

# **QUESTION DUALITY**

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NEO-TOLTEC LANGUAGE GAMES

INCLUDING (S)TALKING,  
INDULGE YOUR INTELLIGENCE  
AND **ACTIVISM 101**

**MO LOHAUS**

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INDULGE YOUR INTELLIGENCE  
AND ACTIVISM 101

BY MO LOHAUS

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## FOREWORD: QUESTION DUALITY

This book presents a consciousness practice and self-programming language, (S)alking, and two apps composed in it, *Indulge Your Intelligence* and *Activism 101*.

Nietzsche noted that we avoid giving ourselves goals and exercising our authority; that we turn to a range of external authorities to avoid the responsibility of commanding ourselves.\*

Guiding our own consciousness by writing, directing and producing the neurolinguistic program that assembles our reality does the distasteful on the way to the unthinkable.

We hardly realize what we are doing.

As long as it is just a game, it seems safe.

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\* *The Will To Power*, First Book, Section 28. *The question of nihilism "to what end?"...*

**(S)TALKING**

## FOREWORD: (S)TALKING

The Central American metaphysicians known as Toltecs pioneered many practices. Two of them, *stalking* and *not-doing*, are adapted and integrated here.

*Stalking* involves surreptitiously observing, analyzing, disrupting and redirecting behavior. Any behavior, actor or situation can be stalked.

*Not-doing* reorganizes perception by aligning it with atypical coherence. In the practice here, talking and thinking through atypical coherence disrupt rote conception, infuse it with awareness, and change its priorities.

Any behavior can be stalked or not-done.

Interpreting reality is a behavior: How we talk governs how we think, how we think governs what we think, and what we think governs what we experience.

Socialized and enculturated forms of talking and thinking limit what we experience. Stalking then not-doing them opens alternatives.

Stalking talking [(s)talking] breaks assumptions about what is happening, highlights the process of scripting experience, and invites us to participate constructively. It uses inner dialog to selectively erase itself, coaxing conceiving to recede and perceiving to precede it.

As a form of not-doing, (s)talking breaks rules, changes how we play, and awards unexpected prizes. It redirects the attending, emoting, imagining and acting usually wasted asserting virtual identity and defending semantic reality to perceiving events subtly, richly and catalytically; catching conscious cosmic momentum.



Turning how and what we think into a battleground of discernments and decisions uproots definity and shakes loose infinity.

Disrupting conventional cognition requires intentionality and volition; forces Toltecs say organize events and our motion through them.

Declining to enforce or submit to the conceptions encoded in language mobilizes attention available for perceiving, and recruits abilities we need to navigate a broader spectrum of events.

While successful social integration requires we comply with coercive, impersonal emotional assignments, liberating that emotion reclaims the energy needed to perceive more freely.

Civilisation is miserable. Fitting into it makes us too. Using its conceited language fills us painfully with poo; constipating us with assumptions, bloating us with euphemisms, and begassing us with opinions. Passing its rock-hard narratives is dishonestly dramatic and rectally traumatic.

By mouthing official moronisms we pretend analingus is analysis. Ignoring repulsive aromas earns us shit-lipstick diplomas as 'smart' and 'educated' obedients. Chewing and spewing poo certifies our sanitized 'sanity' and 'appropriate' inanity.

Accepting official narratives that define reality, assert identity, nostalgize the past, romanticize the present, and hallucinate the future fixes consciousness in a wretched, apathetic setting, where perceiving autonomously seems taboo, traitorous and dangerous.

Invigorating discernment prompts conceiving to consolidate and perceiving to dilate; producing pleasurable pulses of emotional immediacy, and lubricating receptivity to ecstasy.

This document is written in code. Deducing then using it optimizes one's operating system, activates the root user, clears caches, reassigns input and output, retasks recursive routines, disarms duality and accesses actuality.

Use (s)talking syntax to synchronize speech, thought and action. Invoke the silence before thought, prioritize the perceiving before meaning, withdraw from asserting reality, refrain from self-referencing, and retrain inner dialog to potentize agency.

Firm up your diction. Heal cognitive flaccidity. Arouse decisive lucidity. Empty your mouth, realize your meaning, and ignite into living. Pull out of formality and zombie normality. Pull off civility's sad rubber numbness and delight in life's intimate mystery.



## HEAR HERE

Hear here.

Now? Now.

What do I hear? Where am I now?

Listening stops my talking. Listening stops my thinking. Listening for the sounds of life finds the way back to presence.

