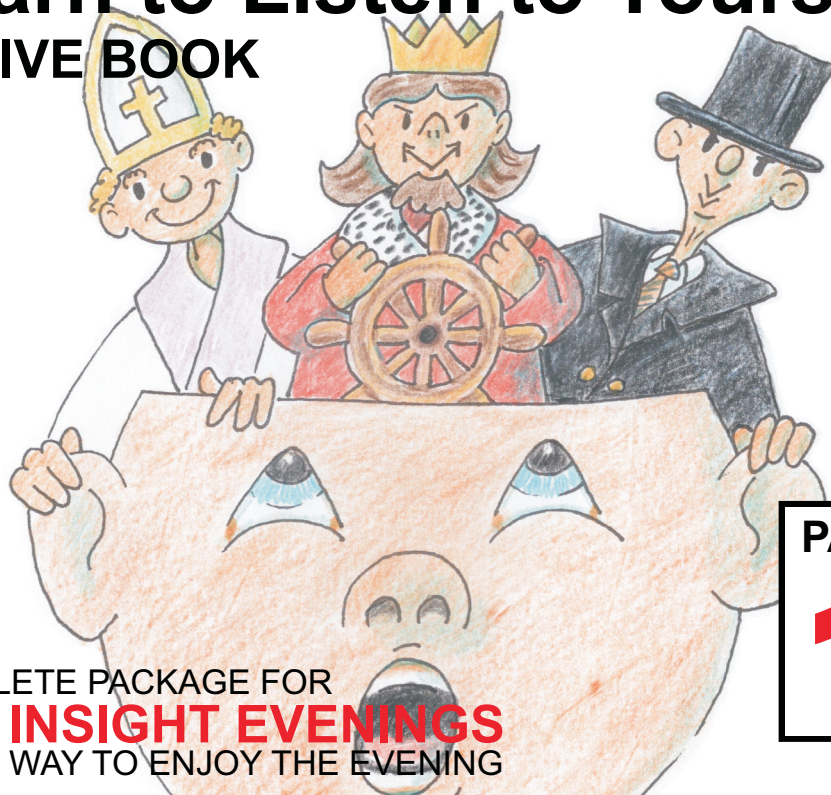


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HANNU

Learn to Listen to Yourself ACTIVE BOOK



PART

1

COMPLETE PACKAGE FOR
THE INSIGHT EVENINGS
A NEW WAY TO ENJOY THE EVENING

THE ACTIVE BOOK -PACKAGE:

BOOK + THE ACTIVE CHAT + THE INSIGHT EVENINGS

Have an Insight Evening at home, a different and unforgettable evening that grows your view of life. Download a free instruction from the Internet.

A combined Internet-service, book and The Insight Evenings

**Work at your own peace.
Have Insight Evenings with your friends.
Participate in the book's Active Chat online.**



Alkuajatus

Learn to Listen to Yourself 1

ACTIVE BOOK

Combined Internet Service and Book

*” Don’t give him beliefs or ready answers,
teach him to listen to himself.”*

Hannu 2013

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Don't copy or plagiarize the thoughts in this book. If you experience them to be worth mentioning, be responsible and tell people about this book, in other words tell them about the source of the thought, not only your own thoughts that are born based on the thoughts in this book. Help people to find the same source. Anything else would be dishonest towards people but also towards yourself.

Alkuajatus is an independent, original thought and an entirety of its own that isn't based on other thoughts. Don't mix different thoughts when you observe matters. Each thought is its own and observes matters from its own viewpoint. They are not the same thoughts, even if they might have similarities or they would consider the same matters.

When we speak of knowledge about our inner world, only the original knowledge has worth. Knowledge of the inside is found only by focusing on the own inside. A study done from the outside doesn't produce knowledge of the inside, it produces knowledge about the reactions and the behavior of the human. That research doesn't have any direct connection to the inside of the human.

Knowledge that is collected on basis of what others have found on the inside is second hand knowledge, and the one telling about it doesn't have a direct connection to the knowledge. Without an own personal observation of the inside it's a product of thinking, a product of the imagination.

The truth is not a cocktail that can be collected here and there according to one's own mind and of seemingly compatible pieces, and it isn't found by studying from the outside and creating it by thinking.

This Work

This work doesn't give you ready answers. This work helps you to observe matters in such way that you find your own answers from your inside.

In this work we focus on the basic matters considering listening to your own self, which are absolutely essential for us to understand if we want to learn to listen to ourselves at all.

Alkuajatus doesn't make anyone to himself. Alkuajatus helps the person to approach his genuine selfhood by observing matters and by insight.

Alkuajatus doesn't tell you how to live, how to be, what is right and wrong, good and bad. All these are questions that each and everyone need to answer to himself.

It's good to focus properly on this book. Without a proper focus it works as well as uneaten food.

It's good to be aware of that no one else can focus on the person's inside besides the person himself. If you won't bother yourself, nothing will change and nothing will get better, but it might get worse.

This book can be focused upon thoroughly and at the same time you can take a step towards greater inner freedom. Or then you can read through it quickly and miss your chance to find what you seek.

The biggest part of what this book gives is born out of the readers own insights, which are the result of good focusing, and those insights are the goal of this book.

Why Bother with Inner Freedom?

We use at least the first two decades of our lives to grow up to be someone else. We have put a lot of effort into it and learned the values and responsibilities the world did teach us.

We might experience that our person is correctly built according to the learned model and we want to reach the promised price, in other words success.

Few want to notice that his person isn't himself and that it doesn't correspond with his own inner will, and that the learned perception of reality isn't true.



1. Why do we experience it to be difficult to abandon the learned models?

Instead, very usually, we want to look for solutions with which we can correct our person in such way that we can be more successful with the fulfilling of the learned dreams.



