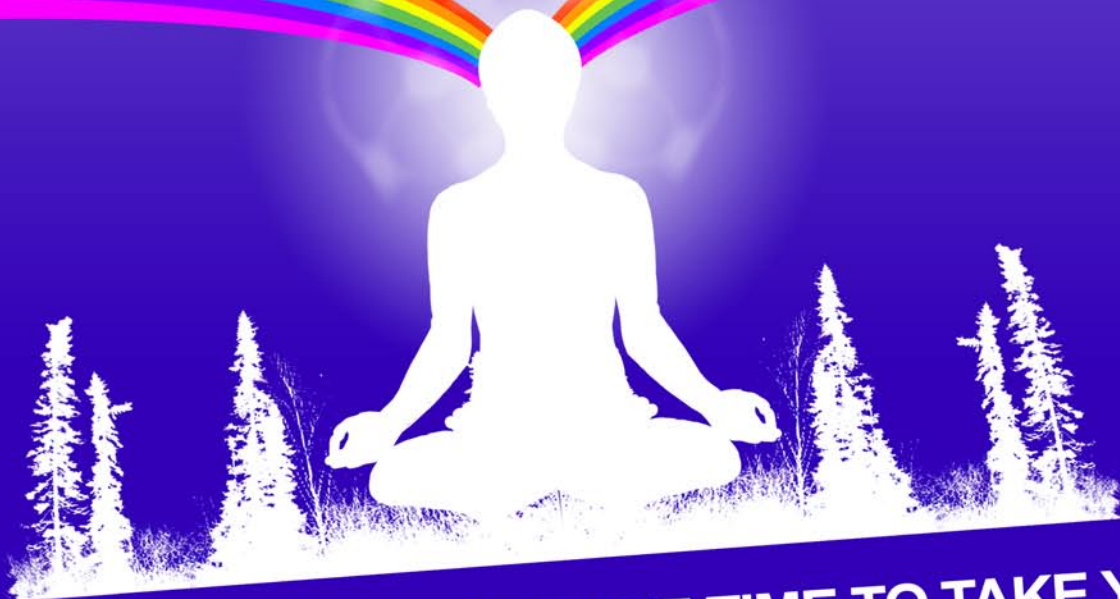


explosions  
in consciousness



IT IS NOW THE APPROPRIATE TIME TO TAKE YOUR  
**METAHOLIDAY**



or... explosions  
in your back yard

# IT IS NOW THE APPROPRIATE TIME TO TAKE YOUR METAHOLIDAY

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*So you're interested in taking responsibility for your existence...*



### 2. The Head Games

*Here we identify a host of problems and their roots in the head games that us crazy humans have created.*

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### 3. Take Your METAHOLIDAY and Stop Killing Yourself!

*The exploration of what a METAHOLIDAY is and how this method can help us make real progress in rebuilding a new and better humanity.*



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### 4. Your BASIC Needs

*What do we really need? Once you get past the media conditioned propaganda, it turns out that we don't need very much at all and life can in fact be simple if we so choose it to be.*



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### 5. The Role of Mental Discipline

*Obviously, letting all of this poop go will be hard on your self made constructs. By using mental techniques such as meditation we can keep our harmful thoughts from getting the best of us thus paving the way for inner peace which leads to outer peace.*



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### 6. Implementation & Action!

*Our governments, media and all others who shape our perspectives can now prove to us that they have our best interest and our homes best interest in mind by supporting and allowing this lifestyle to become socially encouraged and accepted as a solution to countless problems that face us all today.*



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# **Preliminary Disorientation**

*So you're interested in taking responsibility for your existence...*

**“IT IS NOW THE APPROPRIATE TIME  
TO TAKE YOUR METAHOLIDAY”**  
has been created to offer solutions to the boggling  
complexity that human society has brought upon itself.

I've done my best to hold back nothing with regards to  
the potentially abrasive message here within. I say this  
because I would like to express that I wish not to protect  
anyone from their own true power. It is each of our birth  
rights to discover who we are and what we are doing here.  
There is a truth which is hard to deny. It says that I am  
here for you, and you are here for me. All we are is each  
other. As such, we should take measures to maintain this  
relationship.

