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The Tesserean Introduction

V-003



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Part One

“To witness through the eyes of self is one thing, but to become the observer and the watcher, is to enter Oblivion.”

Introduction

Our bodies, our story, our identity, even the world around us, can only come into fruition through consciousness. To realize this, we gift ourselves the opportunity to witness the world (and in fact, ourselves) as nothing more than energy waiting to be observed in order to become *reality*.

Humble Beginnings

While trying to fall asleep one night, I decided to experiment with something that I had never attempted before. Instead of trying to just relax or meditate, I simply decided to *disappear*. I'm sure you can relate. Maybe you were in a state of overwhelm or surrender. For myself, *it was a little of both*.

The experiment was to imagine a room inside of a house that I had never been in. To begin, I calmed my mind and chose to enter the dark structure with no intentions other than pure observation. While opening one of the bedroom doors, I noticed a vibrant, crystal blue-like gel, floating within the entire circumference of the room. I slowly pushed my hands into the glowing warm gel and watched them dissolve as they mixed within it, swirling like a whirlpool to nowhere.

The objective was to push myself into the light to a point where there was no turning back. Instinctively, I felt that if I were to pull my hands out, they would no longer be there. So I continued forward, slowly, intently.

Ready to make the proverbial leap, I then pushed my entire body into the gel-like energy with the absolute intention that there would be nothing, *absolutely nothing*, left of myself once it embraced me.

This may sound like the *Mnemonic Emulation* simulation (an experience released in 2020 that dealt with stepping into a shadow/silhouette self that could see the root systems of all of life) but this was far different. There wasn't going to be a silhouette waiting to greet me on the other side. In fact, there was never meant to be an *other* side. The experiment was simply to be joined into nothingness: to be gone, no remnant of any former self, form, or energy, and simply surrender to *oblivion*.

In hindsight, I now see how this may be a good tool in multiple situations, especially because after applying it, I slept an astonishing 14 hours straight. (I even woke up to

feel something on my face only to realize it was stubble from my beard, which is pretty funny if you think about it.)

Today

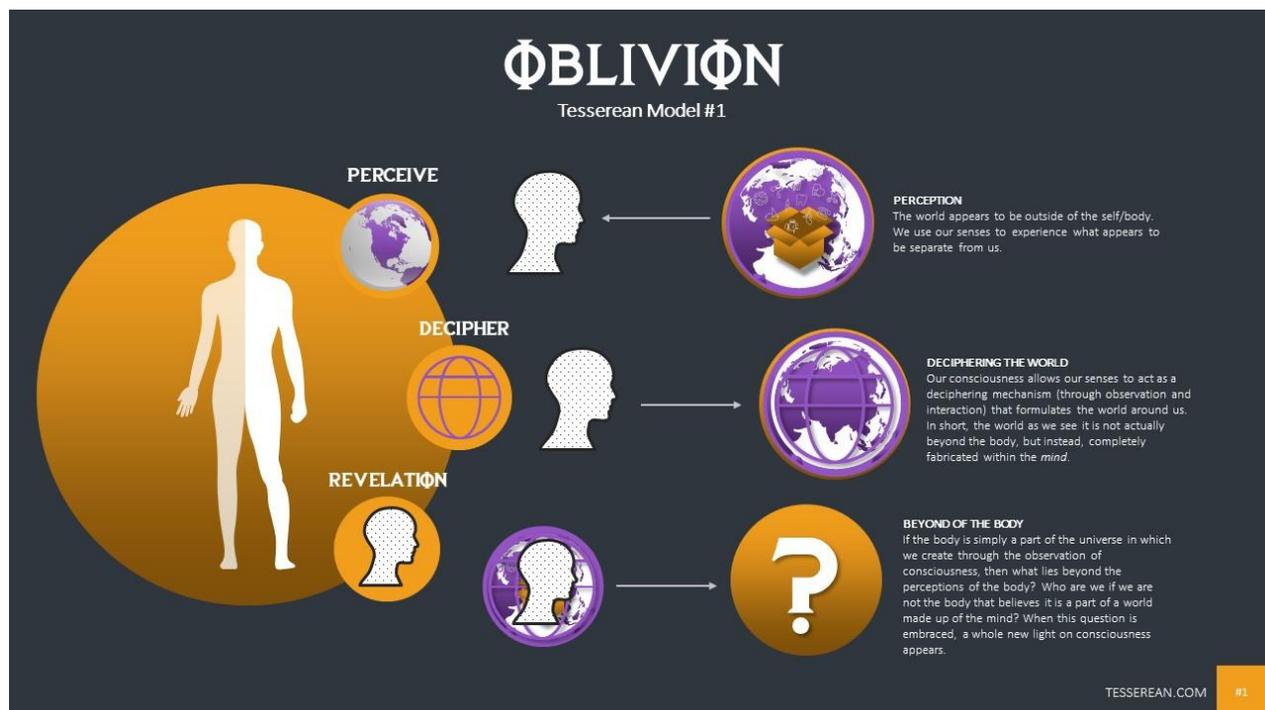
What you just read was written quite some time ago. Truth be told, although I did pass through the doors of **Oblivion*, it was nothing like I thought it would be.

