

Supersentience Teaching of One Essence #3p

Your Questions!



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***What is emotional pain
whether its known as fear, frustration,
confusion or desperation?
Could it be just a question
unresolved and unexplored?***

Someone asked a simple but yet a powerful question very seldom addressed and it was this: ***“Why is it, if everyone is searching for meaning in life, that only a very few ask questions?”***

What are questions? Who is it that asks? Are there really any answers? The interesting thing about human life is its infallible process of making the circle – we start out as an innocent child without questions, then follows the agony of frustration, vicious cycle of existence, emotional suffering and desperation until we see these are merely unsolved questions, and then, finally return to the state of innocence again where all questions get burned up. There is really no growth process as we believe there is but simply the ‘burn up’ of all questions until innocence is resumed with the realization of our true nature as Being. In other words, we are human beings – the human is a living-question; a quest, a seeking, a becoming until the recognition that there are no answers but the Being itself. Being (holy Spirit) is the only answer.

What are questions? They are a quest for what is real and lasting. These questions are living inside us as stress, fears, emotional suffering and the agony of self-deception believing you are just a human form.

Questions have to be asked – there is no other way around this because questions are the illusory process of growth itself. **A question has to be asked – if**

not it will fester as inner suffering. Questions are the natural part of being human, and it is the human's need to quest (ask, seek, find out). When questions cease altogether than the human has transformed into its Being state and known as 'enlightened.' As long as one believes they are a limited individual living a separate life one has questions. In fact, all suffering is unresolved questions that have festered deep inside into negative emotions.

Who is it that asks the questions? It is the human part of us that hasn't yet recognized itself as the absolute being.

If that is so, why is it that so very few ask questions? Believe it or not, the ones who ask the inner questions are the more intelligent and evolved humans who have the courage to formulate how they feel and explore it.

It is interesting how everyone is the same like everyone else. We are all one, however, to the extent that we do not see this great truth, to that extent we go through 'levels' of questioning.

For example, everyone has questions but it takes somewhat of an evolved awareness to be aware of the inner questions. The initial questions are about the world, the political system, the government, the world's hunger and suffering and material concerns. It takes a deeper knowing to realize that one's questions are the level of awareness.

The first stage of questions are about the world and usually follow by personal questions such as, "Why am I like this?" "Why is this happening to me?" "Why can't I be happy like some people?" "What is wrong with me?" and so on. These questions usually last a whole lifetime unless something shakes up the 'individual.' Assuming something happens to make us question life deeper, we begin to see that we have questions but don't know how to ask them or how to formulate them into an intelligible form. Also at this point we still believe that our questions are real and important and so, chances are, we do not LISTEN to the 'answer' when we hear it.

At this level of questioning we usually attend a place where our questions can be answered whether a support group, a club of same interests or some gathering such as relationship workshop; a money-making self-improvement course; belong to some organization of like minds to feel better about ourselves and feel welcome or simply stay faithful to our religion. In other words, we want approval, self-confirmation or some system to make us feel good about ourselves.

If this need for self-confirmation is not satisfactory we seek some deeper form of knowing and usually go to satsang. At satsang we experience frustration and even confusion because we do not meet what we are expecting – answers to our questions. In fact, through satsang we meet a wall that tells us there are no answers to our questions. We are confronted by a deeper truth – looking at the questions themselves and understanding what we are really asking. Discovering

there are no answers is a big jolt that sooner or later everyone must face and that's when our ego begins to die a slow death. We are faced with looking deeper within ourselves. We start to see that our questions are themselves our fears; fears that we had not anticipated in ourselves. We had lived with the fear of believing we are humans when in fact we are BEING playing the role of human. We lived with the belief in death; in old age; in sickness; in the world of form, and conversely, our need for eternal life; for freedom and love and for joyous living was not based on prolonging the human body/mind form. We start to see that LIFE that lives us, only 'appears' as mind/body, which in fact are the tools for recognition of our true spiritual nature. They are no more real than our dreams at night.

This realization of our true nature is ONLY possible when we face all our questions to the slightest one until they are ALL 'burned up' in the fire of knowingness. This knowingness can only happen as we start seeing that every question we have the courage to ask is met with the same One 'answer' – **who is asking it?** Finally we receive the grace of seeing that only the human was asking in order to prolong its illusory existence. When questions cease then we are free and at peace because the personal 'I' is burned up along with the questions.

If questions are so essential to be asked and we feel the emotions we suffer, how come we still don't ask them?

It is known as human/spiritual pride. We have a need to know that we know through reading and hearing the truth without realizing that everything you hear is a concept (including this writing you are reading now). Everything that is read is a concept until you start asking and exploring who is asking. *Who wants to know? Why is it important to know? What do you expect to know when an 'answer' is given verbally or in written form?*

If answers were possible, and many books had been written and many 'answers' given, yet why are so very few awakened to lasting peace and clarity? Isn't it obvious that reading and intellectual knowing alone doesn't cut it?

There are people who ask questions and seem sincere yet do not awaken, why?