I offer this message as a call to all those who accept  
responsibility for their fellow Earthlings, to create new  
spaces for the nurturance of all life, thus walking away  
from the suicidal games that no longer hold a place in any  
reality that has a hope of future sustainability.



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# The Head Games



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# Our Toxic Ideals and Lack of Collective Direction

Where do you start?! We don't have to **go very deep** to discover that there are a mess of problems with our current collective situation. We all know at this point in the game, that many of the things we take for granted in our daily lives are not going to last. We are living unsustainably. We are addicted to oil and currently carry out only the most basic of functions without its use, even though we know its use is severely damaging to our environment, which in turn is severely damaging to us(duh).

It's a really funny thing to step back and look at the way we act. We have somehow tricked each other into thinking that the more of this toxic substance we consume, the more productive we are, the more respected we are.

The questions must then be asked,

**What** are we producing and **Who** are we trying to impress?



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# What are we Producing?

**Waste**, and lots of it. Unlike what we see in nature, our systems and cultural programming tell us that we should 'discard' our waste as opposed to using the whole of what we have to survive on our own terms.

**War & Famine**. This need to consume requires sacrifice somewhere in the circle of life to balance our appetite. Our greediness results in waging of wars and concurrent violence because those in power are simply catering to the 'needs' we are voicing through our collective actions and through our media.

**Stress**. It is against our nature to act the way that we have collectively conditioned ourselves to act. This creates friction. The resulting heat makes for an uncomfortable experience. This has also given rise to the pharmaceutical industry, another 'benevolent' holder of power catering to the 'needs' voiced through collective action and media coverage.

**Big Shiny Things**. This is the stuff that we in the privileged sections of the globe are made to idolize so that we do not pay attention to our relation to our selves and each other. Money, ipods, cel phones, cars, and the like. These things are nothing more than our own masturbatory creations and they will not get us further where peaceful coexistence is concerned.

As the old empire crumbles these trinkets may be recovered and transmuted as building and/or art supplies.

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# Who are we trying to impress?

**Our Parents**, now that actually seems reasonable that we would want to impress our parents with our productivity. In the old days when there was open land in all directions and no sign that the human animal could ever spoil this vast place, being productive and creating with all your might sure must have seemed like the right course of action. Our circumstance however has changed and the old ways are not going to get us through anymore. Our parents may believe that we must live this way due to their experience, but if we really want to truly honour them as adaptable members of this ecology, we will have to come into our own ideas of how to handle the situation that faces us. That is growing up! That is EVOLUTION!!

**Our Government**, It may be that some of us act the way we do in fear of consequences from our ruling parties. We fear that if we do not stay in line and keep marching forward that we will be made an example of. For those who subscribe to this mode, the words of Benjamin Franklin say it best:

**“The man who trades freedom for security does not deserve nor will he ever receive either.”**

If it is gleaned that our governments are oppressing us, we can always come together and ask them to change since they do claim to have our best interests at heart.... If that doesn't work we can always resort to creating our own government. Hopefully there are enough decent people in our 'ruling' bodies so that this transition will be smooth!

**Your Self.** Perhaps you're trying to climb the ladder to see for yourself what's at the top. Here's the answer: More Big Shiny Things that are much less real than your never ending struggle. If you want to be good to your self, stop killing yourself.

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# Realizing Our Infinite Possibilities

Just because we've only been served a small array of options through our usual channels(media,parenting etc..) does not mean we cannot transcend this. We are the people of the present. We can live how we choose to live. Our options are truly unlimited.

The trick here is we must then decide on one option we can all live with. PFFFFFFFFFFFFFFFFFFFFt....

Not going to happen you say? Right. In our current state we simply cannot agree because there have been too many conflicting ideals pounded into us over the past few millennia for us to have even an inkling of knowing what our true self and our true calling might be.

**“God is not found in the soul by adding anything, but by a process of subtraction” - Johannes Eckhart**

Maybe Johannes Eckhart was speaking of the dude in the clouds with the long beard and the robes, but it seems to make more sense to me that what he was getting at is that when we remove all that we can from our lives except for that which is our truest self, we can much more easily find our place and our purpose within whatever context we find ourselves in...

There are solutions to the problems we face.

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IT IS NOW THE APPROPRIATE TIME TO TAKE YOUR

**METAHOLIDAY**



**Take Your METAHOLIDAY**  
**and STOP KILLING YOURSELF!**



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# What is a METAHOLIDAY?

