

The Solo System

Vol. I, The Atlas

(Excerpt)

Veronika Bond

Contents

Prologue 7

Introduction 12

What the Solo System is
Where the Solo System came from
What the Solo System does
The Format of the Solo System
Benefits of Working with the Solo System
Who can Benefit from the Solo System

Part I

Chapter 1 – A Secret World 27

To Know or Not to Know
Seeing through the Head and the Heart
The Growth of Self-Knowledge
Paradoxes, Conflicts and Confusion
The Greater Purpose

Chapter 2 – The Creator of Your Universe 42

Creation Myths and Maps of the Universe
Maps of Human Consciousness
Creating a Human World

Chapter 3 – The Source of Everything 55

What is Consciousness?
Qualities and Quantities of Consciousness
Consciousness, the Source of all Knowledge

Chapter 4 – Wonders of the Inner Universe	68
The Wonder of Holonomy	
The Wonder of Verticality	
The Wonder of Holography	
The Wonder of Metamorphosis	
The Wonder of Polarity	
Chapter 5 – Knowledge of Good and Evil	82
Spiritual Optimism	
Positive Thinking as a Cognitive Trap	
Roots of Thoughts and Feelings	
Beliefs, Trauma, Transformation	
The Metamorphosis of Evil	
Chapter 6 – Knowledge of the Self	100
The Self as a Field of Knowledge	
A Short Story of the Self	
The Noble Self	
Getting to Know the Self	
Chapter 7 – The Tree of Self-Knowledge	114
The Soil of Self-Knowledge	
Seeds of Self-Knowledge	
The Growth of Self-Knowledge	
Cultivating the Tree of Self-Knowledge	
Evil as a Resource for Life	
Chapter 8 – The Heroic Journey	129
Heroes and Sheroes	
The Inner Baggage	
The Inner Treasure	

The Inner Battle
The Ego
Tracking the Path
Four Phases of Self-Knowledge

Summary of Part 1 149

Part 2

**Chapter 9 – The Microcosm
of Human Consciousness** 160

The Cell of Human Consciousness
Eight Planets of Human Consciousness
Two Polarities, two Currents, two Agents
Bright Side, Dark Side, Horizon

Chapter 10 – Life in the Inner Universe 180

The Autonomous Properties of Human
Consciousness
Ignorance, Awareness, and How to Read the Maps
Important Notes
The Solo Plexus

Chapter 11 – The Map of the Will 192

The Language of Willing
The Principle of Creation
The Power of Volition
The Native Population of the Volo-Clan
The Sphere of Universal Reality
The Cooperative Mood

The Function of the Processor
The Law of Causality

Chapter 12 – **The Map of the Soul** 216

The Language of Being
The Principle of Wholeness
The Power of Identity
The Native Population of the Alma-Clan
The Sphere of Spiritual Reality
The Inclusive Mood
The Function of the Integrator
The Law of Affinity

Chapter 13 – **The Map of the Inspiration** 238

The Language of Wondering
The Principle of Paradox
The Power of Curiosity
The Native Population of the Genio-Clan
The Sphere of Potential Reality
The Inquisitive Mood
The Function of the Scanner
The Law of Progression

Chapter 14 – **The Map of the Intuition** 264

The Language of Trusting
The Principle of Growth
The Power of Mystery
The Native Population of the Maya-Clan
The Sphere of Loyal Reality
The Intimate Mood
The Function of the Tutor
The Law of Magnetism

Chapter 15 – The Map of the Imagination	292
The Language of Dreaming	
The Principle of Metamorphosis	
The Power of Fantasy	
The Native Population of the Pingo-Clan	
The Sphere of Fictional Reality	
The Productive Mood	
The Function of the Projector	
The Law of Responsibility	
Chapter 16 – The Map of the Instinct	316
The Language of Feeling	
The Principle of Vibration	
The Power of Harmony	
The Native Population of the Pandora-Clan	
The Sphere of Emotiona Reality	
The Sensitive Mood	
The Function of the Sensor	
The Law of Possession	
Chapter 17 – The Map of the Intellect	344
The Language of Thinking	
The Principle of Polarity	
The Power of Logic	
The Native Population of the Lego-Clan	
The Sphere of Rational Reality	
The Conservative Mood	
The Function of the Processor	
The Law of Correspondence	
Chapter 18 – The Map of the Body	368

The Language of Doing
The Principle of Synergy
The Power of Evidence
The Native Population of the Gaia-Clan
The Sphere of Material Reality
The Constructive Mood
The Function of the Monitor
The Law of Emergence

Appendix

Bibliography	394
About the Author	399
Glossary	402
Books in this Series	433

Introduction

There is no path to reality.

