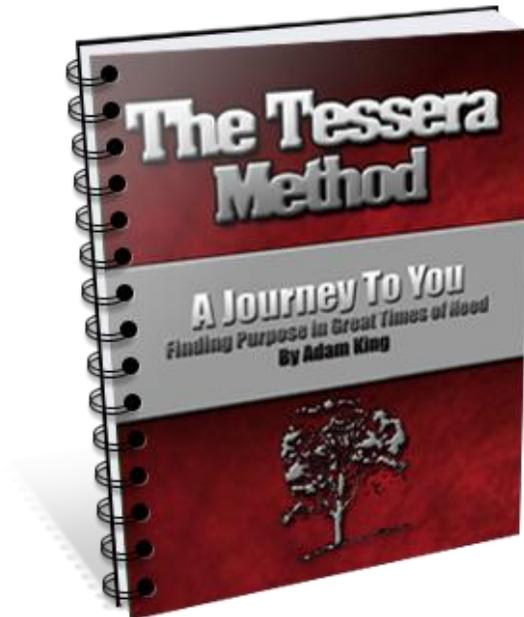


The Tessera Method

A Journey To You

Finding Purpose in Great Times of Need
By Adam King





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The Tessera Method™

A Journey to You

Finding Purpose in Great Times of Need

Solace

Sometimes, being in the profession of personal development is like having your heart torn from your chest. I mean this of course, if you're sincere about your message, believe in it, and have empathy towards those you're reaching with it.

The way we suffer and turn that suffering from inward, is almost unbearable to witness.

So, let me tell you, right now, right here, *you have been heard.*

With every song I compose, with every note that I play, and with every word that I write, know with all your heart, it is a reflection of *you* within my work. It is a reflection of how I feel and relate to you with empathy, from my own suffering, and from my own personal failures and misguidance.

I want to show you something that we've been looking for during our times of need. Something that allows us to reflect upon our experiences, later, but rarely during times of need because we simply can't embrace it within the moment.

This something, is *solace*.

The definition of Solace is:

"The comfort in times of sorrow, misfortune, or trouble. The alleviation of distress or discomfort."

This is what we seek so dearly in our moments of high anxiety, fear, shame, anger and guilt. But, instead, we find ourselves slaves to the bitter control of the very same decision making process that can lead us around the storm.

Yes, we seek solace, *but rarely find it.* And, if we are lucky enough to do so, we even more rarely know how to harness it because of our self inflicted lack of focus and uncertainty.

So, without further delay, let me take you to the front doors of Tessera so you can enter and hopefully find what has been waiting for you all along.

The Manipulation of False Purpose

There are two things in this world that I've seen a lot of lately. One, the desperate need for purpose, and two, the destruction caused from not finding it and continuing to move forward regardless.

I've been where you're at, hell, I'm still there at times. But, it's the *at times* that is controllable.

This is the place we find ourselves after financial debt, broken relationships, or at times of severe suffering caused by uncertainty and lack of clarity. This is a place where we desperately seek the answers to "what the hell am I going to do or, where am I to go?"

This is a place where desperation continues to sabotage the inner workings of our decision making in order to find a direction that can lead us away from the fire. But, instead, we continue to find ourselves stuck and afraid of this uncertainty as it is attached to the uneasy feeling that we must push ourselves through suffering and pain in order to find our true answers.

We don't want to walk through the fire in order to get to Eden. Instead, we live the illusion that we're outside of it when in all reality, we're standing *smack dab in the middle of it*.

This is also the place where guilt, shame and suffering find their home deep within us. Where they seem to team up and beat us down by leveraging every failure, every fear, and every mistake as if it were a true measure of our character.

This is not us, *trust me*, I know this secret and I want to show it to you. This is nothing more than a reaction to the filters we've created, or that have been handed down by others who have made us to believe they were our own.

Awakening

I've experienced these issues firsthand, and have written stories within Tessler that deal with them. Financial destruction, self-centeredness and the lack of perspective that if turned around, can breed altruism and empathy upon everything we set our eyes upon.

