

Supersentience Teaching of One Essence #29p
The Wonder of Existence



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***What is the difference between
ordinary life and the awakened life?
The ordinary is fascinated by the extraordinary,
while the awakened is fascinated by the ordinary.***

When someone reminds us of the many wonders of the world and of extraordinary events and sights we are temporarily touched, and may even give us cause to wonder. These small glimpses do give us pause and may even lead us to look deeper, see better and listen more. They are usually temporary states and soon are forgotten. It is seldom that such encounters bring us the grace of awakening. And, why is that? Simply because we are still ‘caught’ in the idea of duality where the ordinary is different from the extraordinary; that positive is better than negative; that fear and love are two opposites that never meet. We still see life as good-bad, positive-negative, happy and sad. Did you know that polarity is an illusion? We are still caught in the separation between world and spirit and we miss the greatest wonder and glory of all – existence itself.

Even as you read this, you are seeing a miracle. Do you see it? You are standing or seated while you are traveling with the earth at 20 miles per second as it rotates around the sun. Gravity gives us the belief that we are not moving, isn’t that a miracle? Yet, what is gravity? What is consciousness? There are close to seven billion people on this earth and yet everyone believes they are separate individuals with their own specific awareness. Did you know that awareness is not owned by anyone – it is existence itself? Existence is not ‘something’ but the oneness of life.

How many people seek peace, meaning, love, happiness and inner fulfillment believing it is something to be attained. Yet, it is right here and now waiting to be seen, to be listened to if we just stop and look at what-is.

Oftentimes you feel confined to your form-body and believe you are in a very tiny box which gives you no room to stretch and grow. As you come to know that this illusion called daily life, called duality (polarity), called limitation, is self-imposed, then

by the simple act of looking at what-is as IT actually IS you may transcend it, to become awaked to the grand miracle of Being itself.

The first time I realized I am a human being was truly mind-altering and its recognition had given 'me' such clarity that I wonder how I could have existed prior to it. The human is a 'becoming-process' – while it struggles to find its Being nature. This is the cosmic game of the human being. It has no inkling that it is a 'Being' playing the 'human role.' It is this clarity, this seeing that shifts our seeing and listening to one of wonder, awe and beauty beyond imagination. I recall vividly after that 'experience' of being a human role that everything was seen as a wonder. Seeing people talking struck me dumb of how sound is transmitted to one another creating mental pictures and scenarios from memory to communicate with one another. Sound became the miracle of communication and yet, deeper than that was the mental pictures that completely convinced each human being that it was all real. Each human being lived from their own conceptual reality totally unaware of their oneness of being.

This realization brought not only gratitude for existence but a deep reverence for life. How often we get caught in 'duty' 'no time' 'have so many things to do; and even believe that anything pleasurable is selfish or even loving yourself is self-indulgent or not deserved. In our busy life we do not realize that we are trying to earn our existence. Did you know that the wondrousness of the fact that you exist makes you worthy of all the love and beauty that you can imagine, and more. By taking each day for you to harmonize and balance yourself you are honoring who you are, which enables you to be more creative, joyous and of greater service to humanity.

When we live in duality – right-wrong, good-bad, should-shouldn't, give-take, love-fear, life-death, we actually do not live at all but carry an unconscious feeling of uncertainty, insecurity and confusion. When you pause to look at who you are this moment itself, where is good-bad except in your mind's judgments? When we start seeing what is obvious – that there is only NOW, then there is a shift in perspective, our self-concerns drops in contemplation of the Infinite and timeless NOW where no polarity exists except LOVE.

To look and listen to what is real

Whether we admit it or not, when we look at each other all we see is the body. And then whether we like what we see or not, we judge it accordingly. This unconscious living traps us into a confined space of limitation, contraction and fear. As a result of this contraction we feel a lack. Then this very tiny fragment of us starts yearning for enlightenment, which yearns to Come Home, to find lasting peace and happiness but it eludes us because this very tiny fragment does not know that you are already enlightened and already at Home within the Real and Lasting, within you called 'I AM'!

Email questions about relationships abound. Relationships, no matter what kind whether with a lover, friend or neighbor, are an outward picture for you to gauge the relationship you have with aspects of you. When your relationships are not harmonious, when you feel threatened, diminished, rejected, jealous, betrayed, not enough, not listened to or abandoned, it is simply that you are in a place of fear and have a need to look at what you believe about who you are.

As you embrace the fear that you are not worthy of love, or loving, a new attitude towards yourself emerges, and the tenor of your relationships changes to reflect a new self-love. All it took was the embracement of your fear and ‘listening’ to it as it actually is without judgment. It is when we go through the fear by ‘looking’ at it and ‘hear’ what it is telling us that we start to see the yearning for what we already are. We are existence itself. Existence lacks nothing and through allowing ourselves to be vulnerable, naked and exposed we are open to grace.

Why does fear happen? In brief, fear is a forgetting that we are pure existence. In other words, you have forgotten who you are in reality and have ‘bought’ into the conditioned past as the truth of you. You have forgotten that you, as existence, there is nothing that you can possibly lack. When Mother Theresa felt within her the strong commitment to help the poor and sick, she faced the condemnation and opposition of the church leaders. Yet, despite opposition and seeming hopeless odds, she followed her heart and created the ‘impossible.’ What was her secret? She knew that she wasn’t the ‘doer’ but the Existence within her was, which she called the Christ essence.

How do we release the fear and have knowing? There is no such thing as releasing fear or hiding from it. Fear is valid. There is nothing wrong with fear. Our lessons in life come from looking at our fear. Fear is simply the polarity of LOVE. Fear is a clear indication where you are missing the truth of you. The way to transform fear is to step into it, embrace it. Picture fear as the child within you who is terrified of being unworthy, not-good-enough, who is missing love, joy, abundance and laughter, doomed to abandonment, rejection, and dying from a broken heart. You embrace this fear, you step into it by saying to this inner child, “*Beloved you are Existence itself and I love you because we are one. You are NOT alone and can never be. We live in a safe universe and we are at Home.*”

Why are we allowed to suffer if we are Existence itself? Existence doesn’t suffer because it is complete, whole and united. What creates the suffering is the resistance to feeling. Our conditioned upbringing, our religious beliefs and environment have contributed to our limited thinking and the rules imposed on us as children had made us aware of sin and punishment and wrong. Thus, here is the paradox, when we rebelled against the restrictions of our natural freedom we felt guilt, shame, sense of wrong and feeling ‘bad.’ These feelings were further resisted and the result was emotional pain known as suffering. In other words, you were judging yourself for judging. Emotional suffering is simply getting ‘caught’ in a vice or ‘between rock and a hard place.’ *Why do we judge?* Judgment is our natural gift of discrimination and shows us where we are and how we are in this NOW. Just BE STILL AND FEEL. Then your judgment is neutralized and your pain is transmuted.

You are Existence existing as form

What if you realize here and now that you were born in a body with one purpose only – so that through the form you recognize yourself – YOU ARE THE VERY EXISTENCE THAT CREATED YOU!! Your mission in life is simply to come to know who you really are. Everything else is a game wherein you may monitor your on progress. There is nothing to DO, nothing to attain or overcome but to SEE, FEEL,

LOOK and LISTEN. You exist as Existence itself in every moment. You are an exquisite jewel of creation NOW, and NOT when you have changed. There is nothing unlovable or unworthy about you right NOW. It is only when you think about it that suffering lack occurs. It is the conditioned mind that draws you back into your shell. As you begin to feel the Light that you are RIGHT NOW, you become a blessing to yourself and others. This is the greatest service you can give humanity.