

*I first realized the truth of who I was when I was 13 years old. To some degree that is. At that time, the idea of being enlightened (awake -whatever) was very idealized. I knew how it felt based on the temporary awakening experiences that occurred during that period of time. I used to look at people like Gary Sigler, Jesus, Buddha, and wonder what it would be like to be like them. I had to go through some tough times in life to begin to realize that I don't need to change who I am. Nothing about me needs to change in order for me to wake up. Who I am right now, with all of my faults and blemishes, is exactly who I need to be in order to wake up to my true identity. I struggled, desperate to experience God's life and me, desperate to be free from the shackles of my lower self. This desire grew stronger and stronger as the years passed.*

### **Thoughts on Awakening: 1**

The only thing that needs to occur in order for you to wake up is to go through a very subtle shift in consciousness. So subtle in fact, that it is often completely missed. The thoughts that are continuously whirling around in our minds are what hinder the life of spirit from growing and flowing through us continuously. That's why meditation is such a big deal. It quiets the surface mind, decreasing the overall amount of thought chatter that we experience. This allows us to begin to experience our true selves. When this occurs, the past and the future seem to fade away, and the present moment seems to stand out. The past and the future exist in our minds only. The memory of the past exists in our thoughts, and the anxieties of the future are often built-up into an exaggerated situation that can never be coped with.

The future is an ever-looming skyscraper just out of reach. The more we look at it the bigger it seems to get. Anxiety produced by thinking about the future can never be coped with, because it

exists in our thinking, in our ego. The future is a mental projection of our thoughts; it doesn't really exist. There is only this moment, the now. You can cope with any situation in the Now when you are present in this moment. When we wake up, even in a small degree, the amount of thinking that we experience decreases drastically and we "cast off" the past and the future. We cast off the exaggerated, mind-produced, imaginary future events that we catch ourselves thinking about so often. Living the awakened life frees up a tremendous amount of energy within us that for years has been continuously consumed by thinking and emotions. Just letting ourselves experience the freeing presence of Spirit once and a while sets you down a path to be able to live that way continuously. Practicing letting go of your thinking and relaxing your mind and body opens up the door that allows Spirit to enter your experience.

Time, in and of itself, is a mind created entity. When you awaken to your true identity as Spirit, you escape from the clutches of time and it no longer has a hold over you. It no longer produces any angst that cannot be dealt with. Even when problems in life arise, they only ever arise at this moment. Everything happens now. Life is not made up of millions of moments; there is only ever this moment. This seems like a simple concept, and the ego will scoff at it, casting it off and moving on to the next interesting thing to think about. But realizing that this moment is all that there ever is, has to come to you as an experience of Truth. "Seeing" something for what it truly is, past the mind and past ideas and concepts, is the Truth. The Truth can be expressed and experienced in an infinity number of possibilities. When you see the Truth, you really are seeing Yourself: Spirit in and as all things. When you see the Truth, you are set free from the mind made self, even if its just for a few moments. That's why its important to read and absorb what resonates with you, and cast off the rest. Read or search or meditate with the intention to see past what is being written in order to experience the Truth in the words. It has to be your

experience, because words are always inadequate. Words can never really describe our Father and his loving and merciful Presence.

Past all of the written words and ideas, God's loving Presence is always there for us, as us. He embraces all, unconditionally, urging all to wake up from their egoic sleep. All creation came out of God, and in His all things still abide. Without His life and love flowing through this earth like an ever-present unseen river, encompassing all that is, there would be nothing. All that IS came out of Him, and we are one with Him, as Him. We are the Source expressed as individuality for the purpose of God experiencing His creation through, and as, an individual. We are the Source in the same way that a wave is a part of the ocean. A wave has its cycle: it's beginning, it peaks, then it lowers back down and merges with the water, becoming inseparable from the ocean. May the world open its eyes to witness the Divine emerging, like a caterpillar from its chrysalis, and become One with the Source and with one another. May the darkness produced by a misplaced mind be swallowed up as the light of consciousness begins to shine through.