





SPOOK PRESS

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How can you communicate when you're antisocial?  
Do you like people?  
How do you manage uncertainty?

How can you remove yourself from unnecessary struggle?  
How can you differentiate between necessary and  
unnecessary struggle?

Does being active require more effort than being passive?  
Is accomplishment sufficient reward for action?  
Who benefits from your actions?

What's going on with your body?  
What are you thinking?  
What and how are you feeling?

Where does guilt come from?  
What is the agency behind feeling that you have done  
something that you should not have done and how does it  
relate to the choice or compulsion to act as you have  
acted?

Can you say that your ideal self is constant and your real  
self is changing?  
Can you say that your ideal self is fearless and your real  
self is fearful?  
Can you say that your ideal self locates worth and value  
internally whereas your real self is dependent on the  
approval of other people?  
Do the ideals you aspire to serve to condemn you?

Is refraining from action a laudable assertive strategy or a kind of self-deluding avoidance?

Why should you challenge yourself to do what you don't want to do?

Shouldn't the challenge be to discover what you want to do, and do that?

How do you discover what you want to do?

Do you fear what you don't want to do because it's worthless or is what you fear worthless because you fear it?

Who controls the symbols of power that shape your understanding of the world and your imagination?

What is the dominant authority?

How does it impact on the experience of balance?

If you don't have the necessary resources within you, then where can they be found, who possesses them, and what does this make of you in relation to them?

How can what is beyond you be more certain than what is within?

How can anything you perceive, surmise or experience be beyond you?

Are there degrees of passivity?

Is there a mechanism for freeing up thought?

Is the critical internal voice a sign of the oppressive shutdown which means that you can't think freely?

How can you be perfect when you are imperfect?

How can you love what you hate, how can you bless when you are cursed, how can you do good to those who do evil

to you, and how can you pray for those who persecute you?

How can you bear the strain between ideal and reality, between what you are and what you are called to?

Christ has risen – what does that mean? What does that mean to you?

Does conceiving of the quest of the initiate as a psychological journey render it a fit subject for study?

Are you in what you see?

Are you in what you do?

Do you remain there?

What is flesh?

Where are you?

What are you?

What do you offer?

Where do you want to go?

What do you want to do?

What is the point of art if it fails to communicate clear messages about significant subjects?

What's the point of photography?

The means to produce self-directed editions of your own work are readily available but why bother when it signifies little beyond sending nothing into the void?

What is first thought?

Is it a “correct expression of reality”?

If no, then why not?

If this is wishful thinking, why do you wish for this rather than something else?

What's the difference between knowledge and belief (certainty and faith)?

To what extent does the mind that is being controlled exist?

Why the need or tendency to go beyond what you've been told, to interpret what you've been told as a symbol of something else?

Why do you need an analytic psychologist to interpret your dreams?

What changes, and how does it change?

Where do your half finished thoughts go for resolution?

Where are your abandoned acts completed?

When does the journey end that was never started and where and what does it lead to?

Is it possible to go beyond the unsatisfactory round of narrow experiences that characterises your day to day existence?

What is it that causes certainty to become uncertain, or to lose its vitality and significance?

How will what you are doing sustain you?

What is the grounding for your criticisms of established churches?

Are the charges of hypocrisy you lay against them justified or symptomatic of a generalised distaste for authority?

Why did his followers accept David Koresh's claim that he was the final prophet of the Branch Davidians?

Why did the FBI use such deadly force in their response to the Branch Davidian followers to leave their Mount Carmel compound?

How can you go beyond play acting if the best that can be done is to answer a series of questions that have little real meaning?

How can what is meaningless to you have meaning for other people?

How can you prosper when you so seldom feel okay?

How can you be authentic when you don't know what you are?

Is it clear?

Is it true?

What truth is expressed?

Has it been experienced?

Does it communicate to others?

Can it be expressed in terms of who, what, where, when (how and why)?

Where are you?

What are you doing?

What are you thinking?  
What are you feeling?  
What do you see?  
What do you hear?  
Any other sensory impressions?  
Any other impressions?

What is your first thought?  
Is it a “correct expression of reality”?  
If no, then why not?

What is the purpose of these words?  
What is the purpose of these images?  
Are these words and images presented as effectively as they  
could be?  
Why are you so interested?  
Do good photographs of people need an indicative  
background?

What’s the story?  
What prospers?  
Why write anything when so much has been written?  
By all means think and feel but why write about thoughts  
and feelings?

What is the purpose of this action?  
Can themes be identified to address in a more substantial  
manner?  
What will you do with it?  
What’s the point of disseminating the work?  
What’s the point beyond the exercise in aesthetics?