Listening to the sounds around me—to the engine, the conversation, the traffic, the computer, the wind, my breathing—resets me in silence.

I listen out then listen in: I listen to my talking, listen to my thinking, notice what I am saying, acknowledge and release it.

By hearing through my headnoise, debriefing and discharging it, I reach the sound of now.

## WHO IS I?

When honest about thinking, I don't know what thinking is. When honest about thinking, I don't know who thinking is.

Who is thinking? Who is I?

What is feeling? What is I?

Feeling happens from both outside and in: Your afraid becomes my afraid. My happy becomes your happy.

Thinking does this too: Your idea becomes my idea. My perspective becomes yours.

Am I making thinking happen, or is it just passing through me?

Is I thinking? Is I tuning to the thinking? Or is I being thought?

Who is I?

What is I?

What is doing the experiencing here?

Until that is settled, *I am* is in question and out of the question.

I is stepping out of definity back into infinity.

## HEADNOISE

Aloud or silent, inside or outside: I is talking to and for itself.

I may be talking to you, but I is talking to and for itself. I may be listening to you, but I is listening to and for itself.

What I is saying reveals me.

What I is hearing reveals me.

I is answering questions and solving puzzles, revealing pieces and fitting them together by noticing what I am saying and hearing.

I hear here, listening for meaning in the noise in my head, acknowledging and letting it go.

When I hear myself saying “I”, “I”, “I”,  
I shout “Ai! Ai! Ai!” and let it go.

When I hear myself saying “me”, “me”,  
“me”, I sing “Mi, mi, miiiiiiii!” and let it go.

When clear and at peace I is silent.

## **YOU-TURN**

When I hear 'you' I ask "You who?"

The 'you' you imagine about me, or the 'you' I imagine about me?

And when I say 'you' I make a you-turn, because 'you' reveals me.

I notice in you what I need to see. I notice in you what I need to be. And if my words burn or if they set free, they lead back to me.

What you do does not bother me. I feel bothered by my inability to act effectively. 'You' helps me recognize the limitations of my habits and roles.

Compulsively playing a 'nice' person may make asserting challenging. I may feel challenged to recognize, articulate or pursue what I want.

Compulsively playing a 'pushy' person, I may find trading politeness and kindness difficult. I may find it challenging to put down 'what I want' and accept what is being offered.

You don't bother me. I bother me.

I bother myself playing a persona of routines that confronts events ineffectively. I bother myself portraying a rigid character, set in its ways, that takes itself seriously.

I notice in you ways of acting and feeling I rarely practice, that seem uncomfortable to think about but might be liberating to do.

To be honest about what I am feeling and access what I am learning I take a you-turn:

I put down 'you' and pick up 'I'.

I put down 'you do this' and pick up 'I feel that'.

'When you do [this], I feel [that].'

When anyone does [this], I feel [that].

Why do I feel [that]?

And how else could I respond?



**INDULGE YOUR  
INTELLIGENCE**

## **INDULGE YOUR INTELLIGENCE**

Indulge your intelligence. Let it run naked and curious through every room of your life, handling and investigating whatever it wants. Celebrate its creating. Encourage its play. Watch it dissolve in imagining then return speaking secrets.

Ask your awareness to guide and command you. Listen to it. Let it have its way. Hear its excitement about growing, its insistence on vividness, and its hunger to explore. Balk at routines and unconscious rituals. Smash them on the ground and stomp on them.

Thrill and exult in being a thinker. Get up on slack lines of thought above canyons of possibilities. Step out where your beliefs and stories do not protect you. Take off your definitions and feel the elements enliven your surface. Walk across fear into infinity.

Enjoy the impacts that destroy your illusions. Smile as you survive your doubts and falls. Wear your scars like jewelry. Gladly pay in blood and skin to escape what constrains you.

## **FLIRT WITH AWARENESS**

Flirt with awareness. Date opportunities for growing uninhibited. Find romance in situations that are joyful and freeing. Engage with living. Forge an ecstatic marriage with passionate interacting.

Deactivate inhibitions by methodically making happy. Notice when what feels good to you is good for you. Exalt yourself. Reward yourself for recognizing your preferences and letting them lead.

Rouse your sleeping parts. Desperately desire to know more of yourself. Activate, invigorate and exercise your full spectrum. Let “yes!” unlock you.

Increase your voltage. Play at your edge. Fuel excitement with uncertainty. Let sparks of happiness ignite relationships with people and interests that bring you alive. Devote yourself to being-born.