On a personal, identity-based level, I thought it would bring — at the very least, solace and comfort. I later discovered this was a false agenda solely pursued by ego. What I found, instead, was something far more enlightening than just going off the mental grid.

**Oblivion is a Tesserean project. Please read the rest of this introduction for more details.*

During the intro, I mentioned the word *consciousness*. Yet, I had no idea where that would lead when it came down to throwing my observations on paper. I mean, how do you explain consciousness in words? Well, you don't. Instead, let me share with you the first model of *Oblivion* so that you can understand what lies ahead of you.

[CLICK HERE TO ENLARGE THE MODEL](#)



As you can see by the model, there is a lot to discover and explore. Yet, one of the greatest revelations is that found within the dream state.

Consider for a moment that consciousness creates the body which then deciphers probability to matter. This is how we experience reality. We use our senses to decipher the world before us as our consciousness deciphers the body witnessing the world. But what happens when there is no *body* to decipher, such as our reality within a lucid dream?

This was a side effect I found when applying the techniques in *Oblivion*. For example, when awake within a lucid dream you are still able to decipher reality as you do so in the physical world. Yet, that reality doesn't follow the rules of physics. For one, I can pass through walls and feel them as vibrations as I do. If this is the case, then what is being deciphered if not the physical world? It is just imagination, if so, what is imagination when we can't tell the difference between it and physical, waking reality? Does this prove that the world is within the mind? If this is true, then does this make consciousness the actual world itself, which then creates the illusion of the body as well?

What follows the model above is a mind-altering perspective in regards to not only sleep and dreaming, but also waking life. It allows us to further examine the role consciousness has on deciphering the world in which we believe is "out there", then pull those observations into the world/perspective of Tessera, so that we may see (and feel) new experiences in two (non-physical and physical) worlds at once.

I firmly believe these intellectual assets can guide us towards resolving our unanswered questions about who we are, what we're here for, and ultimately with what lies beyond the filters of the body/self and its universe, which are all integrated by the very consciousness deciphering it in the first place.

Part Two

Abstract

"If the body is simply a part of the universe in which we create through the observation of consciousness, then what lies beyond the perceptions of the body? Who are we if we are not the body that believes it is a part of a world deciphered by the mind?"

In this next section, I want to share with you a single concept that may (and if not now, later, *will*) change the way you think of everything you know.

Revelation

I used to believe Tesseract was our inner world, or some kind of magic paradise that allowed us to escape the "real" world. Now I know the truth. *There is no physical world outside of Tesseract.* Between the examination of the relational *connective-ness* of the universe through science, pure observation, and of course, contemplation, a unique sensation arises when we look at the world as if deciphering it in real time, vs just witnessing it through our senses.

