

SEEING
FALSE
AS
FALSE

The Art of Inward Observation

DR VENKATA RAO POTLURU

Introduction

Before you go further, understand one thing utterly:
Your life, as it is, is built on deception.
Not the deception of society, not the deception of religion,
not the deception of politicians—
but the deception you have created, you have nourished,
you have protected.

You are living inside an illusion created by your own thought,
and you do not want to come out of it.
You want comfort, not truth.
You want continuity, not clarity.
You want psychological security, not freedom.
And whatever the mind wants becomes the seed of illusion.

Your beliefs are illusions.
Your ideals are illusions.
Your spiritual pursuits are illusions.
Your wounded pride is illusion.
Your hope for a better tomorrow is illusion.
Your idea of “yourself” is the greatest illusion of all.

You have never looked at anything directly.
You look through your opinions, your fears, your
experiences,
your conclusions—
a thick wall of mental residue that stands between you and
Truth.
You think you see, but you see only what thought conditioned
you to see.
You think you understand, but you understand only what fits
your conditioning.
You think you feel, but your feelings are reactions of
memory.

You are imprisoned, and you call it living.

The world you live in—the world of comparison, ambition,
hurt, loneliness,
success, failure—is not life.
It is the echo of past memories playing endlessly inside your
skull.

Understand this with absolute, brutal clarity:
There is no freedom as long as the self exists.
And the self exists only through illusion.

This book is not here to comfort you, to guide you,
or to give you new beliefs.
It is not here to help you “improve” your life—
that too is an illusion.
It is here for only one thing:
to tear the veil of illusion you have woven around yourself.

Not slowly.
Not gently.
Not tomorrow.
Now.

To look at fear without running.
To look at pleasure without chasing.
To look at hurt without holding.
To look at yourself without distortion.
This demands a mind that is ruthless toward its own escapes,
merciless toward its own deceptions, utterly honest with
itself—
a mind that refuses to hide behind prayer, behind meditation,
behind philosophy, behind gurus, behind tradition.

If you cannot look with such nakedness, close the book.
Nothing will happen.
You will go on living as you always have—
half asleep, half alive, carrying the dead weight of your past.

But if you can look—truly look—

with no authority, no method, no belief, no hope, no motive—

then in that looking, illusion shatters.

And when illusion shatters, something extraordinary takes place:

a freedom that is not your freedom,
a silence that thought cannot touch,
an intelligence that is not yours or mine,
a clarity without centre,
a love not born of memory.

To help the reader see this movement of the mind more clearly,

In this book, the material is revisited in different ways to invite a deeper perception of Truth, even at the cost of repetition and length.

All point to the same thing:

the art of inward observation,
the art of seeing illusions as illusions,
and discovering freedom in that very seeing.

If you dare to take one step into this fire, let us begin.

Dr. Venkata Rao Potluru

Consultant Surgeon and Author of ‘The Timeless Awareness’

Contents

Introduction.....	2
When Illusion Ends	9
The Mind That Does Not Accumulate.	30
Thought, Matter and the silence beyond	42
The Ground That Thought Cannot Enter	54
One is so frightened to strip oneself of everything.	56
When the immeasurable is not named.....	63
In the Silence of Not Knowing	66
The false Sustains Violence	69
When the False Operates, Truth is Not:	80
The Illusion of Success	89
Truth is Never in Time	97
No God will save Us.....	106
Is the Problem the Fact or the Mind?	108
Beyond Goals.....	111
Only seeing	114
When Respectability Ends, Morality Begins.....	119
Facts break conditioning	126
Is there an action that is not limited?.....	135
A Place of No Registration	144
What is it that is becoming?.....	154
Is it possible not to record pleasure?.....	164

