

Supersentience Teaching of One Essence #25p

Effortless Spirit



*The Awareness Foundation
206-1947 West 7th Avenue,
Vancouver, B.C. V6J 1T2*

www.burtharding.com

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by seeing that life is living you,
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There seems to be misunderstanding regarding the Oneness of Spirit especially referring to last week's script on "The Fear of Love." Let us explore some questions received regarding this...

"If I am really spirit then why should I care what is happening in the world of form, after all it is all illusion anyway."

"I feel confusion about loving myself without being selfish about others."

"If when I pray it is really my true Self that is being prayed to, but then what about other Light Beings who guide us?"

There is one statement that will bring greater clarity to these questions and that statement is – the effortlessness of spirit. As long as there is personal effort to understand, to figure things out, to fix things then, despite our sincere efforts, we are still stuck in separation-thinking. True Love is effortless and once we start seeing this clearly all questions start falling into clear seeing.

Bear with me as you read this and 'feel' what is being said that you may arrive at the total picture.

Understanding Effort

Let's understand effort -- In our quest to improve ourselves, to become better, to have goals and ambitions, we find that after we have achieved what we've always wanted, effort brings more effort. The more we want, the more we want; the more we think about things, the more active and the more questions that arise. At this point, we ask, "*When does this effort stop? When does the wanting stop? When do we relax and just be?*"

There are five stages in our evolution - revolutionary growth, consciousness growth.

First, we have survival. And all we know in survival is learning to survive. I know many people, as well, as all of you know, who live all their life working for a living. They get up in the morning, maybe they tend their store or their restaurant, or whatever, and there is nothing wrong with that! And all they think about is survival. That's called the survival stage. Can these people help it? NO. They can't help it. Please understand that word. Can't help what is happening.

Second, there might be some growth in your awareness and you begin to organize the survival into plans and goals. Your plan is to become a millionaire, or a very special person, or to achieve certain importance. And you may achieve these things. But you still feel something is missing. You still feel, "*I am not complete, I want more and more.*" And that's when you become a seeker, called a spiritual seeker. So that's where you say, there has got to be something I am not doing inside myself. After all, I have achieved a million dollars and I am still not feeling secure, I want more and more. Maybe security is in my heart, safety is inside. So you become a spiritual seeker.

Third, when you enter spiritual seeking we can call it the third stage. You are between the world and the spiritual life, and you separate the two. Many people come to satsang like this and they say, "*Well, when I listen to you, Burt, and when I read these books, I feel great, I feel fine, so clear, and then I go to my job and a thousand questions arise! How do I live in the marketplace, how do I deal with people, how do I do my relationship?*"

Okay, there is still this separation between what I call the marketplace and the spiritual life. This is called a separation, it is inevitable, it is a stage, and it can't be helped. You can't help it!

Fourth, after you have listened enough, after you have heard enough, after you have become very devoted to what is real, you want what is real, what is truly important, more than anything; and you begin to realize what you've always wanted was always inside your heart. *"I always wanted love,"* but where is it coming from? Everybody wants love. *"I want to be happy;"* where is it coming from? You see? *"I want peace;"* where is it coming from? *"I want energy, I want to feel alive;"* where is it coming from? It is coming from the very heart you are, from the very core of you. And so you begin to understand that the very core of you, the very essence of you, is all the things you have always wanted. And so now you are turning it and becoming aware of you. Of the very dynamics called "you" and who you are. This is called the fourth stage, detached awareness. And then detached awareness takes you, and this is also inevitable, into - what you'll begin to see is that the things that you paid importance to weren't as important.

Fifth, leads you to the fifth stage and the fifth stage is called effortlessness. Effortlessness is so interesting because that's what the topic is all about. Effortlessness means this, and that's what spiritual awakening is. When we say somebody is enlightened, that's what it means. They have realized effortlessness.

Now, didn't we say in the beginning that in survival they couldn't help it? No, they couldn't help it because it's the instinct of survival. The second stage, which is planning, goal setting and all this - can't help it either. It's part of the evolution of consciousness, you can't help doing this, it's a drive that is beyond you. When you begin to see that this drive is not taking you to the place where you want to be, you begin to seek deeper spirituality. That, too, does not satisfy you because it raises more questions than you've had before - now you're attacking a level that you still don't understand. But still, still you want answers, so you're torn. And then you realize that you have been seeking yourself.