For example

If I tweak your brain (even in the slightest amount) I can change the way you see the world. I can, in fact, have you see the color red as blue, or taste the number three. If this is the case, then the world in which you believe you know — the physical world — simply lies within the mind. Furthermore, if the mind (observation/consciousness) changes the way matter behaves (see the famous *Double-Slit* experiment below) that means the mind (and body) are also deciphered from observation/consciousness!

Exercise

Sit down within any room of your home. Take a moment to look at everything in front of you: the furniture, the walls, rugs/floor/carpet, appliances, etc. Do this for about 20-30 seconds. As you do, change the question of "*What am I witnessing?*" to, "*What am I deciphering?*" as though it is your consciousness pulling all matter before you together into the physical.

During this process, realize that everything you are seeing is decoded (deciphered) by the brain, i.e., you are basically turning observation into matter. The walls, the objects in the room, all of it. It is all matter that is nowhere (probability), only to come into fruition when observed. Next, pay attention to what feelings arise through this experiment. You should feel a kind of *vast openness* take over you if you align your thoughts correctly.

Finally, take a single mental step back and consider that; ***if the mind is creating the world around you, then something is creating the mind and the body from beyond the world in which appears before you.*** In short, the mind and body are also fabrications within the very world that consciousness is deciphering!

You may or may not have heard of all of this before. Regardless, it's a lot to take in. Just know that this is only the beginning of the Tesserean work. What comes next is the most powerful set of perspectives towards *changing the algorithm of self* that I have ever stumbled upon.

Part Three

“Imagine simply flicking a switch. There’s no going back to who you were before: the codependency, the angst, the fear, the hatred, it’s just all gone with nothing left but a new road before you.”

In lucid dreams you are awake just as you are while reading these words now. The world around you has matter: the sounds bounce off the walls, people carry on as though they do in the physical, even deceased loved ones take up space as though they did when they were alive. Yet, *something is off*. This isn't a place where the laws of physics follow the same rules you experience in the physical. You are able to penetrate objects with your body. You are able to move things with your mind. And, if you can free yourself enough from your everyday *restrictive thoughts, *you can even fly*.

There is one more key difference within this state as well; like an etheric *North Star*, you are given the opportunity to witness a truth that shows you what the world around you *really* is, which is nothing more than a projection within a closed box, one that contains all that is, you as an observer, and clearly lacks space and time.

**See the Tesserean [Parallels Project](#) on Lucid Dreaming.*

Just like the switch that turns on and off the light above your kitchen sink, you awaken for a split second to see your own hand retracting from the wall as you become cognizant that you now reside within the dream itself.

This is *Tessera*. It is one step beyond what we call reality, and one small push away from the body to witness it as a part of the same mosaic fabricated by pure consciousness. But who is the observer in all of this? Who is the one building a world so richly entangled by duality? One that he/she/it has become a part of their own deciphered algorithm?

They say that an impossible question can lead you to pure awareness and the revelation of the true self. I imagine this is because when the mind is stretched, all that remains is what lies is *beyond* it. Yet, for the mind — *which is still nothing more than a*

projection of consciousness as already mentioned — the need for answers becomes a tireless act that takes us away from the very purpose of our own existence.

Think about it. If the body is part of the grand illusion, isn't the *grand illusion itself* the point of our duality? Are we not meant to be blinded by the very ego developed to live within a world that appears separate from its creator?

This is where the mind folds upon the very device of its own revelation. It seeks to find a truth that appears to be hidden, so it can be born, nourished, and expanded without the constraint of its true identity. This is why knowing who we *truly* are can be a detriment; simply because time may be wasted trying to escape the very illusion we created for ourselves to experience in the first place.

So what is left then? What is left when we find ourselves at the crossroads of our suffering, only to find out that the suffering *itself* is a part of the destination in which we seek? Who would create such a fantastic illusion where the player has forgotten that they weren't actually just the player, but also the game itself?