Yes, you're right, we don't know what we don't know. And, we don't know that we continue to make it about ourselves, unconsciously, and selfishly.

And, even if we are blessed to finally see this truth, this truth that we are making it about ourselves, then the awareness can still backfire causing the blame and guilt to go inward with a vengeance.

An example of this is like saying; "Oh man, I didn't realize I was making this about me, how can I be so selfish?"

This is a profound awareness that only humans have. The ability to see the self, *from the self*. This is also the road to freedom, but, because of the way we've conditioned ourselves, it is usually met with a self destructive fork in the road that looks something like this:

"Oh man, I didn't realize I was making it about me, I hate myself for doing that. I cannot believe how bad of a person I am. I'm so stupid, so fat, so ugly. No one is going to want me."

This is false realization that is attached with the illusion that once again, it's our fault. Sure, we need to take responsibility for our actions but, we need to know *what and where* our actions are coming from so we can decide if they serve us or not.

And, if we're not aware of the source, we return to our suffering full circle by, you guessed it, *making it more about ourselves*.

And suffering, is almost always a self induced affliction. It's a very personal experience and when we're going through it, very few people want to experience it with us.

The key, is to realize that this awareness, that most of our suffering, is nothing more than an illusion. And within this illusion, we continue to keep ourselves away from success and fulfillment and of course, the world around us.

We trap ourselves *within ourselves* and rarely let anyone else in. Anything or anyone that doesn't resonate within our comfort barriers, gets shot down before they can even leave the ground.

The Victim

Have you ever been at a party where someone drinks too much and starts suffering? Publicly? They start whining about how they've been victimized. How no one likes them because they're ugly, overweight or some other kind of self judgment. Do you notice how they start to desperately seek others to share their sorrow with?

God knows this has been me in the past. And, if you're shaking your head, smiling or rolling your eyes right now too, then maybe you've been there as well.

Either way, *you get the point*.

But, if you haven't drunken yourself into a *pity-oblivion* as well, then most likely *you're running for the exit*.

It's when we complain and seek clarity because of our suffering, that we actually push others away from us. It's so ironic too because in this time, our time of greatest need, is when most people will turn and run into the other direction.

We have to ask ourselves why? What is going on that causes this? Why is it that in our most desperate times of need no one wants to help? And, why is it that the greater our suffering becomes, the less people seem to be around?

Here's why.

The Physiology of Suffering

You just lost everything you've had. Your finances, your home and maybe even your husband or wife. Everything is falling apart. You begin the search for answers like so many before you.

First, you look at yourself.

"What went wrong?"

"How did this happen?"

"Who did this to me?"

What is happening here, on a physiological level, is our ego, our emotional side, our identity, is looking for relief, a scapegoat, someone or something outside of itself to blame.

Even if it *is* our fault, we begin an almost instantaneous process of finger pointing because the feeling that *we've done it to ourselves* is quite simply, *unbearable*.

Now, when we realize that it *is* our fault, or that there's no way out of our dilemma, the process of suffering is no longer able to find comfort outside of itself.

And this, is the beginning of our real problems.

Automatic Negative Processing (ANP)

What's happening in the brain is what I call ANP, or *Automatic Negative Processing*. In short, it is our emotional reaction to this suffering that is trying to find something outside of itself that it can blame.

It does this so it can find relief, *but it can't*.

It's like trying *not* think of something that isn't really there and asking your brain to notify you when it's gone.

For example. If I asked you to focus your full attention on the taste of chocolate as diligently as you could, and then I asked you to tell me when that thought or feeling goes away, you won't be able to.

You can't because you're focused on something you cannot take your mind off of.

How can you tell me it's gone when you're stuck on fully experiencing it in the moment?

What this does, is focuses the brain on one thing, and one thing only. So, when you ask your brain to notify you when that feeling or thought is gone, and it's not even really there, *you're screwed*.

