

Self Discovery and Self Inquiry

A Handbook for the
Pathless-Path to Freedom

John McIntosh

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Self Inquiry & Self Inquiry

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*“Other than **Self Inquiry** there are no adequate means to make the mind permanently subside.” – Ramana*

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PREFACE

Self Discovery and **Self Inquiry-Surrender** are the **pathless-paths** to WHO you Really Are. I call them the pathless-paths because unlike virtually all paths to Truth, they speak of Freedom Now, not in some distant future after you have somehow qualified for IT. **Self Discovery** is **hands on** while **Self Inquiry-Surrender** is far simpler and may be said to be **hands free**. Both are the most **direct route** to Freedom.

*“I have lived on the lip of insanity,
wanting to know reasons, knocking on
a door. It opens. I've been knocking
from the inside.” – Rumi*

Self Discovery and Self Inquiry-Surrender recognize that we **are** the very thing we have been seeking and have always been so, which means it cannot exist in the future but **NOW**. This is where humanity finds itself right now.

This little Handbook will explain very simply exactly what **Self Discovery** and **Self Inquiry-Surrender** are and how they can work for you right where you are - Now. This means no matter what beliefs you may now hold about the world and who you may think you are, you may **shift** into the Consciousness of Freedom You Are - NOW.

The only thing it requires is your complete commitment to Freedom. By Freedom I mean what the ancient sages used to call **Liberation** also known as **Self Realization** or **Enlightenment**.

If you are looking to make your current physical circumstances somehow **better** through spirituality you will NOT find that you are ready for **Self Discovery** or **Self Inquiry-Surrender**. The reason is simple ... it is **very uncomfortable** ... easy YES, but **very uncomfortable**.

*“This fire will not burn you,
it will only burn who you are NOT.” – Mooji*

If you find yourself right now at the end of your rope, totally frustrated with your life experience and have chosen to be Free **NO MATTER WHAT** ... then ***Self Discovery*** or ***Self Inquiry-Surrender*** may be for you.

Chapter One

CONDITIONING

WHAT IS IT?

The person most people think of as who they are ... ***is not Real***. It is composed of ***beliefs*** that make up a composite of ***Conditioning*** most refer to as their ***Identity***. It is a ***phantom*** that seems completely real and which, when believed in generates a steady stream of ***chaos, conflict, fear and suffering***.

This is the state in which most of humanity has lived for many thousands of years and which most people still adhere to ... but it is NOW coming to a rapid close in the enormously fast changing Shift in Consciousness humanity is now immersed in.

Until now there has been a pervading belief in separation. It seems to take ***time*** to go from A to B in a given ***space*** and provides the ***appearance*** of separation.

The belief in Separation creates the illusion of **victims** and from there all **suffering** occurs.

The True **SELF** is **GOD, Who is ONE** and beyond which there is nothing. Everything literally is GOD ... at various levels of **Conscious Awareness of IT SELF**.

Conditioning masks or veils your **True SELF** ... it's as simple as that.

Removing or more correctly **dissolving** these masks reveals your **True SELF to Your SELF** and the result is a return to the Conscious Awareness of your individuated **God SELF, I AM, Consciousness or Freedom, Peace, Love [unconditioned], Joy, Abundance, Truth, or Beauty** ... all mean the same thing.

At the foundation of Conditioning is **guilt, shame, remorse** and **unworthiness**. Everything that makes up the mask of your **false self identity** stems from these roots.

When they are exposed and **Loved [Embraced]** ... **Grace [Love in Action]**

dissolves these illusions back into nothingness.

For example: Let us say that you are in constant **fear of losing** ... losing your job, your relationships, your possessions, your credibility or so-called reputation ... anything. This is a clear manifestation of **unworthiness**.

You get lost in the drama or story connected to the play you are acting in and the **suffering** that results.

You place your **Attention on the play** instead of the **root cause** of the play. You go to psychologists, take medications, study How-to books and take workshops in an attempt to build up your **self confidence**.

You are attempting to build up **a mask of worthiness** on **a phantom that does not exist** ... it may have a temporary **band-aid** effect, you may even become rich and famous and have the attention and admiration of millions around the world but

the sense of **unworthiness** remains *because it has not dissolved.*

Look at Hollywood or other areas of high visibility of what people call success and witness the **decay beneath the mask**. They are no different from anyone on the street ... they have just come face to face with their constant feeling of **unworthiness quickly** having achieved everything they thought was important and realized that the feeling of unworthiness was still present.

Rather than going into these **feelings** of *who they are NOT*, they usually

- (a) **Sedate**,
- (b) **Run**, or
- (c) **Distract**... or a combination of all three.

