

## Supersentience Teaching of One Essence #9p

# *The wonder of This!*



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***In truth, ego never dies  
it just surrenders in the face  
of contradiction and recognition  
of its absurd behavior!***

Most emails I get are in the ‘how’ ‘but’ and ‘why’ category. In other words, asking what to do, how to see, what to look for and how to stop the negative. Also, what if it doesn’t work; why does it have to be like this, and so on. The problem is not that you don’t know, for after all there is nothing to know for the mind. **The problem is that you think there is something to find, that there is something other than this moment that you need.**

The seeker cannot see the timeless now since he’s lost in the future hope that never arrives. The seeker keeps thinking that there is something he is missing, something he lacks.

Forget seeking and be a finder, for the treasure, although unseen, is right here and now and it’s easy. A finder knows he can’t understand it; do not need to understand it, and can only LIVE it! THIS IS IT! It is all there is and any past or future your mind creates lives only in that thought – NOT reality. **“What if our thoughts had no meaning at all, except the meaning we give them?”** Thoughts can only have the meaning we give them because they are what we are aware-of...not pure awareness, the ‘stuff’ we are made of. Thoughts, in other words, comprise of impressions and are conceptual and only relate to the individual thinker. So, how real are they in the oneness of life?

“But,” someone complains, “that is the problem. My mind is screwed up.”  
**What if there was nothing wrong with the mind except making it real? What if the real mistake lay in resisting and judging our thoughts?** What if the real problem was on wishing the thoughts weren’t there and trying to wish them away; or worse, battling with them, trying to overcome them by sheer will?

Just as a seeker keeps hoping for enlightenment or a better life, the finder knows that life is not going to get ‘better.’ The greatest gift you have been given is your BEING and it’s always NOW waiting for you to stop seeking it in the future. **Look at the wonder and miracle of Being itself.** Life is NOT going to get ‘better’ (whatever that means) – **This is it!** This experience of this moment is what LIFE IS! The greatest gift you could give yourself is to accept the fact that it is NOT going to get any ‘better.’ THIS IS the face of the Divine.

The moment you see that you cannot force your brain anymore, cannot discipline your body anymore, and have done all you can and tried as hard as you know how, and now you just feel helpless – and you even resist feeling helpless – and start seeing this laughable situation there is the real start. The minute you say I am helpless and resisting it is ridiculous, and mean it, the ego surrenders. It is the ego that has set up the game of seeking, and it is the ego that ‘dies’ when you recognize you can’t win.

<p style="text-align: center;"><b>The ego wants to win without initially seeing that all attempts at winning is what loss and failure is about.</b></p>
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See the contradiction!! The minute this recognition moves into your consciousness, ego ceases to have power, ceases to motivate you, ceases to move you through the paces of your life. It just lays down and surrenders. In truth, ego never dies, it just surrenders in the face of contradiction and recognition of its absurd behavior.

### ***The Secret of a Quiet Mind***

Ask yourself this, “*What if thoughts were allowed to waft through awareness without you engaging in or attending to them?*”

Thoughts are like birds flying in the sky, they come and go. The birds are none of my business. Awareness is simply aware they’ve flown through and that’s all. Open sky is not touched by what comes through it.

***“But I find myself getting caught repeatedly!”***

We get caught because, somehow, we want unconsciously to get caught. The truth is that most of us are entertained by our thoughts. It gives us something to do since we are so used to thinking and mind-wandering and day-dreaming. We find thoughts fascinating. Thoughts are an escape from a world we don't understand. Maybe we believe our own story of past pain, injustice, hurt. We believe our victimness defines us. Who would we be without all the stories of the past to examine and re-examine? I remember years ago, encounter and support groups were very popular where everyone had the chance to rehash their past pain and victim stories. It never lacked members. Crazy enough they give us meaning and context. ***But what if that were all a lie?*** What if our past was just that – past, gone, finished, over? The reality is it's not here right now. In order to bring the pain, torment and hurt forward, you have to choose to welcome them into your present awareness, then you have to relive the flame of that pain, add fuel to the fire and reinforce its reality over and over. *Do we hate ourselves that much? Is it worth it? What about forgiveness?*

***In your last script you mentioned that the meaning of ‘Father’ as in the Lord’s prayer means Emptiness. Can you explain?***

Ask yourself first what would the term ‘Father’ mean to you? Is it ‘someone’ physically up there looking down? The term ‘Father’ which is the Source of our Being is SPIRIT. Spirit literally means Emptiness, which also means ‘nothingness.’ Nothingness means there is no fear, no shame, guilt, ego, past or future, beginning or ending. It means the Truth, the eternal being. It means plainly that there is only THIS here-now! *A Course in Miracles* uses two words to explain all this by saying – GOD IS! And, when this NOW is fully empty of past and future there is also FULLNESS of Being known as the word ‘Mother.’ Father/Mother principles are ONE meaning Emptiness/Fullness as inseparable whole. You cannot feel fully empty without feeling full. An empty mind is a full heart. This is what LOVE is. **Love is so full that the mind is absent and there is only the warmth of Presence.** The Emptiness of NOW is the wonder of THIS!!

**Please Note:** Having finished reading this script – read it again with FEELING and see how much more you will ‘gain’ from it. It is often that we first read with the mind – it is when we read it again with the heart that recognitions surface. It is through recognition alone that Truth abides in us in daily life.