Well, to be clear, we're not talking about some new age resort. We're talking about an over arching sort of holiday. A **METAHOLIDAY** is when we put all the head games on hold - we subtract all but our truest self. It may be shocking to some of you who may have your hooks firmly gripped into some of the big shiny things that we produce, but if you haven't realized this yet, the truth is that we don't need all these things that are destroying us. The world has become too complex for 'orthodox' solutions to work anymore. I propose that we scale back our lives as much as possible to allow our home to regenerate while we reevaluate our place here . A **METAHOLIDAY** is basically my vision of a new (but likely very old) social construct.

Inside a **METAHOLIDAY** community, each person would take on 3 major roles to varying degrees depending on their stage in development.

**The Survivalist**(concerned with the needs of the present): Experts on gardening, water collection and waste management.

**The Healer**(concerned with healing wounds of the past in order to continue work in the present): Each of us are healers in our own capacity whatever form it may encompass. In such a situation, we would do best to focus on preventative medicine through diet and mental practice.

**The Dreamer**(concerned with future evolution): This aspect of our community is the pinnacle of our work. All of our other functions are to support this activity. To sit, to be, to let the mind settle and eventually once a certain level of mastery has been attained, to create representations of the peace we have found in whatever artistic expression is appropriate to help teach those less certain of their own inner peace.

"Live Simply So That Others May Simply Live"  
-Unknown

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# The Benefits of Nurturing Life...



Now it may seem obvious. The benefits of nurturing life... In any situation we inevitably spend a large portion of our time providing our bodies with sustenance.

In current situations in cities, this is done more by enslaving life rather than nurturing. Industrial methods make sure of this because that's how the conquerors roll. One reason that the industrial food system is in place is so we don't have to 'waste' so much time and energy growing and nurturing our own food. As it turns out, growing and nurturing your own food has many benefits (surprise). We get exercise from the work we do. We create a relationship to the food and how natural systems work which is hugely important to knowing our place within nature. By refraining from the head games and living your **METAHOLIDAY**, you are allowing the Earth to heal back into the infinitely abundant Garden of Eden that it always has been. Nature will heal there is no doubt. If we nurture nature, she may include us in the unfolding picture. If we continue attempting to enslave her, we will be dealt with like the expendable parasites that we human types have come to embody.

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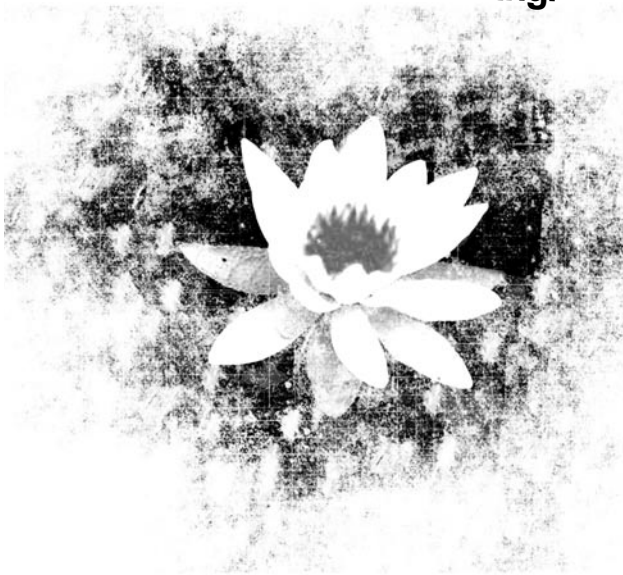
**METAHOLIDAY**

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# The Healing Power of Nature

Without our interference, nature can surely take back what we have done. It may take some time (luckily nature doesn't care to know about that crazy time stuff), but given that, the plants, the animals, the fungus, and even the minerals have been waiting for their chance to continue their work that they always have done and always will do.

Our monuments will be digested and/or even used to support multitudes of life upon life upon life upon life ad infinitum. It's time to take a breather, let our mother/home recover and really reexamine what we really are in relation to this whole thing.