This delays Freedom and because of the Attention given to the suffering being endured due to the **belief in separation**, isolated and alone ... they recreate more and more of the same kinds of experiences in an **endless circle of misery**.

Finally, they [meaning all of humanity] eventually reach the ***line-in-the-sand*** where they can take no more. Some choose to leave their bodies through illnesses or so-called accidents while ***others turn inward*** and begin to follow spiritual teachings. This route, if taken eventually leads to ***Freedom*** but it can be a very long route because ***almost all spiritual teachings speak of Freedom in the future.***

The ***Desolation of Conditioning*** through ***Self Discovery*** or ***Self Inquiry-Surrender***, is the most ***direct pathless-path*** to FREEDOM because ***it places Attention on the Truth.*** And the Truth is – you are ***FREE NOW – YOU ARE GOD*** and have always been GOD, sleeping until now.

Where you place your Attention ... Expansion of what is focused upon occurs and Freedom, which is ***WHO YOU ARE – not what you have or can attain – WHO YOU ARE***, returns to your ***Conscious Awareness*** – very, very quickly.

SYMPTOMS OF IN-AUTHENTIC LIVING

Here are some symptoms of living inauthentically brought on by your conditioning:

Fear

Conceit/arrogance/superiority/condescension/vanity/narcissism

Withdrawal

Addiction

Paranoia

Pessimism

Deceit/lying

Comparing

Ingratitude

Co-dependency

Blame

Sentimentality

Superstition

Blame/judgement/recrimination

Worry

Anxiety

Need for control

Greed

Lust

Hatred

Anger/rage

Unending grief

Fear of death:

- of the body

- of the **identity** or reputation or credibility ... feeling unsafe/insecure

Unworthiness:

- Feeling left out

- Feeling invisible/unimportant/ignored

- Feeling like you are useless

- Feeling hopeless/helpless

- Feeling not good enough

- Feeling judged

- Feeling discriminated against

- Feeling abandoned

- Poverty consciousness

- Feeling like your life is out of control

Having the need for:

- Approval

- Attention

- Acceptance

- Appreciation

- Recognition
- Praise
- Flattery
- Obedience
- Security
- Safety

Obsessions on:

- Appearance – [as an example the entire fashion, fragrance, cosmetic and weight loss industries]
- Health
- Sex
- Self Improvement

Guilt:

- Constantly apologetic
- Caretaker
- False charity
- Not accepting or need to return gifts
- Feeling trapped
- Feeling that you are always in debt for something
- Always making amends

Remorse:

- Constant sadness
- Same symptoms as unworthiness
- Blame and finger pointing at people who represent what you believe ***you have done*** but fear looking at

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Chapter Two

AUTHENTIC LIVING

Authentic Living is living as ***Who You Really Are – God***. Everything else is an ***illusion***.

There ***is*** only ***ONE***, call IT ***God*** if you like and IT ***is*** - ***All That Is*** living in limitless expressions, all at various levels of ***Consciousness*** or ***un-Conscious Awareness*** of the ***God IT is***.

SYMPTOMS OF AUTHENTIC LIVING

Living 'as' Unconditional Love, Peace, Joy, Abundance, Beauty, Freedom

Compassion

Living in constant state of Bliss or Awareness of Oneness

There is no 'fear'

Love is never conditioned in any way

Freedom is 'who' you Are – not what you have

Abundance is normal on 'every' level

Effort does not exist

Time is not experienced except by choice

Joy and Beauty are experienced as ever-present aspects of your Being

Miracles are normal to the extent that they have lost their meaning

Everyone and everything 'is' felt as ONE

If there is chaos the feeling of Peace is always present

Judgment is unknown

Victim-hood has ceased

Suffering no longer exists

Life is lived spontaneously and synchronistically

You are completely transparent - deceit is unknown

You naturally express yourself in perfect purity and simplicity

You embrace the Unknown and always say Yes to Life

Life Lives you, you do not live Life

You are completely vulnerable and live in total effortless Trust

Your Attention is always inside – out

You feel and communicate with all in Nature including every living thing

You have fully dissolved in the fire of Truth

You do not take on ‘favorites’

You do not join with 'mutual admiration societies'

You do NOT 'agree' to be seen or liked or accepted

You never associate where Truth would be tainted with body-mind perspectives, opinions or concepts

You stand firm in the Light although you may be reviled for exposing the ignorance of the false self

Those who seek to make comfortable their dream existence through spiritual comradery are more deluded than those who are fully asleep.

This is the moment of 'ruthless' transparency, absolute authenticity and the recognition that no tool of will or struggle, or empowerment from the ancient dream of separation has any power.