Simply because they do not listen. They ask with an agenda, with an ulterior motive or intention. For example, is your quest for inner freedom and love authentic and pure or is it motivated by the need to escape pain, to push away anguish and fears? Look deep within yourself and see what motivates your questions. Questions have no answers but need to know why they are being asked. ***What is it that you are looking for?***

It seems that questions follow many patterns but ask we must!

How wonderful your clear seeing. The questions we ask (or don't ask) show us exactly where we are at in our consciousness. Questions have to be asked because, through asking, we release the pressure from within and gives us the

space in which we can look deeper. No questions are silly or redundant if they are sincere. That's the key – sincerity!

Since questions are such an integral part of being human, are we then living the life of our questions?

What a beautiful question. We are an embodiment of electro-magnetic energy. In fact, everything we perceive as material or 'seems real' is electro-magnetic energy. How we feel inside us is based on this frequency of electro-magnetic energy. Every facet of you, your physical body, your thoughts, emotions and beliefs are all entwined to create a body of energy which is likened unto a magnet. This energy has a resonance, a vibrational frequency which draws to itself that which matches its own frequency. This is why we are attracted to people who ask the same questions as us. A 'person' who starts asking deeper questions is drawn automatically to a similar 'another' who inhabits similar inner living-questions. Someone who asks 'mundane personal questions' may become boring and repugnant to someone who sees deeper.

If you desire to bring about change in your day to day life, the simple fact is that you must change the frequency that you are by looking deeper into your own questions (which are your fears, doubts, emotions and viewpoints).

Isn't it love that changes us in daily life and not our questions?

What is the difference? It is ALL ABOUT LOVE!!! Love is Being itself. The ultimate unconditional love has no questions for it sees oneness. However, this love is who we are already and is 'released' through releasing what blocks it from expression – the courage to ask questions and explore them. Questions HAVE TO BE ASKED and it is in this way alone that they finally cease.

There is only love or fear (*A Course in Miracles quote*) and fears can be subtle known as living questions. When we are 'in love' with Oneness there are no questions. Questions can only cease when they are fully explored until we see that they never existed at all but in our mind.

If you choose to see only love you will automatically release the questions that fear love.

Is it our fear of love that locks us into our unconscious questions?

Definitely! The human questions because it is Spirit that sees the greatness but becomes afraid of it because it meant going beyond what is familiar. As a result of this quandary, it becomes frustrated, confused, uncertain and afraid and, it is through these emotional feelings that questions arise -- questions that NEED to be MET! What is familiar, initially, is the instinct of survival, and survival means (to the human) to maintain its status quo. The "I" that refers to its personal individual life becomes everything, and as a result of this great and bewitching illusion (mankind's greatest deception) it suffers and is haunted by unsolvable questions of "WHY!?"

I have read in great literature by enlightened masters that there is nothing to understand and nowhere to go so why is it necessary for so many questions?

That's precisely why we ask questions. We still believe there are answers that will bring peace and love believing they are qualities to be attained. Questions are necessary to show us two things – First, that there are no answers to Life, since Life just IS! Second, questions that are looked at and explored can lead us to the Truth that has no goal, nowhere to go and is timeless and eternal. This means that explored questions become redundant and what is left is NOW! There comes a time when questions cease because the seeking stops, and, it is at that moment that we start seeing the obvious – there is only here and now, which is the Presence of pure awareness and warmth of love.

How do we become transformed when questions are explored?

We can say that there are four things we learn through looking at our own questions without seeking an answer to them.

First, we start accepting whatever IS as inevitable since it IS happening! If there is a facet of you that you do not accept, any situation that you do not accept your share of, then how can you transform it?

Second, the only transformation that can happen can only happen NOW. You cannot look at your question through your past experiences and you cannot transform by looking at the future. You can transform only when you start looking NOW at the disturbing questions that arise in you. Questions that are experienced as a nagging doubt or fear are your signal that your spirit wants you to LISTEN. Oftentimes this can happen at satsang when a 'teacher' answers your question here and now by challenging your own knowing. A good 'teacher' helps you to see your own question and that's how 'growth' towards love and peace deepens.

Third, you can only transform whilst in the midst of the fear and pain (living-question) because that is where the power lies. If you doubt this, then I would draw your attention to the fact that while you usually make your day to day decisions based on logic, experience and reason, when you are in the grip of a very strong emotion, your logic usually flies out the window!

Meet your living-question (anything that bothers you is a living-question) in the moment you are aware of it and that helps to release it from festering and remaining unresolved pain and negative emotion. Ask the question at satsang and listen with an open heart if you find it difficult to look at it by yourself.

Fourth, you can create transformation by total welcoming. This means that you treat any fear or emotional pain as an invitation by Spirit to learn from it. In the midst of pain or fear take a deep breath. Experience it in your body and look at the living question. It could be a simple question like, "***Why me?***" As you begin to see the gift within the situation, that in itself, begins your transformation and the end of questions and the beginning of true lasting KNOWING!!