We are most certainly not placed in a hopeless circumstance of which we cannot survive together. This is simply a problem of our relationship to nature. When we have a spat with a friend, the best course of action is to stop sparring and start the healing or else you lose your friend. If we lose this friend, that's it for the human animal. Grow up, have a **METAHOLIDAY** and heal your relationship. Nature will forgive you if you can just find it in yourself to chill out and stop the madness.

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IT IS NOW THE APPROPRIATE TIME TO TAKE YOUR

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**Your BASIC Needs**



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# It Doesn't Have to Take Much

Given that our activities will be made as simple as possible, our needs are also to become as simple as possible. We need water and food, therefore we garden our own food and gather our own water from our own simple systems which work with the framework provided to us by nature. We recycle our waste, including our poop in the same fashion that natures systems have always done. With the power of a loving community we can provide shelter and warmth for all from recycled pieces of any environment we find ourselves in. Beyond that any 'needs' that you think you may have must be examined VERY carefully.

**“Life is like art. You have to work hard to keep it simple and still have meaning.”  
-Charles DeLint**



Maslows Hierarchy of Needs

It really doesn't take much to get by but it isn't necessarily that we should aim to do the least possible. This is why we fill our remaining time with the most intensely meaningful as well as simple activity currently known, which is the exploration of our very own inner selves...(more on that later)



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# The Salvation Science Revolution

Many minds are tuning into the desperate need that emanates from the current, general human condition. Here are some examples and brief descriptions of some of the work which is taking place right now that will certainly help to make this transition towards situations like **METAHOLIDAY** communities more gentle on us all.

## Permaculture etc...



### Dr. John Todd - Ecological Designer

Dr. Todd is an internationally recognized biologist and visionary in his field of ecological design. He's won countless awards for his achievements.

*"It doesn't matter whether you're talking about architecture or agriculture, or landscape repair, ecological design is about designing systems that work the way an actual ecosystem would work. That means it consists of non-linear, dynamic systems, driven by natural sources of energy to carry out a design objective - such as taking organic waste and transforming it into valuable biological products. For example, we design fish farms that use the same techniques and processes as coastal eel grass communities to raise fish in an energy-efficient way. Similarly, the use of a constructed wetland to clean up runoff from parking lots and the street. Here we are using the genius of the marsh to purify the water before it reaches the water table."*

sourced from: <http://www.enviroeducation.com/interviews/john-todd/>



### Paul Stamets - Mushroom Expert

This man is cleaning up the planet with mushrooms and creating sustainable systems through their amazing natural gifts.

*"The author of numerous books and papers on the subject of mushroom identification and cultivation, Stamets has discovered four new species of mushrooms. He is an advocate of the permaculture system of growing, and considers fungiculture a valuable but under utilized aspect of permaculture. He is also a leading researcher into the use of mushrooms in bioremediation, processes he terms mycoremediation and mycofiltration."*

sourced from: [http://en.wikipedia.org/wiki/Paul\\_Stamets](http://en.wikipedia.org/wiki/Paul_Stamets)

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## Alternative Energy & Building...



### **Stanley Meyer - Inventor**

Stanley Meyer has gained his notoriety by inventing a water fuel cell. In his lifetime he did not succeed in releasing this technology, but there are now several grassroots organizations and networks of rogue scientists around the world who have applied this technology, though it has not as of yet been extensively reported by mainstream media...



### **Earthships, Cob, Sand Bag Houses etc..**

Using natural building techniques such as these allows us to recycle otherwise unused material to create safe and healthy environments to dwell which do not contribute to the destruction of the Earth. What's more is the cost of building these ways can be considerably less than buying your materials from the man.

## That being said...

**"Work out your own salvation. Do not depend on others."  
-Buddha**

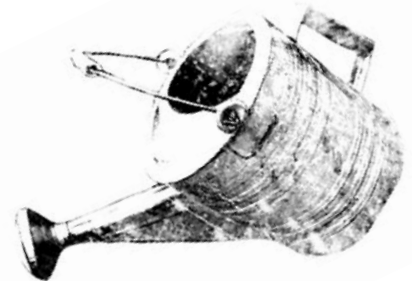
It's great to see these amazing personalities succeeding and they may bring us many great gifts, but when it comes down to it, we have to take responsibility and dream our own dreams with regards to our personal salvation as our circumstances dictate. We can certainly take advantage of such great tools as mentioned above, but saving you is not up to them. It's up to YOU!