Don't let thought seep in.	175
Attention in which there is no division	186
How do you observe?.....	197
Observation without the past.....	219
Observation means complete attention.....	232
The analysis is a fragment.....	246
Can you listen without accumulation?.....	260
To Live Without Conflict.....	273
A Battle Between Two Images	288
Observing Consciousness	302
To discard the false is intelligence	318
See Without 'Me'	333
Thought Is Ever Limited.....	348
"Goodness Is Unrelated to Evil"	363
Silence of Emptiness	378
What Does It Mean to Be Aware?	393
To Question Everything	410
Living Without Illusion	422
Is Living Thinking?	425
Can Life Be Lived Without Thought?	428
To watch every movement of thought.....	430
Action without will.....	438
On Attention	445
The Mind Addicted to Thought.....	450

Seeing the Falsity of Thought	453
Is prayer a corruption?	456
Can the future be known?	464
Seeing is Acting	477
Reality, Actuality and Truth	485
On seeing a fact	496
Observing Disappointment	500
When There Is No Comparison	504
The illusion of control.....	506
What Do I Do When I Am Confused?	510
Pleasure vs. Joy	525
Is It Possible to Look with All Your Senses Together?	542
You Must Be Free to Look	556
Die Every Day	573
Me First, You Second.....	590
The End of Conflict — The Real Revolution	607
Freedom from Fear — The Real Revolution.....	624
The fear of Survival.....	642
Learning Is to Act	646
Observing Ourselves.....	664
The Tremendous Danger of Psychological Registration	681
Why Do You Hesitate?.....	699
Giving complete attention	715

Are You Free?.....	734
Escaping From Problems	752
What Will Save Man?	769
Life and Death Go Together	778
A Mind Free to Look	797
Begin to Learn Yourself.....	816
The Self Always Distorts	834
Be Just with the Living.....	852
Justice in the World of Illusion.....	854
Attachment and flowering of goodness.....	859
To Raise or To Free	866
Can violence heal society?.....	868
There Is No Distraction	870
Seeking Pleasure	888
Relationship Based on Thought.....	905
What Shall I Do with Fear?	921
Ending Prejudice	939
If You Have an Image, You Are Going to Be Hurt.....	947
We Crave to Be Free but Get Trapped	965
Observing Inwardly.....	982
Order and Compassion	999

When Illusion Ends

To see the false as false is the beginning of intelligence.
Not to correct it, not to replace it with another idea, not to struggle against it—but simply to see it.

Most human beings do not see the false as false.
They see the false as convenient, as comforting, as necessary.
They live in illusion not because they are ignorant, but because illusion offers psychological safety.

The mind is frightened of truth—not of abstract truth, but of the truth that dissolves the centre it has built.
Therefore, it invents beliefs, ideals, explanations, authorities.
These become walls behind which the mind hides.

The false is not something outside of us.
It is not merely political propaganda, religious dogma, or social conditioning—though these are its outer expressions.
The false begins inwardly, with the image one has of oneself.

The moment you say, “I am this,” or “I should be that,” illusion has begun.

The image is the false.

One may be highly educated, deeply religious, morally upright, socially respected—yet live entirely within illusion.
Because respectability itself is often the refined form of falsehood.

The mind calls something true because it has repeated it for centuries.

It calls something sacred because it has invested emotion in it.

It calls something real because it fears living without it.

But repetition does not make truth.

Belief does not make truth.

Comfort does not make truth.

Truth does not depend on time.

The false thrives in time—in becoming, in gradual improvement, in tomorrow.

The true is immediate or it is not at all.

Therefore, to see the false as false must happen now, or it will never happen.

Most people want to see the false as false gradually.

They want to let go slowly, safely, with guarantees.

But illusion does not end gradually.

You do not slowly see a snake as dangerous.

The moment you see it as a snake, the reaction is immediate.

There is no practice in that seeing.

Similarly, when you see that ambition is destructive, it ends.

When you see that comparison is poison, it ends.

When you see that seeking psychological security is the root of fear, it ends.

If it does not end, you have not seen it.

The difficulty is that we look at the false through thought.

Thought itself is the maker of illusion.

Thought says, “Let me analyse falsehood,”