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Chapter Three

MIRRORS

THE DOOR TO YOUR FREEDOM

The first thing to ‘get’ ... to really ‘get’, is that everything is about ***your own Freedom*** ... ‘until you are Truly Free’.

The most common expression people have when they begin to sense the Truth is to immediately go out and try to ***‘fix’ others*** and the world instead of just standing in the fire at their feet as it begins to rise.

If you go to a fire with a water gun you will have almost no influence on the flames at all. If you remove the oxygen from the fire it goes out immediately

The first example is the effect you have while you are still not Free and the second when you ‘are’ Truly Free.

It’s ***always*** about your own Freedom first!

When we attempt to **fix** others, we are trying to **control** the fire instead of letting it burn ... we don't realize that this fire only burns what is NOT real.

Thinking is NOT the way to Truth when you are exercising Self Discovery [explained later] – **FEELING** is the way and we **NEED** the fire for that to occur. This is how the oxygen is removed from the fire forever.

You are so used to try to calm things down so you can **think** clearly.

So, you **point** at what the other person is doing or what **they** are doing to cause trouble in your life, whether microcosmically or worldwide.

The **mind** in its current state represents your **identity** - who you believe you Are, with all your limitations, guilt, shame, remorse, fear, unworthiness, all your arrogance, learned facts and experience. It's a cocktail of fear and pride ...

BUT ITS NOT WHO YOU ARE.

When you try to ***fix*** your world with this cocktail you bring both extremes to the party and meet enormous resistance from others who have their own version of the same cocktail ... this means you believe it's always about OTHERS not you.

When you finally understand that the fire is your friend made up by the chaos, the craziness, the anger and terror of it all ... that It's is your friend [not endorsing it but seeing the MIRROR in it] then you have really ***BEGUN*** to discover ***Who You Really Are.***

You turn everything ***inside out*** with this kind of response to others and the world:

-what does this anger in the clerk in the store today have to do with what's hidden in me?

-what does the lack of appreciation I received at work today from my boss have to do with stuff hidden deep within me?

-what does the seeming destruction of Mother Earth have to do with issues deeply hidden within me?

-what does the misuse of the financial system by bankers and business have to do with things I have been afraid to look at within myself?

... you get the idea, fill in the most upsetting things [stories and dramas] that tend to **'trigger'** you then turn them inside out as a **MIRROR** of your own **'blocks to the Awareness of WHO You Truly Are'**.

This is a very HOT FIRE because as it burns away what is NOT you and often there comes a terrible fear of dying ... not in the physical sense, although that feeling will come too, but in the sense of your **IDENTITY** ... who you have believed you are.

If it doesn't shock you over and over again you have not gone deep enough. It will disgust you, repel you, insult you and cause enormous guilt and self-hatred ... let all that come up and stay in the fire.

Then when you have fully FELT these feelings – EMBRACE all of THEM ... you will then realize that its ALL God, ALL THAT IS ... it's all

Perfect and what you, as the God you Are wanted to experience.

This IS THE TRANSFORMATION of CONSCIOUSNESS.

This IS the pathless path to your Freedom to the Truth of Who You Really Are.

YOU MUST LOSE THE **MIND** – THE IDENTITY if you Truly wish to be FREE.

And You will ***never change the world*** until you are Truly FREE.

When you are Truly Free you will discover the world you experience has already changed ***without you doing anything***.

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Chapter Four

SELF DISCOVERY/INQUIRY

“Other than **Self Inquiry** there are **no adequate means** to make the mind **permanently subside.**” – Ramana

All ***practices, modalities*** and ***disciplines*** can bring you to the ***threshold*** but ***NOT*** to ***full Awareness*** because once there is ***a gap in the practice***, the false self conditioning quickly reasserts itself.

All ***practices*** eventually lead to the pathless path of Self Discovery/Self Inquiry.

Self Discovery/Inquiry is not a path, journey, discipline, practice, meditation or any step-by-step program that eventually brings you to Enlightenment. As valuable as these methods were in the much slower and heavier frequencies of the ancient times of time and space, they are detriments to the high frequencies of the ***Shift in Awareness*** humanity is NOW in.

Freedom is NOW, not at the end of a path somewhere out in the distant future where it does not exist. It is here NOW, and it is completely **simple**. Real Freedom is for those who have said:

“Enough, I am tired of the roller coaster ride of this world.” They have also said: *“I will do anything to be Free NO MATTER WHAT”* ... they have made Freedom their **number #1 priority**.

Freedom cannot be attained through the mind, which instead of being a servant to the Heart has become a tyrant you call you **‘me’**.