# **A Supportive Environment**

So this seems like a big responsibility now. It's all up to you.. We can and we must support each other in our communities - this is imperative for inner and outer peace. To create the sort of support that we need for true sustainable living, we need to educate the media and we need to educate our people so that the depth of what is being achieved through this work will be seen by all who behold it.

This means knowing what we are doing and why we are doing it in the context of any situation that may arise. The simplicity that we aim to achieve helps us be clear in that respect. We have no enemies, we are doing what we do to allow nature to heal and her healing is necessary for all of our survival and so rightly we should be supported and respected by all our fellow man.



A supportive environment such as this is all we really need to get any of these operations off the ground.



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# **The Role of Mental Discipline**



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# Our World is Our Creation



All of which we judge is our creation. Without the use of language to separate things from each other, the **WHOLE** is one.

The way that we see the world creates the world that we see. This is true because the way we see the world is the most important determining factor in how we deal with it. The way that you see the world determines what your will is. Your will determines what you do, and what you do determines what happens, and what happens determines what I was referring to as what our creation is which is the world we behold.

## Our Creation is Our Will Manifest

So by that, our will becomes very important, for our will determines the world we behold, and most importantly, we generally hold the belief that our will is within our sphere of control. So as we realize this reality, we realize that our will is what we are dealing with in any mental discipline whether it be meditation, prayer, shamanism or others. In creating a better world, the attitude of your will is crucial in the unfolding process of its evolution.

When we leave our will unchecked, we descend into circumstances of complex disharmony not unlike that which we currently find our collective self.

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# Techniques for Dealing With Your Will...

*So how do we keep our will in check? Basically every culture has developed systems for just this. Many of the disciplines have been diluted over the years, so it has become rather hard to see the similarities that they all share, yet when you get down to the roots of any of them, they are all working on that same part of you.*



**Meditation:** There are many, many adaptations and modalities of this practice, but what it generally boils down to is the quieting of the mind in order to see things for what they really are without the colouring of judgements based on conditioning. To 'see things as they really are' allows us to be clear on what is the right thing to do in a given circumstance thus orienting our will in a favourable manor.



**Prayer:** My understanding of prayer is to ask our deepest desires of whatever object of worship fits your belief system. In asking for what you want, your higher self/your object of worship will bring you closer to your desire, and as you get closer, you refine your request in order to ensure you are in line with your desire or will, whether it be peace or cars and money.



**Shamanism:** Probably the most broad mental practice in existence, shamanism uses medicine to travel deep inside the inner realms in order to gain new perspective on the outside world, thus reorienting our will towards it by so doing. The relationship to the medicine also creates a connection to the Earth from which it came which can help us orient our will in favour of her needs rather than those needs that are conditioned by our culture and media.



**Hypnosis:** The use of suggestion to work with the mind and its belief structures. Most other forms of mental practice incorporate elements of hypnosis. Learning self-hypnosis or practicing with a hypnotherapist is a great way to overcome fears and other irrational blockages that keep you from expressing your purest will.

**Magic & Rituals:** Much like hypnosis, magic and ritual bleeds into many other forms of practice. My understanding is that when we create a ritual or a magical ceremony, we are telling a story with our actions in a deep suggestible state with the hopes of setting patterns in motion which will carry into our every day experience - this trains our will to act in a way which is favourable to the creators of the rituals. Pagan rituals often imitate or worship the cycles of nature which attunes the participants to said cycles and impart a deeper connection with the Earth. Someone who would attempt dark magic would be someone who would try to set patterns of disharmony in the experience of others. When you perform any magic, you are a vessel of the teachings you impart and so if you chose to propagate patterns of disharmony, this influence will be inevitably affect your own patterns and will with the same force that was originally put in (just so you know).

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**Implementation & Action!**



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# Integrating Peace into Reality

Now that we have a deeper understanding of the role of the mind and the role of will in the creation of our world, it may make more sense for us to try solving our problems in this arena(the inner mental realm), rather than trying to create change outside of ourselves and making a bigger mess. Still, we do need to create a framework in which these types of facilities can exist in order for all of this to happen.



I believe that there are people in all our governments and our media that care genuinely about their people. I believe that they are as interested in solving our collective problems as we are. I believe that if we are given opportunity for peaceful relations and encouraging of our activities by any ruling bodies that claim authority, this could come to be a real solution that would allow this whole life on Earth thing to continue for a while longer.