Reality is not to be found on any path;
It is to be found through the uncharted sea
of self-knowledge; the immeasurable is not
to be measured by the path of the known.

Jiddu Krishnamurti

You are a traveller on life's journey. It may take you across the five continents of the earth, or it may keep you bound to one geographical area. No matter where it leads in the outer world, there is an inner journey ahead of you, a call into the mysterious landscape of the inner universe. The Solo System takes you on a guided tour through that uncharted territory. It explores the reality of human Consciousness in an unfamiliar way, and this can feel uncomfortable. Discomfort is not always a bad thing. It can be a sign that you are about to outgrow the safe nest of familiarity. Are you ready to find the precious resources hidden in the virgin soil of a world that is uniquely yours?

Looking through the familiar lens of our highly developed civilisation we sometimes get the impression that humans have already discovered all there is to discover and invented all there is to invent. Nothing could be further from the truth. There is a whole new world waiting to be discovered by those who are willing and ready to make the heroic journey, a civilisation where you are the pioneering explorer of your own universe.

This journey leads you onto a track that has never been travelled before. It is the heroic journey towards your authentic Self. When you decide to embark on this adventure, you'll know that it is the trip of your lifetime. It is exciting and uncomfortable, embarrassing and enlightening, joyful as well as painful, and most importantly, it gives you the experience that *you are living the life that you came here for.*

What the Solo System is

The Solo System is a model of human Consciousness (the word *consciousness* is written here with a capital C to indicate a specific definition of the word, see chapter 3). It describes the human organism in terms of *eight Faculties*, which are common to every human being. The eight Faculties of the Solo System are *Will, Soul, Inspiration, Intuition, Imagination, Instinct, Intellect, and Body*. (In the Solo System the word *faculty* and all eight Faculties are written with capitals because these terms are used in a particular sense, which will be explained in detail in Part 2; see also the glossary.) Each Faculty is seen as a specific frequency, at which we experience life and ourselves in a particular way. Here is a list of definitions of the eight Faculties of human Consciousness according to the Solo System.

- ◆ The Faculty of the Will is the Consciousness of willingness, creation, and willpower.
- ◆ The Faculty of the Soul is the Consciousness of wholeness, identity, and home.
- ◆ The Faculty of the Inspiration is the Consciousness of resourcefulness, curiosity, and ingenuity.
- ◆ The Faculty of the Intuition is the Consciousness of trust, mystery, and direction.
- ◆ The Faculty of the Imagination is the Consciousness of playfulness, fantasy, and performance
- ◆ The Faculty of the Instinct is the Consciousness of vibration, harmony, and sensitivity.
- ◆ The Faculty of the Intellect is the Consciousness of polarity, logic, and comprehension.

- ◆ The Faculty of the Body is the Consciousness of synergy, evidence, and action.

Where the Solo System came from

The Solo System emerged during my own journey towards a more authentic life. It wasn't a project I had been looking for or expected to find. It 'happened' to me as a precious gift. I received the essential information for this book by inspiration over a period of three years between 1997 and 2000. I have applied this knowledge on a daily basis for the last 17 years and embraced every opportunity to experience the transformational power in my own life as well as in the lives of other people with whom I had shared this information. Even though I knew from the beginning that it conveyed a profound truth, I was reluctant to share the information with a greater audience, mainly because I didn't know how to do that. I made countless attempts to put the information into the 'right words' so that it made sense to others and may become as useful to you as it has been for me. Only now am I able to realise how much I had to grow into it first. For a significant number of years I had to *live* the deep knowledge that I had received in a few flashes of insight before I was ready to share it.

The Solo System is a model of human Consciousness. Currently consciousness is a hot topic, especially in the fields of neuroscience, philosophy and psychology. Writing about this subject as a 'non-expert' feels like entering a dragon's den. *What makes me think that I have something original and valuable to contribute to this topic?* I have asked myself this question many times...

The Solo System may contradict other theories about human Consciousness. The reason for any differences is mainly due to the fact that different approaches are used to explain the same phenomenon. It can be viewed from the perspective of an objective external observer, which is the preferred stance of scientists and philosophers. The Solo System views human Consciousness entirely from the *subjective perspective* of the individual. It offers an insiders' view of this mysterious substance.

As I am taking my first steps into the unsafe territory of being an author in a field that many great minds have grappled with through the millennia, I invite you to read on with an open mind and healthy skepticism. Please don't expect my words to be 'the truth' – whatever that is – but find out within your own Consciousness what rings true to you. The Solo System can open doors into a world where paradoxes are reconciled, deeply rooted inner conflicts dissipate without effort, and apparent nonsense suddenly makes sense.