Now, bring this to your suffering with something like money or relationships. How many times do we find *that same damn song* we don't even like, stuck in our heads? How many times do we go over our situation of uncertainty, fear and destruction, only to want these things gone?

The more we think about it, the more we solidify our suffering, simply because the brain's job is to tell you when you're not thinking about it.

In short, we're forcing our brain to think about something it doesn't want to think about so it can tell us when it's not thinking about it.

Ouch...

We're stuck in this Automatic Negative Process like a dog chasing its tail, or like a donkey trying to catch the carrot strapped to its very own head.

It's not going to happen. You're stuck and you know it!

This is why when it *is* truly our fault and we cannot blame others, we need a different perspective of the problem itself. In fact, we need only to see the problem for what it truly is, and us, for who and what we truly are.

This is where Tessera comes in.

We are so governed physiologically by our emotions because of the strong reactions they report back to us. Upset stomach, rapid heartbeat, overactive fight or flight response etc. But, it's *our filters, our survival codes*, that give our suffering the fuel it needs to control our outcomes.

And, if we continue to program ourselves with false prediction, confabulation and illusion, then the results will remain the same.

So, how can we beat this? How can we see our problems and constraints in a different light so we can gain the perspective ultimately needed in order to break free from them?

The answer is so simple, that most of the time, *almost all of the time*, we don't even believe it.

The answer is, *there is no answer*.

This is because it's not the answer we should be seeking, but instead, *the truth of our questioning*.

The Doorstep of Tessera

Let me ask you a question so I can help solidify my point.

If you put two sock puppets on your hands, one on the right and one on the left, and allow them to have a conversation, who is truly talking?

Now, if you allow yourself to go one step further and let these two puppets have an argument on their own, without you, as one says to the other;

"I'm telling you, we're not sock puppets, we're individuals and I'm separate from you and you're separate from me!", who is doing the talking?

Are these two sock puppets separate from you? Are they separate from each other? Or, are they really *you* controlling your very own hands with nothing more than socks upon them?

The problem is that we have allowed our filters, our *false survival codes*, to make us believe *we are the sock puppets*.

We've allowed ourselves to believe we are separate from the world, outsiders to the bigger picture. That the world is not a part of us, and we are not a part of it.

And the scary part? *This is completely natural.*

Consider the times when you believe you have found something that can help you with your suffering. Let's say, a home study course on making money with the Internet, or meditating for only five minutes a day until your fears or constraints are gone.

What is the feeling that you associate when all of these dots connect, when everything makes sense and you can see the light at the end of the tunnel?

Are you overjoyed with excitement, anticipation?

I know this feeling well because I have been forced to learn from its illusions. These illusions have caused me to falsely predict my outcomes, to falsely predict the amount of work involved in order to achieve the success I have been promising myself. And worse, they have caused me to completely and utterly, lose myself to the artificial belief that my emotions, my survival codes that freak out the second something becomes uncomfortable, *can be put on the back burner when discomfort arrives*.

The truth is, the anticipation itself, can cause the release of the powerful neurotransmitter dopamine within the brain.

Dopamine, then enacts the sympathetic nervous system, which produces effects that we commonly relate with excitement. These are sometimes the feelings of *false success*, or believing we can do what we cannot because we *think* we can.

In fact, we do get excited and we begin to envision success, prosperity and fulfillment by the person or program that we're being offered it by. But, what we're really doing is giving our emotions, our survival codes, fuel that helps make us buy into these illusions because of the physical sensations of anticipation and dopamine that are now resonating within our bodies.

We are doing nothing more than *feeding the addict* that is controlling our ability to create better choices and act upon them.

This addict seems (or feels) like our greatest ally in the fight for fulfillment. But, little do we know, this addict is only there until the first sound of gunfire. And then, he or she can usually be found running full-tilt in the opposite direction.