These are the conquests of a mind fashioned for the very purpose in which it was created, which is to *experience*. This is how we change the algorithm of self. By making damn certain that we are witnessing from the true place of our perceptions, which is NOT just the body. But even after we become enlightened to this fact, we must still retract back into the world of illusion so that we may be enriched within the very duality we appear so desperate to escape from.

Yes, taking a single step back beyond the mechanism (the body) that deciphers the world through its own senses, is to witness the true self, *consciousness*. But the real prize isn't solely to escape the world or witness the true self, it is to *lose the true self within the world* it wishes to escape from, so that it may engage within the *simulation created **for** the false (ego) self*.

Even after enlightenment we must learn to let go of the question of who we are so that we may embrace the objective of who, and what, we may become.

The True Destination Revealed

Learning how to take a step beyond the body is to witness *Tessera*. But make no mistake, it is consciousness itself, which has created the world in which the very purpose of life is to experience. This will show us that your greatest asset is the very duality (ego/narrative) in which we try so desperately to escape. Instead, we must run *towards* duality with open arms but only after realizing what it truly is; which is simply a mechanism to experience *from*.

This brings me to the point of the revelation of self and body.

We all know the mind deals poorly with uncertainty. This is why we seek answers so diligently and procrastinate so effortlessly. However, when we create something; whether it is a piece of art, music, tool for betterment, or even a thought, we form contrast. Yes, it is *contrast* which brings us to *revelation*. Just like realizing that it is us — *consciousness in its purest form* —which creates the body that observes the world into fruition. It is the body/mind that has the power to create *forward* in order to produce the balance (contrast) that may result in the opportunity to make choices through the abstraction of experience. In short, even after becoming cognizant that our true form is pure consciousness, we ultimately gain the opportunity to dive into the realms of our dualistic self, which allows us to reap the benefits of greater levels of experience (perspectives) within, and through, duality. This is literally the objective of the *Tesserean* work. Not only are we seeking new experiences in order to heighten our awareness, but we are also doing it in a way that allows us to move between worlds (physically and mentally) without the constraint of a single, limiting, identity.

For example,

If I am not sure whether or not to acquire a new skill, I may seek to become knowledgeable about it through the mentorship of others. Yet, knowledge isn't actually the medium I seek, it is simply a form of contrast (perspective) of someone *else's* experience. But when I engage within the tasks of developing that same skill through my *own* experience, I am now creating a kind of *trail of self* that results in (quite literally) the building of an individual able to learn separately from the whole. This is because (through experience) I am engaging my physical senses towards the creation of new memories and synapses (wires within the brain) that become the building blocks of an ecosystem of all that I am, and all that I am a part of.

So, as I witness the world through the mind/body, whether it is by obtaining a new skill, creating a new story, a piece of music, or even another human being, I am quite literally participating in the creation of the very contrast (duality, or the dualistic self/ego) in which pure consciousness (the true "I") can embrace as its own purpose, i.e. experience.

A Simpler Model

Just like writing a computer program that guides a computer towards taking specific actions that produce specific results, it is us, *consciousness* (the true programmer) that is telling the mind/body (the program) how to act towards producing specific results (experiences) within the (computer generated) world.

If this sounds like I am talking about the mind/body as though it is a part of a simulation, that's because *I am*. Consciousness is, in fact, creating the simulation of self. And, the *simulated self* (mind/body) is the program that produces the world (through its senses), which it believes itself separate from the simulation. Again, to take one step back from the mind/body is to witness the actions and creations of the true self. This makes who we believe we are (the ego) the true contrast in which we seek to magnify experience *from*.

On a side note, this is the reason why you are reading this right now. You are interested in expanding the self, your skill sets, and the very awareness that drives the progression of experience. Kudos to you, this is also the very reason I am writing this! We are both in the same boat.

Now that we have a grasp of who we are and what our purpose is, there is a powerful *next step* that gives us the opportunity to change everything about how we live our lives. The good news is that this next step is one that we all embrace every day. In fact, it's the reason you're reading this right now; as mentioned above. The next step is *simulation through novelty*.

