

A Truth about life!

Q and A

This page is a signpost, a pointer to the direction of inner freedom. There is only one place to find this freedom. That place is within you, within your body. Not your physical body, but your inner energy body; the body of you.

Robert Monroe, author of *Journeys Out of the Body* and founder of The Monroe Institute in Virginia, rightly stated that we are more than our physical bodies. We are energy; conscious/focused energy driven to evolve. However, while we are more than our physical bodies, we must remember that we are still one with our physical bodies. Everything that is physical or manifested is simply a reflection of our consciousness acted out in countless variations. Every human, plant, rock and so on, are the cells and molecules of the planet. And, the planets and stars are the atoms and particles of the universe. I am sure that what we perceive to be the universe is part of another system, which in turn, is connected to the other endless systems beyond it.

With this being known, do we need to explore the universe in order to be free of the ignorance of our limited perceptions? No, we do not.

We only need to go within.

We embody everything that is outside of us, thus the saying, all answers lie within. However, this should not stop us from exploring. Our explorations of the universe and its workings, can and will continue to prove that the grandest truths to be discovered are already available within our own being!

So, what stops us from seeing this truth or reality?

Compulsive thinking. People believe that they are the thoughts running through their minds so when those thoughts arise they helplessly react to them. It works the same with everybody. As long as people blindly react to what they think, they are enslaved to their thoughts.

How can we be free from compulsive thinking?

First acknowledge that you are enslaved to this process. See even the most random and futile thoughts as you go about your day. And then you will see that your thoughts are not only conditioned but also probably very negative or at best useless. Then realize that those thoughts are not you. Witness them as if watching a movie and know that the movie playing is not reality. If you are not able to shut this annoying and probably destructive movie off than let it play and laugh at it when it tries to act as if it is you. Much like a comedy that uses over dramatic examples of ignorance in daily living see that your crazy mind is also over dramatic and simply a comedy to be laughed or smiled at.

You said that most of our minds are probably negative and destructive. How can you know that most everybody lives like this? Are you psychic?

It does not take clairvoyance to see that most people are negative and destructive to, not only others but, mostly to themselves. Negativity is an inner state of being. And though the entire world may not suffer from depression or violent behavior (which are only more acute forms of common mental states), most still create negativity in their daily lives making up most of the world's problems. Hitler, Stalin, Osama, Bush and so on, might have been extremely eccentric or dangerously violent, but they would not have made it past the front page news had it not been for the "commoners" who followed them. If the collective of society is just blindly and unconsciously living their lives, subject to the torture and

manipulation of their minds or egos (which is a mind that believes it is its thoughts) then they will follow and support an ego that feeds their needs. And what are the needs of an ego? To become stronger and dominant over others, to receive more power, to be right, and so on. However, even these are just one side of the coin. The ego also feeds upon sadness, fear, depression, anger, even happiness. And I'm not speaking of the happiness that comes from within. That is what we might call joy, which can only come when there is a deep connection within and without. The type of happiness that the ego feeds off of comes from only external sources such as when it gets what it wanted and is temporarily satisfied by feeling inflated with more things (which can also be equated to receiving more power). All of this can be summed up however into one category: Drama! The ego feeds off of any type of drama that people bring into their lives.

Cover ups!

Most people, in their lifetime, will hear and possibly believe in a cover up from time to time. Here are several large examples that come to mind; The Kennedy Assassination, Roswell New Mexico and some now say 911. But the largest cover-up in the history of the human race has only begun to be unraveled. I am talking about the cover-up of reality, a cover up that blinds us to the truth of our existence and perpetuates itself through our habits of daily living such as television, shopping, Internet, drugs, drinking, sex, and, perhaps the biggest, an intimate relationship or more frequently referred to as "Finding The One"! The above mentioned are often used to cover-up a reality that is begging to be seen. That reality is simply the NOW. And no, NOW is not an acronym it is simply the present moment or, better put, the only moment! Most humans are controlled by their ego's, a mental energy force that needs to feed to stay alive, and do not realize it. Since the dawn of civilization, several thousand years ago there have only been a handful of individuals who've realized this truth. "How can this be" one might ask, it simply was not time. The evolution of our species needed to go through certain steps before being pushed to this awakening.

You said intimate relationships are used as cover-ups for reality. What do you mean? Are we not supposed to engage and feel connected or be in love when engaged in an intimate relationship?