Fight compulsive thinking and excessive contemplation. Thaw out from the numbness, paralysis, dissociation and isolation they install. Choose action, contact, sensation and connection.

## **MAP YOUR RATIONALITY**

Tend your conceptions. Choose what you are growing. Weed out invasive ideas and sterile beliefs. Throw simplistic explanations, convenient prejudices and dysfunctional assumptions on the compost heap.

Try on ideas carefully. Demand they fit well and encourage motion. Shun uniforms and the armies in which they induct you.

Throw your familiar thoughts away. Get new ones. Wear them till the holes in their soles allow Earth to touch you. Repeat until you have bare feet.

Map your rationality, the ratios it applies, the extent of their truth, what they are protecting, and how they filter your experience. Consider them the slats of your blinds and the bars of your cage. Carefully remove them. Release the tender animal within.

Update your operating system. Reconfigure your fire wall of opinions. Change your menu items, profiles, permissions and passwords frequently so you cannot be hacked.

# **ACTIVISM 101**

## **OPINIONS ARE INCOMPLETE DECISIONS**

Opinions are incomplete decisions. Complete them. Claim satisfaction. Resign from reacting and refine your responding. Disconnect from deferring and self-connect by deciding. Follow your feelings and learn how to trust them. Persist.

Rub your appetite and stroke your arousal until they enliven and embolden you. “I love this!” is the truth your deep self is trying to tell. Passion is persistently kicking you in your compromise, urgently trying to liberate and ignite you. Let curiosity flick you to life, and inspiration fuel you through compelling improvisations and climactic revelations.

Break the stranglehold of appropriate roles. Loan drama your car keys, and go for a spin. Have a frank conversation with unlimited possibility, and hear changes in your voice that confess your desire. Let your own words seduce you with the eros of their echo. Ride their pulse and enjoy their rhythm. Tingle with their ecstatic invitations: “I want you! And I want you fully alive!”

## **FIRM UP YOUR FEELINGS**

Firm up your feelings and pull off your personality. Its neediness barks at everything: “I am here! I am loud! Notice me!” Yanking your attention, jerking you off-center, it leaves you exhausted and wrist-sore. Horny for interactions where it can show off, it makes every squirrel, rear end, half-eaten taco or turd seem fascinating. In its projection, every leg is shapely, smells good and wants to be humped. Beware its urgings. Waste no holy glue on polyester trousers. Find more compelling mates than bony shins. Court a sacred task. Fertilize a mystery as its touch unlocks you.

Learn a more productive game: Quit chasing the balls of “That’s bad!” and “I’m cool!” and build something good. Realize your anger is not special; it is frustrated creativity. Take it apart and get it to work. Get earnestness out of its case and tune it. Using them will make you smile. Plant a great dream, and devote your emerging genius to its growth. Make that the opinion you are living to express. Nurture it to maturity and contribute something beautiful and strong.

## **HEAL YOUR SOCIAL INFECTIONS**

Heal your social infections. Exfoliate your meanness. Picking semantic acne and poking gut rolls of inconsistency are gross and hurtful, so stop. When you are happy with yourself they will lose all appeal. Handle words kindly. Make cutting with them an issue you outgrew years ago. Want to understand yourself and others. Grow spacious enough of soul to accept perspectives and shadows.

Abandon the sick persona corporate culture taught you. Refuse to use others as toilet paper or porn. Manipulating and aggressing them is juvenile and empty. Harvest the opportunity available. Discover what you like about them and you. Try honesty. Find out how far you can take it, and where it takes you. Be vulnerable. Share the 'you' who is still unfolding and allow it to be witnessed and encouraged.



## **STAND UP FOR ELEGANCE**

Stand up for elegance. Be an apostle of quiet finesse. Show crass and crude how dignity feels. Make simplicity your audacity. Enjoy the purity of directness and pleasure of integrity. Discover what you care about and act on it. Make that the miracle you proselytize and vow you fulfill. Love your life and show it in every act and word. Make your life magical, then sit in the kitchen of its joyful music and feel at home.

Stop eating pizza out of dumpsters. Grow out of your codependency with good-feeling thoughts. Seek actual good feelings. Accept no substitutes. Quit quick fixes. Avoid fast mood. Remember that 'abstraction' means pulling away, and that the actual is where the action is. Heal yourself of abstractions and abusive dissociations. Being right does not matter. Being present to feelings does.