What is the word count?  
What is the submission date?  
What are the benefits of contributing?

Who are you?  
What do you think?  
What do you feel?  
How are you to live?  
How are you to endure life?  
How do you live a meaningful life?  
What does that mean?  
What do you really believe in?  
Why should you bother?  
What's the point?  
Hard work for what purpose?  
Would engagement lead to liberation?  
Would it enable you to come to terms with troubling reality?  
What would you gain from doing it?

How important is personal integrity?  
What does it mean to be sincere and authentic?  
To what extent do you need to be schooled in what to like?  
Is there any substance to the idea of natural affinity?  
How many people are doing anything more than acting?  
How does what you think and feel compare with what you think you should think and feel?  
Why do you will truth rather than untruth, uncertainty or ignorance?  
To what extent are truth and untruth contextual

conventions?

What do you enjoy?

What are the opportunities to do it?

Have you ever done your best?

Why are you bored and dissatisfied?

How does this really make you feel?

Are you satisfied with the life you're living?

Does anything work out as you think it will?

How can you work to undo the damage that has been done?

Where is the "I" located and what does it consist of?

If it's a concept, why is it such a powerful concept?

Why can you grasp what might be termed the experience of not-I without it taking root and becoming the dominant reality or ground of experience?

What's the main issue?

What are your deep and real concerns?

Are they pre-existing things-in-themselves?

Do they emerge through the process of daily living?

Do you mean that your concerns are not as deep or real as you think they should be?

Is the deeper reality fearless impassive and unmoving?

Is the product of the shallows perpetually erased?

What might "sweet dread" consist of?

What will you invite into your field of consciousness?

Is the unity of inner and outer in the field of consciousness a living reality, a verbal construct or a fantasy born of

wishful thinking?

Can you say that the quest has been to abide in unity in the field of consciousness and that the frustration, disappointment and sorrow has been to depart from it, and that abiding and departure are experiential realities rather than theoretical abstractions?

Has the aim always been, and will it always continue to be, to abide in the unity of the field of consciousness?

Aren't thoughts, feelings and actions constituent elements of the field of consciousness rather than external intrusions or disruptions?

Is feeling okay really dependent on being good looking?

If so, isn't the notion of feeling okay a socially mediated fantasy?

You feel good now so why can't you feel good all the time?

If you're alive you have to be, so the question becomes what are you going to do with your being?

What has happened to the past 25 years and what happened in them?

Where do the hours go, where do the days go, where do the years go, lost in the procession of time, which promises space but delivers absence?

What lies beyond surface appearances?

Are these just banal, everyday leisure activities, things to do for the sake of doing something, or do they possess a potential beyond that?

Are they obsessions, distractions, fantasies, or designs for life?

What proportion of your actions are anything more than distraction?

What are you distracting yourself from?  
Is there anything new in what is established?  
Why can't you remember more clearly?

How well disposed are you towards other people?  
What do you like about them?  
What do you dislike? Why?  
How far does your contempt and dislike for other people extend?  
How intense is it?  
Why don't you like being with other people?  
What has become of the love you had for other people?  
What has become of your compassion?  
An instant objection based on accent, volume and tone –  
is it a valid objection?  
What has validity got to do with it?  
What would a valid measure consist of?  
Why are you so hostile and antagonistic to other people?  
How are things going between you and other people,  
individually and collectively?  
What's the story you're telling yourself?  
What do you suppose people are thinking?  
What motivates their actions?  
Who goes and who gets left behind?  
Is contact psychosis possible?  
How can you terrorise people who have an implacable  
sense of entitlement?  
Is violence the solution?  
You hear the noise from upstairs and it's annoying and  
intrusive. Do you really hate the people who make the  
noise?

Is there a war going on?  
Is there a need for war to be declared?  
Is an exploration of hatred proceeding from the rational to the unhinged taking taking offence too far?  
Why do haters describe what they hate as beneath them?  
Why so flippant and derisive?  
Who did you have in mind when you chose to speak of weaklings?  
Where do expressions of gross scorn and hatred using base and foul language come from?  
How do you deceive yourself about the people you don't know?

What is the source of the hectoring voice?  
How might one summarise its message?  
What impact does it have on your life?  
What's the worst that could happen?  
To what extent are fear and dissatisfaction products (or byproducts) of thought?  
How much time spent fearing future intrusion?  
How much time spent fearing what has never come to be?  
What do you feel beyond fear and dread, and release from fear and dread?  
Why would you choose to abide in a state of fearful anxiety masked by numb indifference rather than accepting the reality of what you really think and feel?  
Submission to a false necessity that has been determined by other people, or the influence of other people operating within your self?  
Why rest at the condemnation of the false front?  
Why not consider what might lie behind it?