The Purposely Hidden Truth

Everything I've written thus far is nothing we don't already know. Maybe you haven't been able to put it into words, but at the very core the feeling is still there. You know there's more, and you know there's a better way. Furthermore, you also know deep down that you're not actually trying to escape life through novelty (movies, books, hidden knowledge, etc.) you're just trying to find a better, more effective way to enhance what you already have. *Consciousness*.

So yes, we purposely hide the truth of who we really are so that we may continue to experience through our individual narratives. Furthermore, we strive to expand that narrative so that we may expand who we truly are. This brings us full circle and the point of novelty.

Novelty drives anticipation. Anticipation drives dopamine. And dopamine drives the emotional state of the body, i.e. feelings. This means we are literally wired towards the feelings which novelty produces. This is a good thing too, because it's exactly what drives most of our motivations. Instead of sharing new narratives solely based on the human condition (beating addiction, self improvement, gaining relationships, earning more money), we are also able (through simulation) to expand the very consciousness running the show through (sometimes massively) abstract observations and scenarios.

For example, when was the last time you experienced what it was like to be something other than yourself? How about a bird, a tree, or a grain of sand? These are simple alternatives to our human experience. But what if you could experience

something even more profound? Like becoming the formation of root systems deep within the earth, or embracing yourself as the edge of the universe, or becoming the energy behind prayer, empathy, or even anger? What could be gained by witnessing through the very objects, energies, and scenarios that we decipher? The answer is *everything*.

This is why I talk about the shift of probability within lucid dreams. Truth be told, it is usually only in the dream state that we are able to free our minds enough to see beyond the screen of our own physical senses. But with the novelty and power behind simulation (see below), we can set up the same scenarios of our dreams in waking life. This is how novelty becomes powerful. It allows us to step beyond the body while still within it.

Here's a unique example. Watch how your mind reacts as you read the following entry.

The Cycle

Imagine for a moment that you move into a new town and obtain a Post Office Box for your business. After a couple weeks you receive a letter from a complete stranger that was dated twenty seven years ago. As you read the letter you find out that the reason for it being in your hands was by design.

Continuing on, you read about the sender's account of how a series of strange events brought her to write to you. One such event shares information of a strange day where the sun's shadows seemed "off", combined with an object received late that night that appeared to transform based on whether it was inside or outside.

Lastly, you find out exactly why it was you (a stranger from twenty seven years into the future), who was the only person that could receive such a letter, and is now left with the task of investigating the events that forced its creation.

As you can see, this form of novelty produces intrigue and anticipation, which can result in new perspectives and enhanced awareness, i.e. consciousness. It's not just that we yearn for new experiences, it's that we also enjoy the feeling of the unknown, especially if it's safe and controlled. The tricky part is to learn how to move into new scenarios of the unknown, ones where we don't know if they are safe and/or controlled. It is in these glorious moments when anticipation and novelty turn into *rocket fuel* for the mind.

The Bigger Picture

The applications of these gained perspectives are limitless. To say the least, we can come back from each scenario more empathetic, open, resilient and wiser. Yet, there's

a much larger goal other than solely coming back as a better person; *although it may take a little science to wrap our heads around it.*

Physics and Consciousness (The Double Slit Experiment)

Without going into a full outline of the experiment here (as to save time and space), you may view it [HERE](#) on your own). In simple terms, the theory is that matter, upon observation, goes from a state of probability to one of physicality. This means that by adding consciousness (i.e. observation), we *decipher* the dualistic self *and* the world in which it inhabits into fruition. (Read about the [Observer Effect Here](#))

On a personal note, this revelation has shown me that the higher vibration we may have (which can be enhanced through novelty and simulation), the greater the creation through multi-observational experience. What I mean by this, is that consciousness itself creates the reality of the biological self *and* observation *from* that same biological self, which pushes the world from probability towards matter. Hence, *solidification through observation*. (as already mentioned in part one and two)

The True Gold

Here's where things get more interesting. If you move one step *beyond* your own personal experience, you'll be looking at a much bigger picture. This *bigger picture* is the advancement of the entire ecosystem of all that is. In other words, by applying the Tesserean work towards enhancing our consciousness, we are, in fact, enhancing the consciousness of the ecosystem in which we all play a small role. Try not to see Tessera strictly as a singular journey towards self-fulfillment either. Because (in my opinion), it is truly here to push the evolution of consciousness itself.