The Elephant and the Rider

Dr. Jonathan Haidt in his book, *The Happiness Hypothesis*, explains this type of reaction with the metaphor of the Elephant and the Rider.

As where our Rider (our logical processes) sit upon the Elephant (our emotional processes).

The elephant is there to help choose, with feeling, but also resists those things that are uncomfortable by expressing emotions.

So, when the elephant wants change, it calls upon the Rider to help steer it towards its chosen desire. But, when gunfire rings out into the night's sky, the rider loses all sense of control over the two ton elephant as fear and uncertainty are now tugging on the reins.

In short, a tiny rider trying to pull on the reigns of an elephant is nothing more than exhausting if the elephant is pulling back.

This is what happens when we *think* we've got the answer and find ourselves being sabotaged by the very same mechanism that made us believe it *was* the answer.

This in turn, produces ANP, or the proverbial, *dog chasing its tail syndrome*.

So, how does Tessera help through this process?

It's simple.

If you believe you are the puppet and there are powerful feelings and emotions attached to that feeling, *you will remain the puppet*. And, you will continue to make your choices based on the this illusion.

But, if you finally begin to realize that you're the hand controlling the puppet, and can validate this reasoning with strong enough emotion, *then it's game over for the elephant's controls*.

You cannot, literally, come back from this perspective.

But, there's a catch.

We can't just control the elephant with logic as it is too powerful. Instead, we must feed him or her the right amount of peanuts in order to gain its trust and then ask it to join us by its own free will. In short, we need it to come back to us, and join with the rider once again, by its own self conclusion.

We must strategically and altruistically, show it a better life from the perspective of non-duality fueled by high emotion so it gets the point. And, so it too, can see that it is one and the same with us, and not separate from us. That it is NOT a sock puppet, but a part of us that we can learn to love, accept and live in harmony with.

This is Tessera. This is the awareness that *Without the Water, there are no islands*. That Without the Water, we are all a part of each other, and *each other*, is a part of us.

Tessera

Tessera (Pronounced "Tess-Er-Ah", but I pronounce it "Tess-Air-Ah" because it's sexier), is a single piece within a Mosaic. In short, it's a separate piece of something greater than itself.

We, are the Tesserae, *the Tessera* that believes it is separate from the world and its surroundings.

A piece that believes it is part of nothing more than itself and doesn't fully acknowledge its true source.

A sock puppet blinded by its own illusion that it "is" the mosaic.

This is inaccurate.

We ARE a part of each other, the world, the universe, and, we can learn to adapt to this truth. This is what we knew as children, but we lost this realization along the way via the path of self-survival.

This is why I call our filters *Survival Codes*.

Simply because they help to keep us safe, *even from ourselves*. But, as you can see, they can become so disillusioned by this addiction of keeping us safe, that they begin to harm us without us even knowing it.

They harm us by creating fears we shouldn't be scared of, by creating judgments that are false. And finally, by telling us we aren't perfect the way we are and we must continue to improve ourselves by becoming something that is socially accepted.

But, if we become aware of this illusion, magic can happen.

Let me give you a very simple example.

The Path of Strategic Altruism

Do you want to make money? Sure you do. So, if you do, where does it come from? Who has what you want? Are they separate from you?

Sure they are right?

Wrong. Remember the sock puppet?

In our Tessera training we discuss the use of something called "Strategic Altruism". Do you know what the *Strategic* part means?

You should, we've been discussing it since we started.

The strategic part is the catering to the elephant. Catering to the mechanism that forces us to be separate from the world. And, if you want something from someone else, in this case money, you better get this right.

So, let me ask you this;

If you could see the world from a perspective of *it is you and you are it*, then how hard would it be to see what others truly want? And, if you can see *their* perspective, how hard would it be for you to achieve a level of value that could help you gain and profit from the relationship?

This point is very powerful if you're grasping it.

What I'm saying, is that if you're able to see the world in the eyes from this Tesserean truth, that we're all connected, and then start living according to that truth, you WILL NOT be putting yourself first. At least the part of you that believes it's a sock puppet!