My perspective on human Consciousness is influenced by an expertise in a variety of subjects. I am a linguist by training, and I am particularly skilled at interpreting information and translating it from one form of expression into another. I also trained in naturopathy and classical homeopathy, which helps me to understand how the human organism works in health and disease in a holistic manner (i.e. body and mind working together as one system).

The third skill that influences my perspective is a high emotional sensitivity. I grew up in a family, culture and era where any emotional expression was regarded as a sign of

weakness or even ‘mental instability.’ Consequently I spent the first 25 years of my life trying to ‘control myself’ and overcome the unfortunate trait of being ‘oversensitive’. One day I had the insight that perhaps this so-called ‘weakness’ could be turned into a strength, *if* I managed to find out what it was good for.

My fourth and perhaps most significant expertise is my life experience, which has provided me with an insider’s view of what it is like to move through challenges, tragedies, trauma and crises and emerge on the other side with renewed strength, like Phoenix, the mythological bird that rises from its own ashes. I know from first hand experience that any adversity is highly charged with information, and I have learned how to use this information to great advantage.

Weaving my four strands of experience and expertise together, spontaneously produced a framework that enabled me to visit any area of my inner world at will, access specific information and transform my subjective experience almost instantly by finding a plausible context for that information. Through daily practice I became intimately familiar with the structure and dynamics of my own conscious organism, and by working with others I discovered that the basics of this structure are applicable to all fellow humans.

The Solo System in its current form was born out of practical application in everyday life. The fundamental structure is identical in every individual human Consciousness. Its expression, however, is different in everybody because it is informed by everyone’s own subjective experience. The first of the 4 volumes of the Solo System is a general *Atlas* containing a set of maps that can guide any human traveller on her or his life’s journey. The

actual landscape is always virgin territory and needs to be discovered by the one who travels.

What the Solo System does

The inner world of every human is full of information. Some of this information is useful and beneficial, while other parts appear to be useless, counterproductive nonsense. Any information stored in or produced by human Consciousness always seems to precisely match the subjective experience of the individual. Useful information is experienced as positive, while what is regarded as useless information goes hand in hand with negative feeling.

- ◆ The Solo System is particularly helpful with regards to apparently useless information and the associated negative experience. It can help us to transform our subjective experience, which brings about profound changes in life. The Solo System helps us to change our attitude towards any negative, useless, bad, counterproductive information and transforms it spontaneously into a valuable *not-yet-used* resource.

‘Miraculous’ transformations of negative subjective experience can be achieved by transforming *unused* information. This is a bit like mining an ore from the earth and turning it into something valuable. The raw material needs to be extracted from an inner place, where all rejected information gets dumped. Then it has to be transferred into a clean and neutral environment, and finally a context is found where the raw resource becomes useful and even highly sought after.

- ◆ The Solo System contains a ‘secret technique’ that

enables anyone to transform any crisis or problem into pure energy potential. Such a transformation does not only instantly resolve the problem or crisis, it also shows precisely how the released energy can be used in the most constructive way.

The Atlas of the Solo System is the basis for this technique. I sometimes call this model an *operating system for human individual Consciousness*, because it provides a formal structure that helps us to understand how individual human Consciousness works. Greater awareness and better understanding enables us to use our own organism more efficiently.

Human Consciousness runs on 'automatic pilot' in many ways, just like the human body, and that's fine as long as everything is going smoothly and as long as you don't want to change anything. When things are a little rough, or when a serious disturbance occurs, then it is useful to know how things are supposed to work, so that we can make necessary adjustments.

- ◆ The knowledge offered in the Solo System enables us to engage naturally and constructively in the spontaneous operations of our own Consciousness in a *non-manipulative* way. It offers an opportunity to get actively involved in the organic process of growth.

The personal work done on the basis of the Solo System is not a therapy but rather a 'sponsoring of your own evolutionary process.' Having said that, working with the Solo System can have beneficial and therapeutic 'side effects.'

- ◆ If there is anything you want to change within your own world you can only really do so by taking the plunge and having a good look around inside. It is never as bad as you might think. Thanks to the Solo System as a reliable guide, you can now navigate that inner space with much greater confidence. You no longer need to worry that you might fall into some dark and depressing abyss or be led astray by your own delusions and get lost in the internal desert. And if you do, the Atlas of the Solo System can show a way out.