The final step before taking the leap into the Tesserean work is to learn a new form of creative observation called MAS, or "Mental Archetypal Simulation."

Mental Archetypal Simulation

Just like prayer, this new form of *creative observation* allows us to move through simulation — as a foundation — towards obtaining new frames of perception and personal (creative) awareness. In conclusion, our new creative objective is to build the *inner world* (Tessera) as though it were the *outer world*. This allows (quite literally) the reshaping of our inner world for the same purpose we experience the outer, which is to evolve ourselves (and the ecosystem in which we reside) through duality, so that *consciousness* can be honed, heightened, and expanded.

The Mediums

Each new module (simulation, written word, image, lecture, video, audio, or graphic model) *allows us to take on different forms of consciousness in order to see the word*

through new perspectives. The point is to *free the dualistic self* so that it may experience more lives than the singular one in which it believes it is. Additionally, each simulation/model/experience is deeply enriched in possibility, scenario, and the removal of all dualistic limitations. It is to magnify the very consciousness that has created the body, as if evolving it through simulation.

As a proverbial icing on the cake, we are able to inject novelty into each new experience through the use of specifically designed (emotional) narratives, music, and outcomes, all in order to drive the feelings and lessons behind each new *perspective.

**This was the driving force behind the original MAS, or Mental Auditory Simulation modules, which used story, scenario and music in order to solidify (create memories) of each lesson and new perspective.*

Example

To worship God through self-observation is a drive most believe to be the purpose of life. But to understand (or even simulate) the *feeling* of someone else's worship (opposite ourselves and/or of our chosen religion) is to gain a new perspective, which can enhance (heighten) consciousness. This isn't just meant to be a self-enhancing act, it is meant to join the physical and psychological ecosystem of others in order to connect and enhance consciousness itself.

Like the root system of a forest, we can choose to experience a single branch of the smallest tree, or the entire forest itself. By choosing the entire forest we gain a multitude of awareness and perspectives through the same web that secures ourselves to the whole, no matter how small our ego has led us to believe we are.

Make no mistake about it, we are here to embark upon the irrefutable journey towards the true salvation we all seek, which is to experience with, and beyond, the limitations of the physical senses.

Tools Beyond Waking Life

Consider for a moment what happens when we fall asleep. Many will tell you that consciousness leaves the body. Well, we all know that is not solely the case. Observation shifts, yes, but when fully awake within a (lucid) dream, we are certainly conscious, awake, *and* observing. However, there's one important difference when comparing this state to waking life.

If you've read about the *Double-Slit experiment* and *Observer Effect* above, you can see how it appears that consciousness deciphers the world. Even for the sake of novelty (or even *actuality*, if you're familiar with Dr. Robert Lanza's Biocentrism work) let's assume that's the case. If you take this one step further, you will see a near miracle beginning to form. What happens is that the dream state (as well as in simulated

experiences) allows us to witness an enhanced realm of conscious experience that is like the *pre-building blocks* of probability in real time. In short, we don't experience the world until we *observe it physically*, but our consciousness (when awake within a dream or in a heightened state of simulated awareness) has the ability to experience a kind of **probability of matter* until we engage the body to push it towards fruition.

**During heightened states of consciousness — such as during the lucid dreaming state or a Tesserean MAS — we are able to experience matter as energy instead of its normal solid form during physical reality. This allows us to bend our reality as if it were being sculpted through alternative observations and perspectives. Please note, this isn't meant to say we are creating anything as much as experiencing new ways to decipher our world beyond the physical senses. Yet, the result is an immeasurable enhancement of our perception abilities.*

This is a MASSIVE breakthrough if you can wrap your head around it. What I'm saying here is that through the use of tools such as MAS, we now have the opportunity to not only observe the physical (and non-physical) world for the purpose of enhancing consciousness, but we may now utilize those tools in order to experience probability states as they shift into new realities far beyond the body! In short, we now have the opportunity to create new versions of ourselves, our worlds, and the hidden worlds that consciousness has the power to decipher and experience first-hand.