The most important part is the fifth one that we are talking about, effortlessness. This is called awakening; this is called enlightenment. And how it happens is this: I was talking to a client of mine one time, and I said, *"Effortlessness is what spirituality is all about,"* and he said, *"Yes, but I can't help seeking. I can't help wanting love, I can't help wanting a relationship, I can't help wanting this and wanting that."* I said, *"Yes, that's right. You can't help it."* When you can't help something, what is that? It means you are not living your life. Life is living you. Do you understand? You can't help doing these things. On the fifth stage, you realize that you can't help doing anything that you did before.

Now, you turn the tables. You give up trying to do anything and allow the heart to take over. That's called effortless. You couldn't help being on survival, you couldn't help making plans and goals, you couldn't help doing what you did. When you realize that you can't help it, you also realize that you don't live your life. You are not a doer. Life lives you. In the beginning, we think we do everything.

There is no one doing anything, it is all being done through you. And you begin to relax when you see this tremendous drive that did everything through you. As I look over my life, I find Burt never really did anything. **It is consciousness through me that did it.**

Life is living you

When you start relaxing by seeing that life is living you, the need for control (how ever unconscious) starts to drop and becomes replaced by love.

As soon as love start to emerge into everything you do, you also realize that all efforts and all seeking were geared towards one goal – you realize you have been seeking yourself all along without knowing who this 'you' is!

You will understand the difference between Thought and Awareness. Just as thought is the manifest life, so is Awareness its Source. Consequently, you realize that the ego was manufactured by thought and is NOT who you are.

Ego, what we call ego - when we talk about ego here, we are talking about the personal self, the person you think you are. The person you think you are is made up of a name that your parents have given you, of a personality that you have acquired because of your environment, your religious training, your nationality. You can't help that. But when you identify that that is who I am, you block your heart. You stop listening to your heart.

All growth in the beginning is the realization that we are always trying to be what we are not, and forgot who we are. So it is a circle, a need to get back to who we are, to our natural self.

Effortlessness - every stage of evolution is an understanding of how it actually IS - not how you think it is, not how you've been brainwashed into thinking it is, but how it actually is. Life lives you, but you think you are living life. But you will find that everything you do is because you love doing it. It is love doing it through you.

Control doesn't work

Consciousness does it all. We never realized we never had a choice but to allow, accept, forgive who we really are. You know, spiritual words like "allow," "accept," "forgive," - we don't know, we think, even when we hear them from a teacher, we go about thinking, "Oh, I am going to ALLOW it." You cannot allow allowance. You can only allow it. Like "forgiveness" - well, my mother was brutal to me, she was very controlling, but I am going to forgive her. That's a game. A Course in Miracles says, "Forgiveness is when you realize there's nothing to forgive." She did what she did because that's where she was in her understanding. She wasn't bad. She wasn't bad, she just made the mistake of thinking she was in control instead of life acting through her. The moment she began to relax, a whole dynamic surfaces. Like a whole new life. Effort is the idea, "I am doing it all. I have so much to do." It is the belief that the body action is your ego, instead of the action of the body acting through you.

Ego is effort. It thrives on effort and struggle. When the struggle gets to be too much, it tries to control and overcome the struggle. That is the nature of the personal self or the ego. See, the ego loves struggle. The ego loves to control. But when the control becomes too much, it tries to control the control. OK? See, if you can see the contradiction and the dynamic of this play, this is when you begin to look at it. The moment you look at it, you activate the detached observer. It's called the fourth stage.

What is a victim? A victim is a person who gives in to every impulse and every desire that comes through, which is of course from the outside. Let me give you an example: your parents abandoned you, or they controlled you. So naturally, if you had very controlling parents, there is one thing that's going to happen to you. You are going to be scared silly of anyone controlling you. And if you feel the slightest thing that somebody's going to control you, you have to get your own way. Don't you dare talk to me like this! You know, you've got to keep on - and all the time all this energy is involved in trying to protect yourself. And you wonder why, in relationships, you're in constant conflict.

This is very, very subtle. So when we have been brought up controlled, we see that everyone is trying to control us, and we become afraid of that. But what if we become aware of it? You see? The moment you become aware of it, it changes.

The moment you are being yourself, the best in you surfaces. It can't be helped. You see? Because there's no longer a defense, no longer being offended,

no more a shield for protection. You become a totally here-now being. A beautiful, magnetic, pleasing, charming being without trying to be. If you're suffering fear, anxiety, worry, and so on, this is effort. It is control. It is only because you are inviting it through trying to be in control. You can make the choice to see there is nothing there.