You can read the Solo System like a ‘user’s guide’ to human individual Consciousness. It has the potential to lead you, the user, into spaces that you never knew existed within your inner universe. This is not always comfortable because whatever happens in there is per definition very ‘close to home’ and right under your own skin. But then, if it’s already there anyway – *wouldn’t you want to know what’s happening inside yourself?*

Going into and through the darkness is ultimately the only sustainable way to bring *more light-ness* into our life because it helps us overcome the deep rooted fear of the dark. More light brings greater joy, clarity, ease, confidence, etc., all of which means that you become a ‘better version’ of yourself. *With the Solo System you can literally upgrade your own operating system, your Self and your whole life.*

Note: In case of any mental health problems, traumatic events or other severe crisis please consider seeking professional treatment, counselling or coaching.

The Format of the Solo System

The Solo System is presented to you in four volumes. Volume one, *the Atlas*, contains the structure of this model of human Consciousness. *The Atlas of the Solo System* is designed to support the sphere of the human inner world. It outlines the inner landscape, which is where all subjective experience takes place.

Part one of the Atlas explains the most fundamental principles that govern the inner world of all humans. While you may be familiar with some or even all of these principles in theory, it is useful to remind yourself of them and discover *how to apply them in everyday life*. Here is a brief overview of the chapters in Part one of the Atlas:

- ◆ Chapter 1 is an introduction to the inner world.
- ◆ Chapter 2 offers insights into the creation of human tools that help us understand ourselves.
- ◆ Chapter 3 contains an overview of different definitions of consciousness and how it is defined in this context.
- ◆ Chapter 4 explains a number of fundamental universal phenomena, which are relevant for the understanding of the Solo System.
- ◆ Chapter 5 looks at the difficult subject of 'good and evil' from a new perspective and comes up with a sustainable explanation.
- ◆ Chapter 6 explores the concept of the Self and contains the definition that is used in the Solo

System.

- ◆ Chapter 7 focuses on the *Tree of Self-Knowledge* and how to grow a desirable specimen of your own on home soil.
- ◆ Chapter 8 introduces the Heroic Journey and the work of Self-knowledge management.

Part two of the Atlas shows the actual model of the Solo System in detail. It contains an overview of the eight Faculties of human Consciousness – *Will, Soul, Inspiration, Intuition, Imagination, Instinct, Intellect, Body* – and their basic functions. Here is a brief overview of the chapters in Part two of the Atlas:

- ◆ Chapter 9 offers an overview of the structure of the *Microcosm of Human Consciousness*.
- ◆ Chapter 10 introduces some of the dynamics driving the organism of human Consciousness.
- ◆ Chapter 11 presents the *Map of the Will*, the first Faculty of the Solo System.
- ◆ Chapter 12 presents the *Map of the Soul*, the second Faculty of the Solo System.
- ◆ Chapter 13 presents the *Map of the Inspiration*, the third Faculty of the Solo System.
- ◆ Chapter 14 presents the *Map of the Intuition*, the fourth Faculty of the Solo System.
- ◆ Chapter 15 presents the *Map of the Imagination*, the fifth Faculty of the Solo System.
- ◆ Chapter 16 presents the *Map of the Instinct*, the sixth Faculty of the Solo System.

- ◆ Chapter 17 presents the *Map of the Intellect*, the seventh Faculty of the Solo System.
- ◆ Chapter 18 presents the *Map of the Body*, the eighth Faculty of the Solo System.

The third Part of the Atlas contains appendices and a complete glossary of the terminology used in the Solo System, which is also introduced and defined throughout the text of this book.

Benefits of Working with the Solo System

The Solo System opens a path to self-knowledge. The destination of this path is self-realisation. The main reason for working with the Solo System is to become more *authentic*. This is generally desirable because we know that authenticity is related to truth, truth is known to 'set us free', and more freedom is always appealing.

Authenticity is also related to reality. In a world dominated by cyberspace and virtual realities you may feel a growing yearning to connect more with your *actual reality*. Authenticity is synonymous with genuineness. In a world corrupted by pretence, genuineness is a sought-after commodity, a rare and precious treasure.

- ◆ Working with the Solo System helps you to become aware of the degree of internal stress and conflict, which is ruling your inner life due to deep seated fears, dysfunctional beliefs and a whole range of personal unresolved issues. Awareness is the first vital step towards transformation. Becoming more *aware*, *authentic*, and *real* enables you to reduce your levels of internal stress and conflict considerably.

- ◆ Working with the Solo System on a daily basis is like doing a regular inner workout. In the short term the benefits may not look very dramatic. You get an instant boost, and then it seems as if everything is 'back to normal'. However, in the long term, the *range of normality* shifts gradually and almost imperceptibly into a completely different league.
- ◆ In addition to having general balancing effects on your entire organism, the Solo System stimulates the creative process. As you practice moving through your own experience with greater fluidity, you activate the production of your own 'creative juices' and tap into a reservoir of potential resources that lie dormant within the soil of your own Consciousness.