To what extent are you confined in a mental prison of your own making?

How can you recognise this, and what might you do to dismantle the (mind forged) house of limitation?

How did they get there?

What follows?

What is the source of the bleakness?

What is fatalism, beyond being a prison or an excuse?

Does alignment with statements made by others represent abdication of personal responsibility for your actions?

Is anguish based on the certainty of suffering and death?

Will death be known through the process of dying?

Is the moment of death an experience or an extinguishment of the possibility of experience?

Do certain actions seek to link death, or what happens after death, with birth, or what happens before birth and conception?

Is all struggle futile in the light that it ends in death?

Is the generalised disenchantment you are so often subject to nothing more than a consequence of failing to take yourself seriously?

Is it true that past experience has primed you for feelings of desolation, so that when they arise for no discernible reason they nevertheless seem inevitable, just or fitting?

Or do the feelings arise as a consequence of current action or inaction on your part, for which you alone are responsible?

Self-hatred and obsessive dwelling on your deficiencies is a barrier to accomplishment, self-realisation and maximising

your potential. The question is, how to overcome the disgust and loathing you subject yourself to whilst acknowledging their existence?

Is the experience of heaviness and oppression merely a consequence of the absence of the perception of being light?

Is there any certainty in the perception of the reality of these experiences?

Can fearful numbness (a state resembling shock) really be preferable to the reality of thought and feeling?

How can you hate yourself when you also love yourself more than the world?

What is Balance?

How is Balance achieved?

Is Balance a fiction, or a temporary release, or something that can only be cultivated in self-directed quiet and solitude?

If Balance is the desirable state and an end in itself, and if Balance in this sense has been previously experienced, then why don't you abide in a perpetual or continuing state of Balance?

Is there any real difference between a state of Balance and a state of numbed indifference?

Would you do what you will never do?

Why condemn yourself for uncommitted "crimes" and theoretical failings?

What does shame feel like?

What other feelings can it be likened to?

What have morality and immorality to do with it?

Why should you think there is a need to keep things secret?

Why are you sickened at the thought of doing that which is necessary?

Why do you rebel against the thought of brushing your teeth?

When you refer to yourself as you who is the you you're referring to and who is calling yourself you?

Once you're opened, can you ever be closed again?

Why is chaos deficient?

What happens to feelings when they are no longer being experienced?

Where do they go?

Surely the memory of a feeling is different to the feeling itself?

Can you call these passing sensations pain or ecstasy?

What is pain, what is ecstasy, what is schooling?

Does forgetfulness operate because to remember would demand a change in habitual ways of being?

Why is there no mention of the internal discomfort and sense of dislocation you experienced during your time at the Wellcome Collection?

What is going on inside you when you're doing things that you don't want to do?

What does the experience of discomfort feel like?

Peace, fear, discomfort and distress – are they subsumed in no preference?

Should you pretend to be interested when you're not?  
What is going on when sincerity is presented as  
paramount and yet there is no trace of sincerity in the  
construction of sincerity that is presented to the world?  
The prospect of imprisonment or security?  
If the experience is unsatisfactory or unrewarding, then  
what does it matter what it signifies?  
Do you mean that reality is content to present itself as  
fiction?  
Do you submit to a tyrannical fiction?  
Are you too quick to define things as nonsensical?  
Might it be better to investigate apparent nonsense more  
deeply in the expectation that it signifies something  
worthy of consideration?

Have you ever lived where you wanted to live?  
Where have you ever wanted to live?  
Would you rather do whatever it is in concrete terms or  
stay at home?  
Did you refrain from action because you feared this might  
be your last chance at succeeding?  
What kind of logic is that?

Tired, spaced out and drained of energy – is this the  
feeling or the absence of what you want to feel?  
How real is tiredness and exhaustion in physical terms?  
Was the level of physical activity a factor?  
Is it a psychological intrusion?

Assess the value of proposed enterprise before embarking  
on it. Is it necessary or desirable?

Why do you need to do this and what purpose will it serve?

Untested truths are not profitable?

Counter every compulsive or spontaneously arising self-negation with a considered and deliberate self-affirmation?

What can you do to maximise your chances of succeeding?

Why should any system transform day to day existence?

If you can't be somewhere here, why can't you go somewhere there?

What does authority consist of?

Where does it originate from?

What is the dominant authority?