In fact, you will be REMOVING the false codes that are binding you because the brain CANNOT focus on two things at once.

Remember the taste of chocolate?

Instead, and counter intuitively, you will be putting yourself first by showing altruism and empathy TOWARDS THE WORLD.

This is why we are so stuck.

"How can "I" get rich?"

"How can "I" get what I want?"

"How can "I" profit from this system?"

We almost NEVER ask the one question that can bring us to the doorstep of fulfillment and success faster than any other means possible.

And that question, of course, is:

"How can I become a person of value for others?"

"How can I become the person others are looking for?"

This, is the true question with multiple benefits, but it's not what you think.

Yes, I'm sure you've heard this before, but keep reading, *a chill is about to go up your spine.*

Here we go.

Remember when I was talking about ANP (Automatic Negative Processing)? Remember when we discussed how our suffering causes a physiological response within us that is like a dog chasing its tail? And, how that suffering causes us to become unconsciously selfish and self centered?

How it forces us to become uncertain and unclear about our choices and actions? And finally, how it pushes people away from us because we're hyper-focused upon ourselves?

Consider this.

If everyone is going through this same process of ANP, *which most of us are*, and you apply this simple lesson of Tessera while putting your focus upon others, what do you think happens to *you* during that moment? And more importantly, what happens to the person you're putting your attention on?

THIS is the breakthrough.

Not only are you "re-focusing" your brain on something outside of yourself (The part of you that believes it's a sock puppet) but, you are also causing whatever, or whomever you are focusing on, *to experience themselves through you at the same time.*

This reflection can give people MASSIVE clarity. In fact, *we're doing it right now.*

Remember what I wrote in the very beginning?

"With every song I compose, with every note that I play, and with every word that I write, know with all your heart, it is a reflection of you within my work."

Doesn't it feel sometimes like I am talking to you directly through my music or words?

Well, I am.

This is the result of strategic altruism. I am simply showing you *yourself*, through my work. Which, in turn, shows me more of *myself* through your experience of me.

And, as I put my full focus and attention upon you, my uncertainty, anxiety and suffering *GOES AWAY!*

Not only does this cause you to be attracted to me and me to you, but it also gives me clarity as I become aware of my actions and reactions *through you.*

I am strategically allowing you to give to me, so you can experience and give to yourself through me.

We have now come together and are able to prosper through a simple act of altruism. An act of altruism that I was able to engage you with because I had the perspective to realize my own self-centered illusions.

This way I am able to cater to your elephant, your codes, so you can see your own truth through my work as I reflect it back upon you.

So, am I still searching for answers? Or have I simply removed the person asking the wrong questions?

I am now fully aware that the reason I can't find my answers is because I have been filtering the questions through my own false predictions and illusions.

And furthermore, if I can learn to become aware of this incredible Tesserean perspective, that Without the Water, without my filters, we are all a part of each other, then this change within me, *can benefit you.*

The Rebirth of True Power

This is the rebirth of our true power and can create real-world changing possibility. It can also show you so much more of yourself through the empathy of others. So they too, will be able to see themselves *through you.*

To me, this is the true definition of Love.

It is the ability to give, *by receiving*. And, if the greatest gift in the world is to give, then allowing others to give to you, while receiving altruistically, *is the greatest gift of all*.

This way together, we can gain clarity and purpose from the most unlikely of sources, our true selves and the awareness that we are not separate from each other. That our constraints, our worries and our fears, are universal and can be sustained through the empathy and understanding that we're not alone, we will never be alone and it's time we stopped acting like it.

There are no sock puppets, only hands being hidden by our own illusions and *waiting to be held*.

If you get this right, you will stop looking just for a hand to hold, *and become the hand to be held*.

Remove the cloth that is blinding you from your truth and look through the eyes of Tessera. It could benefit you and all those you come into contact with, together, *forever*.

Another World Awaits.

Adam

