

Is Life a Game?

This might seem like a strange question but I have been reading the teachings of many masters who say that life is a game and should be enjoyed. Can you share your feelings on this?



One of my profoundest experiences that happened in the year 2000 convinced me that I am a human being, that is, a Being **playing** the human role. This realization has not only brought clarity but also the fact that we are all playing a role, a game, wired for a particular function. If we take this role seriously then we suffer. If we enjoy it as a game then life becomes enjoyable. All emotional suffering is due to one's view of life -- taking life too seriously.

There is only one thing that is NOT a game and that's Oneness, wholeness, totality, Christ, God, Allness or simply 'The Source of it all.' In fact, we are the Source playing this game called 'me.' Visualize the great big ocean and then see the

waves (unique and individual) frolicking on the surface of it. Yet the waves are the ocean itself playing as various waves.

All human suffering is taking life seriously. For instance, taking our religion to be the only true one and then go about trying to convince others that it is the only way, that's insanity. Some Christians do it. Some Muslims do it. What if they took their religious beliefs as just beliefs and enjoyed it while allowing others the right to enjoy theirs also? You do what you do and I do what I do because we are wired that way. By seeing it as a role-playing-thing then we are free from egoic preoccupation with it and truly enjoy it. **Life is to be enjoyed, celebrated, loved and shared.**

"What is the difference between not focusing on thoughts or materials which distract/immobilise you from fulfilling your choices, and suppressing them? Are they the same thing?"

When we think a negative thought and then stop thinking about it then two things happen...either it keeps repeating in our heads which means it was suppressed, or it stops completely, which means we have seen it as it actually is -- just a thought!

Suppression can be dangerous because it leads to repression and then the negative goes underground into our subconscious mind and creates it in our life. For example, if you think "*I am a poor person and often sick*" and then you say to yourself, "*Oh my gosh, I shouldn't think such thoughts because they will make me sick and poor.*" Then you find that what you feared has come about anyway simply because you feared the fear and created it. What you fear you create.

The more you fight a thought or struggle with it, the greater will be the disastrous result. However, if you start seeing a negative

thought as just the nothingness that it really is then you are clear. A negative thought cannot affect you simply because it is just an impression from a conditioned past. **If you fear the thought then you have made it real and it controls you.** The best way I have found to deal with negative thoughts is simply to forgive them every time they arise. If you give a negative thought the slightest attention then inadvertently you have made it real and that's how we create misery in our life. You forgive a thought by doing two things...

1. Acknowledge such a thought when it arises.
2. Take a deep breath and smile saying, "*Thank you for making me aware of it.*" and then forget about it. That's forgiveness. This takes practice but in time you will begin to feel a new lease on life.

How do you see a thought as a thought and not make it real?

By seeing what is obvious! How do you see a coat as a coat? When do you see your body as a body? Our conditioned mind lives in concepts and interpretations and therefore makes everything real rather than what it actually is! This does not mean that a coat is not real but simply a coat used to keep you warm. A body is a body which is an expression of your soul-consciousness. A thought is a thought. We think about 26,000 thoughts a day and most don't affect us because they come and go leaving no impression. The moment you think about a thought then you have made it real and created a 'thinker.' Now we have created a 'problem.' The thinker is the ego.

Is thinking wrong?

Nothing is wrong except that which you make wrong in your mind by misinterpretation. Everything is as it is and it is perfectly okay as long as you leave it as it is.

Are the experiences of my life meant to be as a lesson? Are the things that happened to me a learning experience? What about my own responsibility in my choices?

In order to answer such questions accurately we have to be able to see the big picture – Oneness! Nothing happens by chance as there are no accidents!

Every experience is a learning curve especially if we see it that way. We have to learn to LISTEN! Listening cannot be emphasized enough. Most people only hear what their mind is telling them instead of their heart. The heart talks very simply because it is LOVE itself that speaks.

Our choices, no matter what they are and how diverse they may seem, they only entertain two aspects – love or fear! Our daily world creates many forms of anxieties, tensions, frustrations and confusions because we can't decide one way or another. However, when we listen to our heart we know where love is at.

