

# Awakening Newsletter

## #15

### Easy is Right

*When the shoe fits, the foot is forgotten;  
When the belt fits, the belly is forgotten;  
And when the heart is right, 'for' and 'against' are forgotten.  
Easy is right. Begin right and you are easy.  
Continue easy and you are right.  
- Chuang-Tzu (350 B.C.)*

We are born in a state of undifferentiated unity. We are not opposed to anything, there is nothing right or wrong, we respond organically to what is. We feel what we feel without filters or judgments – when angry we are total with our anger, when sadness comes there is no problem with crying, when we are joyful our radiance fills up the room.

What happens? We are soon taught that some of our experiences are “right” and others “wrong” – we “shouldn’t” feel or express certain experiences. We are introduced to duality – good and evil, right and wrong, should be and shouldn’t be.

*“And the LORD God commanded the man, ‘You are free to eat from any tree in the garden; but you must not eat from the tree of the knowledge of good and evil, for when you eat of it you will surely die.’” - Genesis 2:16-17*

When we eat from the Tree of Knowledge of Good and Evil – when we lose our sense of unity and begin to try and be for something and against something else – we lose the Garden. We lose our wholeness.

Osho Rajneesh says,

*A man of Tao does not know himself; YOU know, because you are ill. Ego is illness, because you continuously have to remember that you are somebody. This shows that you are in a deep 'dis-ease'. Disease creates the ego; a healthy natural being forgets completely. He is not, because only illness, like a wound, has to be remembered.*

*The same applies to the mind. When your consciousness is healthy, there is no ego - you don't know anything about yourself. You don't go on reminding yourself that 'I am something,' you simply relax. You are a simple 'am-ness', an 'is-ness', but there is no 'I', no crystallized ego.*

“Easy is right” says Chuang Tzu. Be yourself, Be natural. Cooperate with your experience. Don't fight against yourself or reality. Otherwise, Life becomes a struggle. This is right, that is wrong, the right should be followed and the wrong avoided. You

have anger, pain, fear. If you say anger is wrong then your whole life you are angry – fighting with your anger, judging it, repressing it, acting it out. Once you make a separation, conflict follows.

When anger comes, or sadness, or fear, don't be against it. When fear comes, simply be afraid. Feel it all the way through, leave no residue. When fear goes, let it go. Don't judge, don't repent, don't reform yourself. Be with what is. Then the miracle comes – you are no longer divided, no longer struggling, no longer possessed by some idea of who you think you should be.

***A person who is split cannot be natural. Nature exists in unity, it is a deep harmony, there is no conflict at all. Nature accepts everything. - Osho***

Chuang Tzu does not say, be virtuous and you are right or be honest then you are right, or be perfect and then you are right, just be easy. Easy is natural. This does not mean avoid any difficult undertakings, it does not mean try and avoid experiencing pain – it means do what is natural for you. If you want to become a lawyer, you must undertake some difficult studies for an extended period of time, yet if this is your desire, then it is natural, easy, to follow what is required. What is hard is to deny your inclinations, to take a less demanding path, and then live a life of regret over “what if?” If you think, then I'll just lie around all day and watch TV, try it. See how long you last, how hard it becomes. Watch how your life energy will naturally propel you into some flow of action that is then much easier.

Chuang Tzu says, ***Happiness is the absence of striving for happiness.*** Be who you are. Do what you please. It is the thing you are intrinsically the best at. Going against yourself is what is hard.

***All is well, Life is supposed to be fun. No one is taking score of any kind, and if you will stop taking score so much, you will feel a whole lot better - and as you feel a whole lot better, more of the things that you want right now will flow to you. You will never be in a place where all of the things that you are wanting will be satisfied right now, or then you could be complete -- and you never can be. This incomplete place that you stand is the best place that you could be. You are right on track, right on schedule. Everything is unfolding perfectly. All is really well. Have fun. Have fun. Have fun! – Abraham-Hicks***

## ANNOUNCEMENTS

In the **Awakening Intensive** you will directly experience the truth of the above. You will come home to who you truly are and find the courage to live your life authentically, from the inner freedom that is independent of all circumstances. To those of you who have

participated in Awakening - keep going, keep unfolding, there's more and more... and to those who have been aware of the Intensive but have not yet taken the plunge – why are you waiting? What circumstances are you allowing to prevent you from experiencing internal freedom RIGHT NOW? What are you making more important to you than your own authenticity? Whatever is stopping you is the same thing that stops you in other areas of your life. Gather your courage and find your way to Awakening. It will be the best gift you have ever given yourself.

**The next Awakening Intensive is March 9-11. Visit [www.awakeningseminars.com](http://www.awakeningseminars.com) for more information, call Jason Brody, M.S. at 760-489-8087 for a free interview.**

*Some quotes from the last Intensive -*

*“This was like a full body orgasm – energy, passion, it’s all here! I had a lot of anger. Like an onion being peeled, I freed myself. Its OK not to know what’s next - I am fearless.”*

*“This helped save my life. I finally learned how to trust, to be vulnerable and love myself. I am fun! I am awesome!”*

*“I dealt with stuff haunting me from way back. I’m here, I’m connected. That’s all I need.”*

*“ I am free and alive and loud and powerful and fearless and eternally grateful.”*

*“I learned where my choice lies. I have willed myself awake from the nightmare. Something was holding me back. Now I know where my Essence is and what it feels like.”*

*“I was stifling so much. I discovered how big I am. And that’s enough!”*

*“I opened up and the Light shined through and illuminated the darkness. I learned to bond with myself, be vulnerable and grow. I am filled with new energy and now I feel whole. I am one with God and can trust myself.”*