The Solo System can be a rich resource for artists, writers and anyone who suffers from creative blockages. Working with this material helps to activate *all Faculties* of your Consciousness, including your *Inspiration, Imagination, Intuition, and Instinct*.

Who can Benefit from the Solo System

The Solo System has infinite practical applications. It is a sophisticated and complex tool designed to help you to participate more fully in your experience of everyday life.

- ◆ The Solo System can be a valuable resource to catalyse post-traumatic transformation. It outlines a path that builds inner strength every step of the way.

- ◆ The Solo System can be used as a companion for sustainable organic personal growth.
- ◆ The Solo System is ideally suited for individuals who have a certain level of innate capacity to walk the path of self-knowledge alone, drawing from their own inner resources.
- ◆ The Solo System can be used as a helpful reference tool for practitioners, serving fellow humans who don't yet have those inner resources. It provides support for the practitioner, while offering valuable resources to use with clients.

Anyone who works with other people and supports them on their life's journey may find the information presented in this book helpful, not only to process your own experience very efficiently, but also to keep your inner space clear from other people's issues.

Workbooks

The Atlas is supported by 8 *Workbooks* related to the Maps of the eight Faculties. These contain further explanation and practical exercises based on the information presented mainly in Part 2 of *the Atlas*. The Workbooks enable you to become familiar with each Faculty in your own life. Each workbook covers one of the Maps of the Solo System presented in Part 2 of this book. They offer an opportunity to delve deeper into your inner world and explore the landscape of your personal subjective experience. *The Atlas* and the eight *Maps* are designed to accompany travellers on the inner journey in the first phase of developing self-awareness in daily life. Volume I of the

Solo System can help you build a solid foundational knowledge of your inner world.

Chapter I

A Secret World

There is a world that came into being
when you did and that exists only
because you exist.

Sir Ken Robinson

There is the outer world that we live in, a world full of activity, information, phenomena and structures. Behind the scenes there is another world, a much more private, intimate and personal one. It is an inner world that you inhabit all by yourself. The outer world that you live in is also unique and individual for everyone, but it is visible, more public, and easier to share. The inner world is completely secret. Nobody else can really know what's going on inside there, and often you don't even know it yourself. The only way to get to know the secret inner world is to go and explore it. Some people love travelling, others find it scary. Stepping into the unknown is not for everyone. It depends on how much you really want to know.

To Know or Not to Know

There are good reasons for travelling into the inner world and to reveal its secrets, and there are good reasons not to. Travelling into the inner world has to do with self-knowledge. All that you'll ever discover in there is intimately connected to yourself. This may not seem very interesting at first sight and also somewhat limited. However, it holds the key to everything that you might ever want to know.

A long time ago the Oracle of Delphi famously said something along the lines of *"know yourself, and you will know the Gods and the universe."* This suggests that there must be more to self-knowledge than meets the eye. It sounds as if the door to the inner world is in some mysterious way a secret entrance into a much bigger world that we all live in together. It is our personal access to the universe.

The Solo System is based on a collection of information gathered from many visits into the inner world and arranged into a 'navigating device' in such a way that anyone who is ready and willing to do so can enter their own secret world (at their own risk). Travelling into the inner world without such a tool is not easy because it mostly means groping around in dark and foggy places with no map or torch and hardly any obvious clues about where to go. It is not an easy ride, and there is a high risk of getting hurt. You are likely to stumble over things that you have bad associations with or that trigger painful feelings.

Here are 4 good reasons for staying clear of your secret inner world:

Don't go there as long as

- ◆ you are reasonably happy with yourself and your life and don't want to make any fundamental changes.
- ◆ you don't feel ready to find out what's going on behind the façade of your outer world.
- ◆ you are convinced that whatever needs changing in your life has to happen in your outer world.
- ◆ you believe that whatever is happening to you has nothing to do with you.

The secret inner world is a virgin landscape that holds many mysteries and challenges, and you will know when or if you are ready for them. Behind the reasons for not wanting to know it, there is a primal urge to find out more about yourself and to discover the deeper meaning and purpose of your life. You may receive an inner calling to make your world a better place, and deep inside you know

that you will never be truly happy if you don't follow that call.

Here are 4 good reasons for getting to know your secret inner world:

Do go there if

- ◆ you are curious to find out how your inner world relates to your outer world.
- ◆ you feel an urge to make a real change in your life.
- ◆ you know that whatever happens to you has something to do with yourself and you want to find out how you did it.
- ◆ you are ready to live a more authentic life and can't wait to get on with it.