How does it impact on the experience of balance, which is the desired fulfilment of the immediate experience of now?

What are the primary forces operating today?

In the self?

The community?

The wider world?

Vacuous self-assertion – what is its extent and dominion?

How can you go beyond arbitrary self-assertion?

What exactly is calling you?

Do self-consciousness self-doubt and self-loathing represent a form of authority?

Why is conditioning presented as the enemy?

What is the value of psychological therapies beyond facilitating a space that allows people to reflect on their experiences, thoughts and feelings?

What is the nature of the problem?

How might the problem be resolved?

What worked?  
What didn't work?  
What could you do differently?

How was it?  
What did you learn from other people?  
What were the general themes?  
What do you need to work on in future?

What to do?  
Take what action?  
What can you do to change this?  
What can you do to maximise its potential?

Isn't there content and meaning in all things?  
Can meaning be found in absurdity?  
The question is why would you ever want to do that again?

Review – does this work represent a foundation to be built upon, or should the project be abandoned?  
A form of retreat?  
Is it possible to depersonalise the text whilst retaining its meaning?  
Or is it necessary to retain the original form to maintain authorial authenticity?

What did you do as you travelled?  
What did you think of?  
How did you occupy your time?  
What is it you like about the idea of what might be called the circular return?

To what extent can the difficulty be attributed to your own deficiencies or character traits (e.g. inadequate preparation, failure to properly engage, reluctance to challenge other people present at the meeting etc)?

To what extent can it be attributed to the working practices of the group?

What can be done to improve your experience? List actions.

If your experience does not improve, what should you do? Continue or withdraw?

Why does the painting hold such appeal?

Why download this material?

What is its value?

Does it possess any value beyond the representation of (sub) cultural signifiers?

By what standards can you judge the comparative value of the work?

Is this imposition and tyranny, rather than truth in the service of democracy?

What's the fascination with hares?

What's the fascination with Jonestown?

Why the fascination with Nico?

Why is there a fascination with the horrific and disgusting?

You were distressed by the news of Bowie's death, more distressed than you have been at the deaths of other famous people. Why might this be so?

Is it because you have memories of him that date from your childhood?

Is it clear? Is it true? What truth is expressed? Has it been experienced? Does it communicate to others? Can it be expressed in terms of who, what, where, when (how and why)?

Where are you? What are you doing? What are you thinking? What are you feeling? What do you see? What do you hear? Any other sensory impressions? Any other impressions?

What is your first thought? Is it a 'correct expression of reality'? If no, then why not?

What is the purpose of these words? What is the purpose of these images? Are these words and images presented as effectively as they could be? Why are you so interested? What's the story? What prospers? Why write anything when so much has been written?

By all means think and feel but why write about thoughts and feelings?

What is the purpose of this action? What will you do with it? What's the point of disseminating the work? What's the point beyond the exercise in aesthetics?

What is the word count? What is the submission date?

What are the benefits of contributing?

Who are you? What do you think? What do you feel? How are you to live? How are you to endure life? How do you live a meaningful life? What does that mean? What do you really believe in? Why should you bother? What's the point? Hard work for what purpose? Would engagement

lead to liberation? Would it enable you to come to terms with troubling reality? What would you gain from doing it? How important is personal integrity? What does it mean to be sincere and authentic? To what extent do you need to be schooled in what to like? Is there any substance to the idea of natural affinity? How many people are doing anything more than acting? How does what you think and feel compare with what you think you should think and feel? Why do you will truth rather than untruth, uncertainty or ignorance? To what extent are truth and untruth contextual conventions?

What do you enjoy? What are the opportunities to do it? Have you ever done your best? Why are you bored and dissatisfied? How does this really make you feel? Are you satisfied with the life you're living? Does anything work out as you think it will? How can you work to undo the damage that has been done?

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Has the aim always been, and will it always be, to abide in the unity of the field of consciousness? Aren't thoughts, feelings and actions constituent elements of the field of consciousness rather than external intrusions or disruptions? Is feeling okay dependent on being good looking? Isn't the notion of feeling okay a socially mediated fantasy? You feel good now so why can't you feel good all the time? If you're alive you have to be, so what are you going to do with your being?

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How well disposed are you towards other people? What do you like about them? What do you dislike? Why? How far does your contempt and dislike for other people extend? How intense is it? Why don't you like being with other people? What has become of the love you had for them? What has become of your compassion? An objection based on accent, volume and tone – is it a valid objection? What has validity got to do with it? What would a valid measure consist of? Why are you so hostile and antagonistic to other people? How are things going between you and them, individually and collectively? What's the story you're telling yourself? What do you suppose people are thinking? What motivates their actions? Who goes and who gets left behind?