This tyrant or false self is composed of:

Conditioning, which is as indicated earlier made up of **Attachments, Expectations and Identities tied to Memory and Imagination**.

The false self is a veil that hides the Truth of Who You Really Are.

Self Discovery/Inquiry simply transforms that veil.

The world the false self lives in is a ***dream*** filled with ***illusions*** with highs and lows and a steady stream of ***Suffering***.

Suffering is a direct result of believing that it, the false self ... is a ***separate entity***, isolated in a vast universe and subject to all manner of dangers that end in death. The belief in being a separate isolated entity brings with it the belief in ***victims***. But there can be no victims in ONE because there are no separations with which to make comparisons.

Self Discovery/Inquiry dissolves suffering by revealing that You Are ONE ... that **YOU ARE GOD**, also known as Consciousness, I AM or the SELF.

Self Discovery

First, lets look at look at ***Self Discovery***, which is hands-on and transforms your conditioning layer by layer, returning you to the Conscious Awareness that You Are God.

First, you focus your **Attention** as a **Witness** on your world, detached from the play of illusions your body-mind is acting in.

As you **Witness** your world you look for what **Triggers** your **Feelings** in the moment. As mentioned earlier, your world is a giant **Mirror** and what Triggers your Feelings is an aspect of your conditioned false self that is ready to be Transformed.

The Mirror is presented as a **Story** or a **Drama** but beneath it lies the conditioning that brought it into your world. **Feeling** what is beneath the **Story/Drama** brings to the surface of your Awareness the real **Cause** of your **suffering** and **delusions**.

*This ... is standing in the Fire
of who you are NOT.*

It can be incredibly hot, and this is why you **must** choose Freedom – **NO MATTER WHAT!**

Second, when you have **fully Felt this Feeling** and it has subsided ...

you **Embrace** this feeling. Why?

Because everything is ONE – is GOD. Everything, every circumstance, no matter how disgusting it may seem ... is GOD in disguise.

To Embrace the Feeling that came up is to **Love GOD. To Love GOD is to Love Your SELF** – the True meaning.

That is your part:

- Feel** what triggers you, and
- Embrace** it.

Your **SELF Love** allows **Grace**, which is **Love in Action**, to **Transform the Conditioning**, thinning the veils that hide the GOD you Are.

As you continue to sit in the audience of your world as a Witness to its illusions and have your Feelings triggered again and again, Feeling and Embracing what lies beneath what triggers you, more and more conditioning is Transformed by Grace and the illusion of being a separate isolated

*entity or a victim dissolves and your
Awareness of One-ness returns you to the
Freedom that you Are.*

This is ***Pure Conscious Awareness – Who you
Are ‘as’ GOD - individuated.***

- Not an aspect of GOD,
- Not GOD over-shadowing you
- Or a ‘spark’ within you,
- But You ‘as’ GOD
- FREE as you have always been.

At the bottom of conditioning is ***guilt,
shame, remorse, unworthiness*** and the ***fear
of death***

... not of the physical body but of ***the
separated identity.***

These Feelings come up again and again in
layers until they have ALL been transformed
and you are returned to full Conscious
Awareness of the GOD you Are.

If you are Truly sincere about being FREE ...
this pathless-path is very, very fast.

Footnotes

-In the meantime, momentary vignettes of Freedom can be experienced by saying **YES to What Is**. That is, no matter what is playing on the stage of your dream world – say YES to it.

This is not necessarily **‘agreeing’** with what is occurring ... it is simply **NOT ‘resisting’ What Is** occurring in the moment. The experience of Freedom is instantaneous when you do this.

*Self Discovery can be experienced alone
with just the brief overview I have given you
here or with someone who has passed
through it and into Freedom.*

When you make the **NO MATTER WHAT** choice to be Free, I assure you as one who has stood in the fire ... you **WILL** be shown and surrounded in enormous help.

Self Inquiry – The Direct Route Home

For you to become fully ***Aware*** of the ***Real YOU***, all conditioning, [referred to as karma for eons ... (I do not use this term because it has so many connotations)] must either be ***transformed*** back into the nothingness from which it sprang [through ***Self Discovery***] or ***stepped off of*** as if you were stepping off a merry-go-round.

Self Discovery is a very ***hand-on*** concept for lifting the ***veils*** or ***masks*** that define the ***false-self-identity*** most people call ***me*** so that the ***SELF***, the ***Real YOU***, which has never gone anywhere, can be Known once again.