It should go without saying that getting to know your inner world enriches your life in countless ways. When you start exploring its inner secrets it can be hard to turn back. It is like getting a taste of something, but in order to reap the benefits you have to go the whole way. It is only fair to mention this right at the start. That's why the inner world is often linked to the so-called hero's journey. Gaining knowledge of this secret part of yourself is an ongoing 'journey,' and it becomes a major part of your daily life.

The journey of the mythical hero/ine starts with a calling, goes through various challenging phases, meets and overcomes obstacles, leads to a sought after treasure that only the hero or heroine can find, passes through a final test and returns home as a transformed victorious son or daughter of the tribe of whom everyone is proud.

We seem to live in a time where unprecedented numbers of people feel or hear a calling to set off on their own unique journey of life and discover what they have come here to do. Receiving the calling is only the beginning. It is no guarantee for overcoming the obstacles, finding the treasure, passing the test, or a heroic return. Often the calling is the beginning and the end of the journey because it can be so difficult to know the next steps.

Seeing through the Head and the Heart

Travelling through the inner world requires a certain way of seeing. In analogy to the outer and the inner world there are also two ways of seeing, an outer and an inner one. External seeing uses primarily the eyes and the brain; it picks up information via the senses and interprets them according to current concepts and past experience. This mode can be described as 'seeing through the head.' It focuses on results and material forms. The inner way can be called 'seeing through the heart' and focuses on the process of coming into being. It picks up information by tuning into a quality of being and understanding its essence. *External seeing produces theories, whereas internal seeing conceives ideas.* Both ways of seeing appear to relate to each other in a similar way as the yin and yang principles of ancient Chinese philosophy, where each contains the essence of its opposite counterpart.

The two ways of seeing are explained in great detail in the book *The Wholeness of Nature* by Henri Bortoft, where he compares the holistic approach of Goethe's science with the scientific model proposed by Newton. Through external seeing, applied by science, we can only perceive the results

of what happened in the past, whereas internal seeing enables us to participate in the present and conceive of what is coming into being right now. External seeing helps us to separate and detach, while internal seeing promotes the perception of connections and unity. External seeing gives an objective view of events based on evidence, which is always partial and usually clearly defined. Internal seeing offers a subjective view of an event based on experience, which is always holographic and often fuzzy.

Because Newtonian science continues to dominate our way of thinking, we are currently far more familiar with the external way, and as a result we see everything 'through the head,' including ourselves. This way of seeing makes us draw conclusions about ourselves based on past experience, which inevitably leads to a self-perception of inferiority. Seeing yourself through the head means assessing yourself according to your achievements, physical appearance, material possessions, social status etc. It means focusing on difference and separateness from others, which promotes individuality and autonomy. Seeing yourself through the heart means looking at your own subjective experience in the present moment without any preconceptions or the need for making any assessment. It means focusing on how you see yourself in relation to the world in your current situation in order to gain a deeper understanding of yourself.

Both internal and external seeing are natural functions of human Consciousness. The familiarity with both ways enables us to switch skilfully between the two modes and gain an increasingly reliable understanding of ourselves and our world. *The primary approach of the Solo System is to practice the internal way of seeing that focuses on the subjective experience,*

partly because it has been largely neglected and we have to learn how to do it, and partly because it delivers vital information much faster than the external view. Moreover, the internal mode of seeing is the only way to understand our own subjective experience at all. If we view our subjective experience through the head, we easily dismiss it as unreliable, confusing, wrong, and irrelevant or something similar. This is precisely what most of us have been brought up to do.

Subjective experience is very closely related to seeing through the heart. During childhood we learn that our subjective way of seeing often does not match the grown-up 'objective' view of things. We tend to reject our internal seeing perhaps because it was not acknowledged by those to whom we looked up to as 'wise elders.' Therefore it has never had a chance to develop properly and has remained in its infantile state. As adults we continue to reject our subjective experience either when it is experienced as negative, or when the information that it appears to provide doesn't match our personal external view. All this means that a fundamental conflict is produced within our own Consciousness based on a clash between the internal seeing and the external view. Everyone can experience this conflict in everyday life.

The inner view is informed by the subjective experience of the situation, while the outer view is based on the objective assessment of it. The subjective experience receives impressions through the Instinct and Intuition, while the objective assessment is informed by the Intellect through rational evaluation. These two views often seem diametrically opposed to each other, and we assume that we

have to choose one over the other. Based on our cultural heritage the external, 'objective,' intellectual view wins most of the time – that's the official version. The unofficial truth is that the internal, subjective, instinctive/intuitive view always sneaks in first, and the external view gets manipulated accordingly. This process happens in a flash and every time it does, something gets added to the conflict and confusion within individual human Consciousness.