Someone asked, "*But why do we have to have an ego? Why does it develop? Why do we suffer? Why this?*" Who was asking the question? The ego! The ego raises all the questions and then the ego tries to answer them. And then you wonder why we get confused? Why we get perplexed? Why we get bewildered? Relax in the moment, and enter the silence. And tell me where is the ego. See, when I look at myself, I see my body but I don't see my ego, I don't know where Burt is. I don't even know who Burt is! Right now he is talking, he is using his vocal chords, but what is happening? What is happening? Look at me now, all you see is an animated protoplasm. Do you understand? You feeling it? I am just here! And, the moment you allow you "just to be," just here, you're just here! And allow the moment to be through you - you are clear, you are loving, you are relaxed, you're being your best. Why? Because the best you can be is in the moment. You cannot be the best tomorrow or yesterday. You cannot try to be your best. You can only BE the best. And the best is now.

Let me read you also what Eckhart Tolle said because he is absolutely so clear and beautiful. He said, "*Transformation of consciousness happens through effortless, through not doing anything.*" Nobody ever told us that, right? Do, do do, more, more, more, right? Nobody told me not to do anything. Now, in this age, I don't do anything. Even now as I talk to you and I wrote this script, it simply got written because I have learned to relax. OK? So anyway, so he continues, "*Transformation of consciousness happens through effortless, though not doing anything.*" Now, not doing anything doesn't mean you stop doing. It means you allow it to happen through you. Got it?

Why do something you don't love? You see? And when you do something you don't love, you are not a service to humanity, not even to yourself. Because you'll be miserable. When you are miserable, you are not good to anybody. Not even you. So. Try to move through love, which is your heart, and it's effortless. Because there's no effort in doing what you love to do! Everybody likes to make love, right? Why? Because everybody loves it! We love it. Why? Because we feel joined. You see? It gives you energy, it gives you feeling, it comes from your heart, right?

“Transformation of consciousness happens through effortlessness, through not doing anything. When something happens such as emotional pain, it is happening. Instead of believing that ‘I’ need to do something about it, allow it to happen. Part of allowing it to happen is the simple thing that I call ‘allowing the present moment to be.’ This means open yourself up to the transformation. Allow whatever this moment contains. No matter what event, happening or situation, say ‘yes’ to it. Allow it to be. This allowing requires no effort at all. It requires no time.”

The Great Belief in lack

Every person comes into this world with a certain amount of pain. We all come with a certain amount of pain. And the most primordial pain, the most common pain of all, and the Course and all great teachings say it, is *“I am not complete as I am.”* I feel I am not good enough. There is something missing. There is something I am not quite getting a hold of. I don’t feel complete. So, I want to get to improve. I want to be better. I want to achieve specialness. I want to get somewhere. I want to be somebody. And that wanting to be somebody, which is also effort, brings pain. However we can’t help it because we sense a feeling of lack. This sense of lack is a trigger for seeking. We seek in the external world, sometimes, for most of our lifetime, until through guidance we start realizing it is all within.

So now the great question is, ***“How does effortlessness awaken our inner knowing to the perplexing questions from our ego?”***

I feel that the best answer comes from the inimitable Byron Katie who realized her true nature while in a half-way house of correction:

This is what she said, the beautiful and wonderful Byron Katie, in her inimitable and very unconventional way, because she never studied spirituality, she never even read a book on spirituality. She said, *“The highest good will only come when you wait and not try to figure it out, when you let that highest good come forth in peace. Because when we let go, it leaves a vacuum that the universe has to fill. It has to - it’s a law. As long as you are in contraction, in fear, it cannot move in. But through the letting go of the mind, something higher automatically comes in, and that will be perfect.”*

In the beginning of this script someone asked, *“Why should I care if all is illusion?”* Who is this ‘I’ that says ‘why should I care?’ Is it coming from disillusionment, hearsay or fear? When you are being yourself, totally natural and relaxed then you are loving who you are, does that question arise at that point in time. It only arises when there is ego fear and control.

When the question, *“I feel confused about loving myself – it feels selfish.”* Do you know that only through total self-acceptance that your love nature surfaces? Transformation happens only through total acceptance of what-is – simply because all effort and control is no longer blocking who you are. In that state of love **YOU SEE YOURSELF IN OTHERS** – it is the most unselfish state for it is unconditional love.

When the question, *“Is it myself I pray to or higher light beings?”* What is the difference when all life is one? Light Beings exist and help us to help ourselves until eventually we realize our oneness. When you are totally dedicated to the Truth of your Being you meet your teacher either in the flesh or from the Light Source. It is through LISTENING and allowing that we open ourselves to the tremendous energy of love and awaken to a glory undreamed of.