Most people find ***simplicity*** an ***‘unacceptable choice’*** for resolving what seems to be the single greatest quest humanity has ever had. This is because there

is a deep-seated belief that anything worthwhile ***must be difficult*** to obtain. As long as this belief still exists ... **a hands-on approach** such as ***Self Discovery*** will feel more comfortable.

Self Inquiry

“Other than **Self Inquiry**, there are no adequate means to make the mind permanently subside.” – Ramana

These ***practices, modalities*** and ***disciplines*** can bring you to the ***threshold*** but ***NOT to full Awareness*** because once there is ***a gap in the practice***, the false self conditioning quickly reasserts itself.

The ***false-self-identity*** is just a ***thought***. ***Thought, the mind and the false-self-identity are therefore synonymous***, and all ***suffering*** arises due to this illusory entity. ***Joy***, which is a flatline without an opposite, is another name for ***Who You Really Are***.

When you are fully **Aware** of yourself as **Joy** or **Consciousness** you realize that the world/universe **is inside you** and **NOT** the other way around ... **it IS literally You** in a temporary state [and therefore not real] and yet **the experience of it IS Real**.

Self Inquiry returns this **unbroken state** of **Consciousness** to you ... what may be called **Joy, Freedom, Abundance, Peace, Beauty, Love or Truth**.

It is **simpler than simple** and if pursued **persistently** and **vigilantly** is the most **Direct Route HOME to Who You Really Are**. While this Truly **'is'** effortless, vigilance **does require effort – a Divine Dichotomy**.

Here is the simplicity of how **Self Inquiry** functions and is **'done'** in 3 parts:

Thought

When ***any thought*** arises that gets your attention you simply ask, ***“To whom does this thought arise?”***

The Answer

The obvious and only answer is always:

“To me.”

Question

This is followed by the question, ***“Who am I?”*** However, no attempt ***to answer*** this question ***is ever made.***

What is occurring is this ... the false-self-identity has been ***hiding in plain site*** for eons because almost everyone believes ***it is*** who they are and never questions this.

When the false self is ***continually ‘exposed’*** in this way it ***withdraws back into the SELF*** from where it arose and eventually ***dissolves*** altogether ... ***revealing the SELF*** as ***Who You Really Are.***

This is stepping **off** the wheel of karma/conditioning altogether and as a result no long arduous transformation is required

As I said, ***simpler than simple*** and yet ... this ***‘does’ end the illusion*** of ***limitation*** and ***separation*** and returns you to the ***God YOU Are.*** When that occurs ... everything that happens in the dream world, which you now recognize is happening ***within you,*** returns to the ***Beauty*** it is. In other words, ***you SEE it clearly*** and what manifests within it is ***SEEN*** only with ***the eyes of LOVE.***

From then on whatever manifests in your life is still *within* the **Grand Dream** but you *are no longer molested 'by' it*. You are shown where to go, what to do, what to say and to whom in every moment and always in **Perfect Harmony** with **Truth**. This is the life of the **God You Are ...** but until then have forgotten.

SURRENDER

Surrender is the flip side of **Self Inquiry** because it is handing over the reigns of authority that the false self [person] has *seemed* to have. And when there *is* no person, there is no conditioning and the **SELF** is revealed as **Who You Really Are**.

Surrender is another word for **Devotion**. It is allowing **Life** [another name for your Real SELF or God] **to LIVE your Life** for you. This means that you hand *everything* over to **Life** to the smallest detail. You make no plans and have no agendas of any kind without the

direct guidance of the *inner voice*, what some call the ***Voice of Silence***.

Some use devotion to worship a statue of an image of God. This is okay as a stepping-stone but actually fosters the belief in separation by placing **God** outside. This is the trap many fall into by worshipping a guru. Nevertheless, if this is what resonates in the moment then for now, its for you.

However, by simply adding – ***THY WILL BE DONE*** after the 3rd part of **Self Inquiry** – ***“Who am I?”*** ... devotion has been added to it. This cannot be some kind of rote without Love ... you must be humble and sincere for this to be of the genuine value it is.

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About the Author



John McIntosh

A Multi-millionaire until 1999 John traveled for decades around the world speaking to tens of thousands of people before leaving everything behind and diving into Self-Discovery/Inquiry. John shares his experience as a successful Magician, fulfilling his every dream and then dropping that mask for the True experience of the Master we all are.

JOHN'S website: <http://johnmcintosh.info>

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Testimonials

You are as clear and direct a teacher as I've come across - Alex Alioto

Amazing writing. I feel it in my Heart. - Irina Isakov

Wonderful content John. - Robert Massey

John is the most profound writer I've come across in many years. Deanna Lockhart

Such clarity and simplicity in your ability to communicate the Truth. Christine Van Hoose

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