We are making choices all the time and even when we don't make a choice it's still a choice. Therefore, see clearly if something is a fear or it's love. This choice is subtle. For example, let's say you have been given a ticket for making a left turn on a changing light that the policeman said was red. Should you pay it or not? If you love yourself and your peace of mind, what's the resistance to paying it? You pay it. The ego is so afraid of being vulnerable, of being taken advantage of, of being controlled that we lose all perspective. When there is peace in you, you don't struggle anymore.

When we are guided by love then even if others have abused us we end up winning because another force takes over when we are dictated by love. There is a force in the universe known as LOVE (God) that automatically takes over our needs when we choose it.

I keep hearing about sudden awakenings and wish that I could have such an experience. Tony Parsons, Eckhart Tolle and Gangaji had sudden awakenings, is this what is supposed to happen?

Sudden awakenings are not sudden at all. There has been a long process before they happened. By the word 'sudden' we picture some magical explosion where suddenly we are awakened.

Eckhart Tolle had been desperate and unhappy for quite some time when we said, "I can't live with myself anymore" and realized by that statement asking – "are there two of me?" This obvious answer made it clear how he was fooling himself and the next day the birds were singing and his mind was quiet. It was not an explosion of awakening but a relief from his pain. However, it was the ALLOWING of that moment that culminated in his clarity and made possible the best-selling book "The Power of Now" ten years later. It was a slow process of continued recognitions.

Gangaji had been a seeker for many years when she met her teacher Poonjaji and he looked at her seeking-mind and said, "STOP!" The very suddenness of Poonjaji's statement shocked her into LISTENING and saw how crazy her incessant mind was and it stopped. It takes very little to shift our consciousness when we are ready to LISTEN.

Tony Parsons was a seeker for many years when one day he was walking in the park and saw himself walking as if there was no doer. He LISTENED to this experience and it opened him up to Oneness.

I had a vision of Bhagavan Ramana Maharshi when I was working as a physiotherapist. I didn't really listen because although the experience was disorienting, I continued doing the same thing and feeling the same unhappiness still. It was six months later when I saw his picture on the cover of a book that I knew this was real. It suddenly dawned on me (I listened) that he actually was a real person and appeared to me. This sudden shock made me stop and shift my gears.

I didn't know then about Advaita or satsang teachers or their experiences and found myself rather special. I thought I was unique. The ego has many ways to make us feel separate and special. I started teaching and even had my own TV series. My ego started to raise its head again. Then while in Vancouver with Sivia in the year 2000 I was reading the "*Course in Miracles*" text when I was shocked into seeing that I was a human being. It was something I had taken for granted. **I LISTENED.** I looked at my body as if it belonged to somebody else and knew, beyond any doubt, that I was the BEING playing the human role of Burt. This wasn't sudden awakening, it was the LISTENING to the obviousness around me that I had been blind to.

Lately I had people coming to see me from different parts of the States taking plane flights just to attend one of my Supersentience sessions one-on-one. They took the trouble to fly over, attend two hours and fly back home. Their purpose was this – to get '*sudden realizations.*' However, it doesn't work that way – we have to learn to LISTEN first to what we have been telling ourselves that contradicted our true nature. Then, we LISTEN to what is obvious around us and the miracle called 'I AM.' These sessions one-on-one have served as a tremendous gift because these people went away feeling good but at the same time knowing that it is LOVE that transcends the ego and it starts with us here and now.

There are two steps to listening...

1. Listen to what you are telling yourself subconsciously such as..

"I want to have a sudden awakening and then I will be free"

"How I wish to be enlightened"

"I feel as if I am missing something"

"What is wrong with me?"

"I am afraid of death and I can't help thinking about it?"

"My life is not working."

"People talk behind my back and it scares me."

...and a thousand others. It is these affirmations that block our ability to SEE and HEAR the message of the heart (core of being).

2. Becoming aware of what you have been telling yourself by knowing your addictions and fixations, you become ready for what is real and true about you. This will help you to be ready to LISTEN to what is obvious around you because you are now no longer a victim of your egoic thoughts and affirmations.

Now, having LISTENED to the two requirements above, you are ready for seeing what is TRUE and LASTING.

Please read the free booklets and download them from website www.burtharding.com

With love always,
Burt