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What is Balance? How is it achieved? Why is the state of Balance superior to other states of being? What factors promote it? What factors work against Balance? What can it be likened to? How does Balance differ from things that it might be likened to, but which it isn't? If it's the desirable state and an end in itself, and if Balance in this sense has been previously experienced, then why don't you abide in a perpetual or continuing state of Balance? Is it a fiction, or a temporary release, or something that can only be cultivated in self-directed quiet and solitude? Is there any real difference between a state of Balance and a state of numbed indifference?

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of logic is that?

Tired, spaced out and drained of energy – is this the  
feeling or the absence of what you want to feel? How real  
is tiredness and exhaustion? Was the level of physical  
activity a factor? Is it a psychological intrusion?  
Is it necessary or desirable? Why do you need to do this  
and what purpose will it serve? Are untested truths  
profitable? Should you counter every compulsive or  
spontaneously arising self-negation with a considered and  
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here, why can't you go somewhere there?

What does authority consist of? Where does it originate? What is the dominant authority? How does it impact on the experience of balance, which is the desired fulfilment of the immediate experience of now? What are the primary forces operating today? In the self? The community? The wider world? Vacuous self-assertion – what is its extent and dominion? How can you go beyond arbitrary self-assertion? What exactly is calling you? Do self-consciousness, self-doubt and self-loathing represent authority? Why is conditioning presented as the enemy? What is the value of psychological therapies beyond facilitating a space that allows people to reflect on their experiences, thoughts and feelings?

What is the nature of the problem? How might it be resolved? What worked? What didn't work? What could you do differently? How was it? What did you learn from other people? What were the themes? What do you need to work on in future? What can you do to maximise your potential?

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What did you do as you travelled? What did you think of? How did you occupy your time? What is it you like about the idea of what might be called the circular return?

To what extent can difficulties be attributed to your own deficiencies or character traits (e.g. inadequate preparation, failure to properly engage, reluctance to challenge other people)? To what extent can they be attributed to the working practices of the group? What can be done to improve your experience? If your experience does not improve, what should you do? Continue or withdraw?

What can you do to advance yourself? What does the role accomplish? What can you do to maximise your income? How will what you are doing result in making money? How can you best exploit your existing relationships? Where else should you be looking?

Do you want to develop? What can you do to achieve this? What's the context? What are the actions? How does the time of preparation relate to the time of productivity, and how do these times differ from idle and arbitrary invention? Will the work that arises as a consequence of your engagement meet your expectations? Does the written record accurately reflect the reality of the experience? Why should you record things you're proud of in relation to your work when self-praise is no praise and you're not proud of anything you've done? Who and what is the resistance?

Why download this material? What is its value? Does it possess any value beyond the representation of (sub) cultural signifiers? By what standards can you judge the value of the work? Is it imposition and tyranny, rather than truth in the service of democracy?

What's the fascination with hares? What's the fascination with Jonestown? Why the fascination with Nico? Why don't you listen to 'Veeton Fleece' more often? Why is there a fascination with the horrific and disgusting? You were distressed by the news of Bowie's death, more distressed than you have been at the deaths of other famous people – why might this be so? Is it because you have memories of him that date from your childhood?



## NOTE TO SELF

Why have you performed the Cross of Light six-part rite more than 500 times over a period of more than 10 years? Do you want to get out of the world, enter another world, transform this world or apprehend the truth beyond appearances? How do you get out of the world once you've recognised its worthlessness and absurdity? Where is the 'beyond'?

Where does the gateway lead to? Is the point where past, present and future meet a time or a place? If you had been happier, would you have been less interested in the (uncertain) supramundane? Is this a personal conception or an idea that you have taken from somewhere else? Do you see the Temple of Light in the Golden Wheat Field?

Why is the idea of magical freedom attractive, appealing and important? Do your unusual experiences make you unusual, or special? Do you pride yourself on the fact that other people have not experienced them? What kind of effectual initiation could there possibly be? What does the external anointing signify beyond submission linked to elevation through association? Is creative engagement with the immediate experience of now superior to religion?

Why hasn't COLT prospered as it should or might have? Did you forsake your mystical calling for the sake of your sanity or did you just stop taking drugs? Why have you chosen to represent the work of COLT as being related to the work of TOPY when there is no real relationship between either the work or the organisations?

Why do you overstate your engagement with TOPY?

Does the strength of the work lie in the unearthly pictorial detail that emerges from the obsessive recording of repetitive descriptive text?

Do you have any intention of answering these questions?

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