A New Way to Experience

In the past, most of my mental *auditory* simulations (the original MAS experiences) were strictly based on ego and self-narrative. This was limiting because it was mostly centered on the dualistic self and its illusions. In fact, almost all psychology and personal growth materials are based on this same constraint, i.e. *we rarely learn to live outside of the body or within the ethers*. However, in the case of *Tessera*, we are moving beyond narrative towards the true source (consciousness) of what not only drives the physical/psychological ecosystem, but now we can experience new worlds out of the very experiments of simulation (aka Tesserean theory) by witnessing far *beyond* the self. The ironic part of all of this is that we are doing so by actually taking a single step *backwards* in order to embrace a new vision *forward*.

Beyond Novelty

Simulation (even considered as a form of *imaginative observation in respect to the skeptical/atheist self*) can support us in many forms. Most importantly, we must see it as a creative expression in order to embrace its greatest benefits. This way we can gain insight by removing our personal narrative in order to step into an endless pair of new

shoes. This includes much more than just human narratives as well; since the universe in which we live is filled with all sorts of animals, plants, and other matter deciphered through the very consciousness we perceive it from. Think of it as witnessing the *self* as a grain of sand on a moonlit beach, or the very energy behind a flower trying to bloom in the cracks of a bustling city sidewalk. What you will quickly see is there are patterns to everything within us, and all around us, that commonly go *unseen* to the untrained eye.

Tessera

The creation of a new world begins with a solid foundation. *Tessera* is that foundation. Each section in *Tessera* allows us to become a new player within the environment: a fish (or water) within the pond, the emotions that drive our actions, the money that fulfills exchange, a stranger within the house we've never stepped foot in, a bird within an atrium that transforms into light, the prayer brought into fruition upon the death bed of a loved one, and so on. Yet, if you think of *Tessera* as a kind of second self, you'll see a unique pattern in its layout.

The original *Tessera Method* was a series of programs that described *Tessera* as a hidden paradise within a dormant volcano. If you will, try to imagine such a place: rocks lining the towering walls towards the opening in the ceiling where warm light invades, which allows snow to fall then melt into a crystal blue lagoon below. A two story bavarian-style house etched into the rock wall. A circular atrium made of metal and glass that harbors exotic avian and plantlife. A dark forest made of towering cedar and pine trees that turns to sand as it reaches beyond the light of the ceiling. Lastly, a maple tree standing proudly in the center of this Inner Eden that has roots which lead directly to the heart of all who enter.

Now, if you see it like I do, you'll recognize each piece of *Tessera* like an organ to your own body, with the Maple tree representing both the head and heart of this magical place mirroring the very consciousness that is capable of deciphering it. This is how we transfer ourselves through alternative realities, experiences, and perspectives. Each new experience in *Tessera* is meant to allow us to enhance our conscious awareness several steps beyond our body. Not only may we now witness things beyond our limitations, but the work also allows us to embrace new paradigms that can enhance, change, or complement, our *existing identity*.

This is an expansion of new perspectives so we may become wiser, more in tune with nature and our environment (which includes all people, animals and matter), and deeply engaged when it comes to interacting with everything and everyone around us as though they were separate. In completion, *Tessera* doesn't only exist behind the closed doors of simulation or instruction. Instead, once learned and put into practice, it exists as a *state of mind* that continues to grow as it supports the magnification of

awareness and consciousness. In short, the higher we raise our awareness, the more we become *Tessera itself*. ☯

Thank you for reading this brief introduction to the Tesserean work. If you'd like to dive deeper, please visit <https://tesserean.com> and join the mailing list.

Warmly,
Adam