The Growth of Self-Knowledge

The rejection of our own subjective experience as 'nonsense' leads to confusion and creates a distance from our authentic internal view. Simultaneously we miss a valuable opportunity to learn something new that could potentially contribute to the expansion of our Consciousness.

“The growth of understanding more often comes from opposition than from agreement... If we take this opposition as something to be fought against... then the opportunity which it represented for the growth of understanding is lost. We become a fixed dogmatic kind of person... Taken in a more positive spirit, opposition to our views becomes the means of development whereby our understanding is enhanced.” (Henri Bortoft, *The Wholeness of Nature*, p. 119)

Confusion arises from the fact that the subjective experience does not always inform us directly about the 'total reality' of something, but neither does the external 'objective' view. Whenever the internal and external views are opposed to each other one can assume that an opportunity to deepen our understanding and thereby expand our Consciousness is presenting itself.

The Solo System can be used as a tool to help us expand our understanding of ourselves. It can help us to gain

insights into our current level of understanding from alternative perspectives. It can help us to grasp apparently opposing views, bring them fully into awareness, and watch them find a consensus at a new level. Deepening our comprehension of ourselves is the basis for growing our understanding of everything else because *we are only able to understand the world to the extent of our own knowledge of ourselves.*

The door into the secret inner world leads to infinite depths of understanding because there is always more to learn about ourselves. Knowledge of the Self is not a preexisting body of information that you can acquire or download from somewhere. It is a process of gaining knowledge that only exists as potential, and often this knowledge needs to be nurtured and cultivated. It is a fruit of knowledge that you can only grow yourself from seed. While the expansion of knowledge and understanding is generally viewed as welcome and desirable, certain parts of this process can be experienced as unpleasant because each phase of growth meets with natural resistance.

New ideas and inventions are often met with initial rejection by the 'general public' before they are accepted as part of the new status quo. We can witness similar reactions within ourselves when new aspects of potential self-knowledge start to stir and indicate an opportunity to grow our own Consciousness. Each new piece of self-knowledge that is conceived and demands to be integrated into the previous level of understanding also challenges the pre-existing paradigm, which implies that certain parts of the inner and outer world are threatened. Such conflicts can become reasons for trying to avoid the expansion of our own Consciousness.

Growth is one of the basic characteristics of life. Participation in the growth of our own self-knowledge is an opportunity to engage in the process of life rather than trying to resist it. A natural urge to expand our knowledge of ourselves is part of our human default program, because the expansion of our self-knowledge is the only way to grow and fulfil our potential. It is an urge to become more fully who we are, to be free to be ourselves, to live more authentically, to connect with others and with life in general on a deeper level. Resisting this urge inevitably produces more conflict and suffering because it widens the chasm between the inner and outer worlds. By engaging with your own growth process you bring peace, harmony and healing into your inner world, and the outer world has to follow.

Paradoxes, Conflicts and Confusion

The Solo System was conceived along the Heroic Journey, and it can be used as a map for every phase of this challenging and profoundly satisfying way of life. If we say that the Solo System can be seen as a set of maps representing the inner world, it may sound confusing, especially since it was stated earlier that this world is private, unique, and different for everybody. While this is true, it is also true that self-knowledge leads to knowledge of 'the Gods and the universe.' Here is an apparent paradox that can be explained relatively easily: Even though every human body looks different and unique we all have similar features that make us recognisable as human beings. The more you know how one body works, the easier it is to know how every body works in principle.

Even though the inner world is a unique personal space, there is a certain structure that applies to every individual human Consciousness. The Solo System describes that structure, and you will be able to recognise it easily within yourself. The better you know that structure in yourself, the easier it is to recognise it in everyone else too. The more you become familiar with the natural order and layout, the easier it is to navigate your own unique inner world, handle inevitable individual challenges, and discover the personal treasures that only you can find. And eventually, the better you know yourself, the better you can understand other people too, because you have *experienced the principles of what it means to be human first hand and really grasped those principles on a profound level.*

Somewhere inside we all have an Intellect, Instinct, Imagination and Intuition. These are four of the common Faculties of human Consciousness. Additionally every individual human is in possession of four further Faculties: Will, Soul, Inspiration, and Body (i.e., a form of Consciousness that exists in the body itself). The Solo System is a model of human Consciousness that enables us to *identify the full range of Faculties* that we all have and are only partially aware of. All eight Faculties have their own ways of seeing and their own territory of influence within the inner and outer worlds. They have the capacity to enhance both ways of seeing, the internal and external view, and thereby can contribute to greater clarity.