Most of what transpires in a relationship (ranging from a casual friend to your husband or wife) is not love, nor true communication (the only venue where love can come through). As with other relationships, most intimate relationships consist of people taking from (each other) people's ego feeding off of the energy of their partner. Even most casual encounters, such as the person you look at when walking down the street, are of a take/take nature. It is expected that others should give you this or that such as space or respect. In relationships there are certain behaviors or actions that your partner should give or do to fully implement their role as your significant other. But the fact of the matter is people don't do the things they should, at least not after the initial euphoria of "being in love". Usually, at some point in a relationship, it becomes hard to live up to the expectations of your partner and this is the point where negativity takes over and dominates your interactions with each other. In most cases the cycles of love and hate alternate with the hate cycle popping up more frequently as time moves along and either the couple splits, usually with much animosity, or they stay together in a very unhappy union. If the latter is the case, than both parties unconsciously seek cover-ups within the relationship in order to tolerate their unhappy existence together. Examples of such are cheating, overindulgence in shopping or eating, overworking, drugs, drinking, and the list gets more familiar. It often seems so hard to return to that place of peace, joy, and happiness that the relationship once brought to each individual

and usually both parties blame the other person for their overbearing feelings of incompleteness or unhappiness.

But it is true; love does not make you unhappy. So, if you are unhappy in a relationship who is to blame?

Ah! Blame, the popular and seemingly only answer to our problems. Who do we blame when things have gone wrong? Is it not blame that perpetuates the torture in relationships? Even relationships on a global level act the same way. One only needs to look at the world's current state of affairs to see that blaming and accusing only fuels the mental position of I am right and you or "they" are wrong! So humans have engaged in retribution and retaliation over thousands upon thousands of years in hopes that one day the revenge they seek will make the other see their wrong doing. A good question to ask yourself is "If this process has not worked EVER, and has led to the deaths of millions upon millions of people, should I continue to act out this extremely dangerous and insane behavior?" but even this question will not take you to the source so maybe the best of questions is "What is the cause of all this and how can I end it within me?"

Even if I were to wake up and no longer act out human drama the world around me is still engaged in it. How would I ever find someone to be with or interact with people without somehow getting sucked back into the insanity?

When we wake up from the slumber of ego identification, which is what causes humans to reenact the same behavior over and over and over, we no longer perpetuate or feed the ego's around us. So in the search for someone to be with, which is a beautiful and fulfilling process in its own way, it might be wise to search for someone whom you feel or know willing to let go of their ego, someone who is willing to go through the journey of spiritual awakening. And if the person you are interacting with totally rejects, reacts negatively or seems to avoid you, they just did you a favor! They showed you their current state of consciousness and just how ready they are to evolve. Remember that if you are dependant upon a person to come into your life or for someone else in any form to make you happy or fulfilled than you have fallen back into identification with your mind and your ego is once again controlling you. At that time "getting" the person you long for will only empower your ego. However, this process might bring about the suffering needed to snap you into an awakening so in the end it might be just what you needed :)

But you yourself said that it is fulfilling to be with someone. How can you say it is fulfilling and then say it is our ego's craving for more?

A relationship is fulfilling on the level of a polar split: male, female, top bottom, heads and tails. This duality and attraction will always be in our lives to some degree and can be fully enjoyed only as long as it is not taken and twisted up into a perverted desire to control, manipulate and consume for the sakes of inflating an insane energy force: The Ego. There are countless ways in which we unknowingly keep our ego's alive and in the dominant position but it can all be summed up to one process: The constant need to attain this or that. And most people's longing for a relationship is only that need to attain. Yes, you can and often do consume other people. This happens through the minds process of categorizing and labeling of everything it comes into contact with. In other words, most people turn others into a thought form in their heads and at that point the other person becomes something the mind can take from, whether it is attention, sense gratification, or something completely material. There is only one

way to truly connect with someone else and that is to cut the ego out of the relationship which basically means cutting it out of your life. And the only way to cut the ego out of your life is to stop feeding it!

I know deep within that I want to stop feeding the ego and I even think I know how. But, for some reason, my ego continues to creep into my life and control everything I do or even just most of what I do. Once again, the question is HOW? How can I get rid of my ego once and for all and live the life I have read about from spiritual teachers?

Awareness! Seeing that you are being controlled is cutting the ego out of your life because that awareness is YOU. Then take notice how your thoughts, even the most random and pointless, build up to take up most of your attention. And, of grand importance, always feel within!

When you feel within you are reconnecting with the source that brought everything into existence. At this point you will know that any thought that pops up is not you but only a temporarily dysfunctional process; a systematic activity of your mind, that needs to be looked at and dealt with. It helps to stay connected with your body and feel your inner presence whenever possible (also check out exercises in "O.B.E.'s" and Out-of-Body Experiences). This will instantly cut energy from your ego and empower the real you, a being of pure consciousness. When your ego dissolves and thoughts are no longer controlling your actions, you are free to live your life. You will feel lighter, clearer, more focused, and empowered. The world will seem to be a fun place that is here to serve you, the creator, and you will enjoy every step you make without the need to know or think about what you will do next. This is not to say that you will no longer think or plan things, I am simply saying that the illusory need for external security will no longer be there and you will know the truth: that everything is and always will be ok. And that truth will set you free!

What you need is already within you! Don't ask for what you want, CREATE what you want!