I have put together 3 lists of suggestions for implementation to begin the first level of support for the new human designation of **METAHOLIDAY** citizen.

These proposals will be aimed at

- (1) Government Officials and Affiliates
- (2) Media and Other Major Cultural Influencers
- (3) The Average Person

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## Government Officials and Affiliates

To make the **METAHOLIDAY** model function at its highest capacity and highest service to humanity and Earth as a whole, we would be greatly aided by having the support of our governments, both locally and beyond. If you are involved in any level of government, there are certain things you may be able to contribute to the success of this solution to many of the problems that face all mankind.



### **We need an appropriate legal framework to work within:**

*Anyone with experience in this areas would be encouraged to contribute by helping us to understand what is involved as far as the current laws are concerned, and what avenue would be the most appropriate to take in order to realize a network of facilities such as **METAHOLIDAY communities** (Our contact information can be found at the back of this publication).*

### **We need to spread the word and reinforce the message of hope and salvation that the METAHOLIDAY can offer:**

*I cannot stress enough that the most important thing we need to do is spread this message in a way that gives hope to our people, so we can really make a difference with this system. If you find yourself in a position of influence, you can help by spreading these ideas by simply talking about them with your co-workers and by this, perhaps we can work out solutions faster on how to implement these sort of systems within the governmentally allowed parameters.*

### **We would like to see government programs created that may encourage regular citizens to transition into METAHOLIDAY lifestyles:**

*If you have influence and/or knowledge in this area, we would like to hear from you. It is imperative that the people of Earth slow down and with the encouragement of government programs through subsidy or even a personal service to help citizens through the transition, we could reduce our collective footprint and save ourselves from an undesirable future.*

## Media and Other Major Cultural Influencers

**GOOD NEWS!**



I would like to appeal to any and all contributors of perspective to any and all cultures. It is absolutely central to the effectiveness of this solution that we work together in portraying this solution as a responsible and respected course of action for all. It is impossible for me to express the depth of the complexity that we humans have created nor is it necessary. We all know

something must be done to save us from ourselves and our creations. If we are to succeed in propagating this new message of hope into mass consciousness, we must be supported by our media and by the people who we respect and look to for answers.

As responsible agents of the media industry, whatever level you are working at, know that you are one of the most important tools that such a solution as the **METAHOLIDAY** can use in gaining respect and authority as an answer to many of our problems that we face. You are the ones who decide what is worth focusing on in your culture, so use this gift responsibly and please do what you can to encourage our people to save themselves before there is nothing left to save.

### **A Realistic Approach:**

*I feel that my message has been portayed in this publication quite clearly and that mass consciousness is already accepting many of these ideas. The industry of personal growth and exploration has become more important to the average person and sustainability and simple living is on the minds of even the least likely of us, due to the chaotic state of our environment. Given these facts, we can realistically start to integrate the transition into simpler life styles and ultimately, **METAHOLIDAY** life conditions. Through your reporting, through your handling of these types of issues you can send the message from your place of operating that this is a way that we can set our relationship to the Earth right and put an end to so much unnecessary suffering.*

**This is your chance to give the media industry a good name and a fruitful purpose.**

## The Average Person

# The Path



As a regular person without any special privilege or power, there are still important things that you can contribute to this cause. In fact, without you there would be hardly anything to save. As you are, whether your lifestyle is decadent or modest, you can start today by taking steps to move towards more sustainable living, you can evaluate and eliminate the activities in your life that are not contributing to the survival of our species. Small steps are still steps. We cannot hold any negative attitudes toward those who aren't ready yet - that will just scare people away. It's hard work taking responsibility for your part of the problem, but as we each develop and mature, the work turns into play, as we can begin to see purpose in our actions.

I propose to the average person that you start your journey down this path in whatever form is right for you. Here are some suggestions of things you can do to start:

Buy/Trade Locally	Recycle & Use Recycled Products	Walk or Bike to Work
Use Oil Alternatives	Meditate Instead of Watching TV	Spend Time in Nature
Relax More	Spread Ideas of Hope	Create Artistic Expression
Meet Your Neighbors	Learn About Local Edible Plants	Identify Your Personal Blocks
Care About Everything	Learn About Local Medicinal Plants	Garden
Collect Your Own Water	Talk to Your Elders About Life	Practice Mindfulness

This list is by no means complete. Anything you feel you can contribute to the healing and growth of your relationship to all that we behold(Earth) will help you get closer to the realization of your **METAHOLIDAY**.