The eight Faculties express themselves and perceive the world in different ways in every individual, and yet they all function in the same basic ways in every person: The

Intellect thinks, makes rational assessments, and contributes the function of logic; the Instinct feels, produces emotional impressions, and lets us know when something is out of balance; the Imagination projects images, simulates fictional illustrations and allows us to dream and fantasise; the Intuition produces intuitive hunches, impressions and personal inner guidance; the Will enables us to form wishes and intentions, giving us a considerable level of freedom; the Soul carries the blueprint of our being and facilitates connections with other living beings at the spiritual level; the Inspiration questions, searches and gives innovative impulses; and the Body allows human Consciousness to take physical form and act in accordance with our knowledge of ourselves.

The eight Faculties of human Consciousness provide a structure that enables us to travel into the inner world with confidence, navigate through the dark areas of the inner landscape and gain revelations about anything that is currently shrouded in mystery. Looking at any conflict from a range of different perspectives helps us to delve deeper into understanding the essence of the problem, and in this process the issue often resolves itself spontaneously.

The Greater Purpose

The inner world of our subjective experience is the one we are born with. It is probably already within us in some form before we emerge from our mother's womb. The internal subjective way of seeing is one of the natural sensory functions of our inner world. It informs our subjective experience, which happens spontaneously and is independent of our awareness or deliberate intention. Its

characteristic feature is a receptive way of seeing, which represents the feminine side of human Consciousness, and it is represented by the four 'feminine Faculties' – *Soul, Intuition, Instinct, and Body*.

The outer world of the external 'objective experience' is the one that we are born *into* and that we have to learn to live in. The external objective way of seeing is characteristic of the outer world and our perception of it. This is a voluntary proactive way of seeing, which relies on our pre-existing concepts. Since the 'pre-conceptions' of any human baby are an immature version of its own infantile subjective experience, the young and impressionable human Consciousness is flooded instantly by the outer way of seeing of the tribal Consciousness into which it is born. The knowledge and understanding that dominates the tribe exist prior to the conception of the baby, of course. The objective, proactive, external way of seeing represents the masculine side of human Consciousness, and it is expressed predominantly through the four 'masculine Faculties' – *Will, Inspiration, Imagination, and Intellect*.

This means that the 8 Faculties don't bring 8 different and completely independent views into the round of discussion. They can be understood as 2 groups of representatives for the 2 opposite and complementary sides. Each group consists of 4 'delegates,' and within a certain framework each of the delegates has their own independent position and viewpoint. Moreover, because every Faculty contains the essence of the 'opposite gender' within itself, it is much easier to reach an understanding since each Faculty has its own distinctive approach and can offer a different take on the same issue.

Even though it seems as if the subjective, inner, feminine way of seeing gets overpowered by the objective, outer, masculine view as soon as we are born, it is extremely resilient. Initially the subjective way of seeing tends to clash with its objective counterpart, which we perceive as intensely irritating and associate with personal impressions of suffering. However, it is precisely the irritating discrepancy between the subjective inner experience and the outer objective world which contains the potential for the expansion of human Consciousness. It provides countless opportunities for raising our awareness of ourselves and the world that we live in, to increasingly higher levels. Through the expansion of our own knowledge of ourselves we can make our unique contribution to the evolution of human Consciousness.

The purpose of life for every human being must be the reconciliation of the subjective inner world with the objective outer one. This cannot be achieved by manipulating one view to agree with the other or through radical suppression of one world and declaring the other the 'winner.' That kind of aggression can only lead to resentment on the side of the loser, and it cultivates a permanent state of fear in both. Reconciliation cannot be achieved through any type of compromise either. A compromise is defined as 'a settlement of a dispute by mutual concession' to reach an 'intermediate state between conflicting opinions;' it can also mean 'to bring into disrepute or danger.' Compromise weakens both sides and does not satisfy the requirements of either.

The only way to join both worlds in a truly fulfilling way is to raise the level of understanding on both sides until they can spontaneously come to a genuine agreement and unconditional acceptance of their respective views. They

have to reach an authentic level of consensus to which all participants can wholeheartedly subscribe. All 8 Faculties of human Consciousness can play an important part in this process and make valuable contributions towards the expansion of our knowledge of ourselves.

By becoming familiar with the eight Faculties of your Consciousness, the roles they fulfil in your life and the ways they interact with each other and with your Self, you can learn to make sense of your subjective experience as well as the events in the outer world. Moreover, you can support your own Faculties and thereby the healthy functioning of your whole organism. Each of your Faculties makes a significant contribution to the evolution of your Consciousness, and every individual human can potentially make a significant contribution to the evolution of collective Consciousness. Every apparently random subjective experience of every individual human seems to play a part in a 'greater plan' somehow. Our task is to find the precious pieces of our personal puzzle and capture all their facets until everything slots together beautifully.

<end of excerpt>