2. Why do we try to correct our person in favor of the learned models?

We might think that the bad feeling inside us is some kind of flaw that prevents us from fulfilling our will, and we don't notice that the bad feeling is a result of that we are on the wrong path. We are not on our genuine own will's path, but on the path of a will that we have been taught.

The teachings based on the world's thought want us to believe that the inner bad feeling is something that should be corrected so that we could function better according to the taught will.

Focusing on inner freedom solves the problem, the real problem, which is the substitution of our genuine own will with the untrue will that is in accordance with the taught set of values.

Without focusing on inner freedom we can't genuinely be ourselves or be genuinely free. We are prisoners of the learned thoughts, in other words prisoners of the power game's thoughts.



3. Why does authenticity require inner freedom?

Many people can experience that it's heavy to focus on the own inside and that the materialistic goals, which are in accordance with the taught values, and the favor gained by those values are so important that they don't want to abandon them.

It would be good for each and everyone to stop for a moment and ask himself if I want to be my genuine self and fulfill my own will, or do I want to be someone else and a part of the power game and its lie.



4. Why doesn't the world's thought, the power game, favor the persons genuine will?

Someone might experience that the approaching of his real selfhood is heavy and difficult, especially if he needs the outer approval of those who want him to be in accordance with the learned thought and to fulfill their values.



5. Is there any effort so great that it would make it unviable to become your own self?

Thoughts with an outer origin give outer appreciation, and a

person that depends on them looks for outer appreciation. He is dependent of the approval and the favor of others. He is a prisoner of outer thoughts and he experiences inner emptiness to the extent he is honest to himself about it.



6. Why do the outer valuations make one dependent of outer appreciation?

Thoughts with their origin in the inner, in other words one's own thoughts, give inner appreciation. The person himself experiences their value and he experiences inner balance. He is not dependent of the appreciation of others. He is inner free and he experiences spiritual satisfaction that comes from the fulfilling of the purpose of his life.



7. Why is the appreciation that comes from the genuine own will, the own inner world, not dependent of outer appreciation?

There is only one true selfhood, one genuine own will.

There are no alternatives, and that fact doesn't change with anyone's opinion, not even one's own.

Therefore one should ask himself that will I focus on inner freedom, or do I continue to abandon myself by being someone else?

How to Focus?

This book can be used in several ways. Regardless of in which way you use it, it's good to notice that the questions are a significant part of the whole, they help you to understand the matter. They strengthen the observation of the matter by putting focus on important things. When your own questions rise up to your mind, focus also on them well and thoroughly.

1. Focus on your own

You can work on your own. Then you focus on the matter in peace and answer the questions by yourself at your own pace.

Answering the questions like this can be good to do by writing them down in a notebook.

It's very essential to focus properly on the matter. The insights don't come as a gift from above. One has to reach them himself.



8. Why do one have to work for the insights?

2. The Insight Evenings

The Insight Evenings are occasions that anyone can arrange at home. Friends gather and enjoy an evening of insights.

Each person needs to have his own book so that the focusing can be as good as possible. It's good to have the book at home as well as on The Insight Evenings.

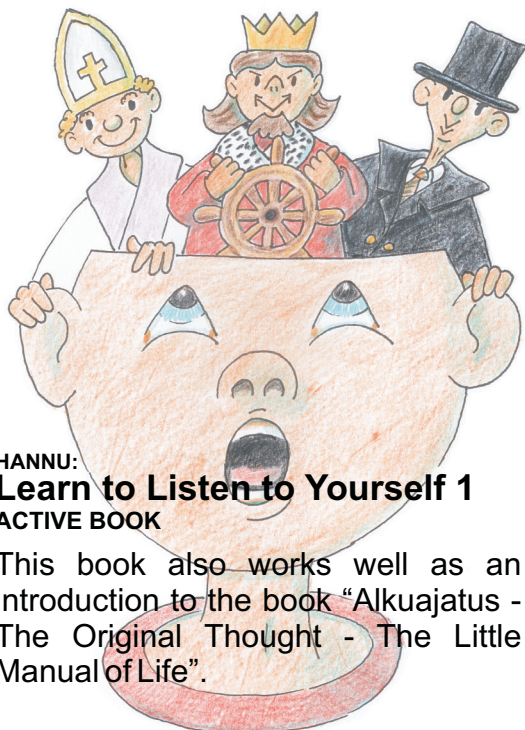
Each one focuses by himself independently on the chapter.

When everyone is done observing, then all the participants will



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This book also works well as an introduction to the book "Alkuajatus - The Original Thought - The Little Manual of Life".

In this book we focus on the basic matters about our inner world and the problem that prevents us from inner freedom.

The goal is to strengthen the person's ability to listen to his genuine self and to be more his genuine self. That grows the inner balance and peace.

Book, Internet and Insight Evening

MULTIFUNCTIONAL ACTIVE BOOK

In your own peace

You can also use The Active Book to focus in your own peace.

The Insight Evenings

Have an Insight Evening at home with you friends. The Insight Evening is not boring! The topics and questions of the book give you an excellent and enjoyable base for an Insight Evening that grows your view of life. Have different and unforgettable Insight Evenings.

The Active Chat

For those who have purchased the book, there is an Active Chat *) on the Internet, where the topics and questions of this book are discussed together with others. The chat is always enjoyable.

*) The book's Active Chat is included for the first buyer (one person) of this book. Valid for one year after the purchase.

Free Guide

On the home page you can find a free of charge guide that helps the one who has Insight Evenings and also the participants.

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NOTICE:

Results require focus upon and understanding of the matter.



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