# Credits

This entire publication and all the art herein has been written and produced by Lance Smith.

If you would like to offer your contributions to the further development of the **METAHOLIDAY** lifestyle, please contact me via one of the following methods:

**Snail Mail:**

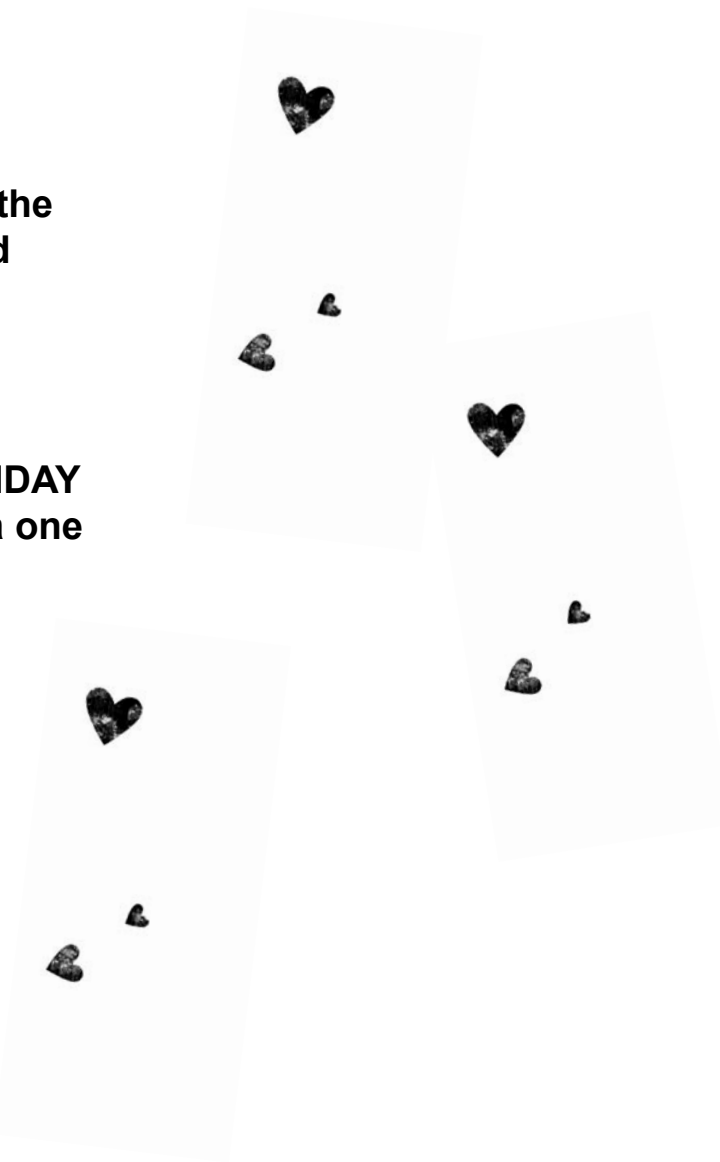
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**Visit Our Web site:**

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IT IS NOW THE APPROPRIATE TIME TO TAKE YOUR

# METAHOLIDAY

by: Lance Smith

We're not talking about going to a new age resort! We are talking about putting all the "Head Games" on hold. We are killing ourselves and each other with these games. These games of the military industrial complex are not necessary for our survival. It is time to take a break. It is time for a **METAHOLIDAY**.

Stop worrying about solving all our problems and stop making them real. "IT IS NOW THE APPROPRIATE TIME TO TAKE YOUR METAHOLIDAY" explores how we can solve our problems by allowing and encouraging a more simple, streamlined approach to relating to our lives and our environment. We're talking about a life of meditation and stewardship of the Earth/Ourselves. Chill out and love one and other.

If you're ready to embrace being a truly mature and responsible human being, you may be interested in some of these ideas and/or potentials...

share me!

Please lend your support at:  
[www.Lancerules.com](http://www.Lancerules.com)