

Awakening Newsletter

#22

Loving What Is

For me, reality is simple. There's nothing behind it or above it, and it holds no secrets. It's whatever is in front of you, whatever is happening. Reality rules. You don't get a vote on what it does. It doesn't listen to consensus. When you argue with it, you lose. But only 100% of the time. - Byron Katie, A Thousand Names for Joy

Buddha called it “tatatha”, or “suchness”. Lao Tzu referred to it as Tao – The Way Things Are. What is, is. That’s obvious. What is not so obvious is that we argue against it much of the time. We argue by being upset with what happens. We argue by being angry that things don’t go the way we want, by being afraid of what might happen and trying to prevent it. We argue by trying to control, pouting, withdrawing, not participating, envying, and a thousand others ways we torture ourselves. This is suffering.

The good news is, none of this matters. None of it touches who we are.

Buddha said ”Look for that which neither comes nor goes.” What did he mean? What comes and goes? Everything in our experience. People come and go, sadness comes and goes, joy comes and goes. Thoughts come and go, as do all circumstances, wanted or unwanted. What does not come and go? What is always present? The Awareness that you are. This Awareness, which has always been present, is not affected at all by anything that has happened. Isn’t this true from your own experience? Has there ever been a moment when YOU were not here, experiencing it all?

Byron Katie is a modern day Western teacher. Her understanding is that the key to deep peace is found in recognizing that all is good, all is happening just as it should, and our thoughts to the contrary are the source of suffering and need to be questioned. So “My lover should...” or “people ought to...” or “I need this to happen...” are all forms of arguing against what is. Belief in the reality of these thoughts, not the circumstances themselves, are what causes suffering. When we believe something should be different than it is, does this not cause tension and stress? Can we absolutely know that any of our thoughts are true? That any of our ideas of the way things should be are accurate? What we can know is that believing thoughts of lack, brokenness, and fear feel bad, and that without our argument against reality we feel good.

Katie continues,

All suffering is mental. It has nothing to do with the body or circumstances. You can be in great pain without any suffering at all. To live without a stressful story, to be a lover of what is, even in pain – that’s heaven. To be in pain and believe that you shouldn’t be in pain – that’s hell.

No argument in the world can make the slightest dent in what has already happened. Prayer can't change it, begging and pleading can't, punishing yourself can't, your will has no power over it. You do have the power to question your thoughts. As long as you think you know what should and shouldn't happen, you are trying to manipulate God. This is a recipe for unhappiness.

We develop laws, rules for ourselves and others, and yet we and other people do what we do anyway. Reality does what it does. You can befriend it and live in peace, or attempt to control it and live in stress. It is not reality, but your story about reality, that causes suffering and opposition – the sense that something is wrong, something needs to be fixed, that our sense of self is dependent on getting it right, being successful, getting it under control. It's not controllable. It is possible to give up the struggle to control yourself, others and reality, withdraw your belief in the reality of the story the conditioned mind tells you, and realize there is nothing at stake in anything that happens to you - you are always already home.

What if all is well, everything is as it should be, life is living you as it pleases, what happens is exactly what needs to happen, and all our angst is because we believe a story of fear and lack? Isn't that good news? Take a breath, and be here, as you always are here, being aware of all that occurs but untouched by any of it.

Katie says,

*Live out of the don't know, can't know, no need to know,
not possible to know, nothing to know.*

For the direct experience of the truth of what happens when you no longer believe your story, you are invited to come home in Awakening.

Here are quotes from the March Group:

***I feel fortunate that I was given the gift to come here. It gave me back my life. The feeling I have inside is the greatest thing I've ever been given. I am open to life now – it's OK to make my own decisions and not need other's approval. I gave up control and life didn't come to an end! I'm not afraid anymore!
– Karin, Parent***

***A long time ago I decided happiness was not possible in this life. I found the Essential qualities I thought I lacked and I can come back to this reference point. I found my determination. I am grateful and confident. There is goodness inside me.
– Mark, Real Estate***

***I was looking for a way to manipulate my life and control what was happening to me. I was stuck in a vortex, repeating the cycle of pain. I never believed I could protect my core. Now I don't have to look outside. I don't have to do anything I don't want to do! I returned to myself – I'm OK exactly as I am.
– Jane, Nursing Student***

This was so powerful. I killed my monster. I stopped feeding my demons with dark energy. I am facing the world as a fresh newborn baby, leaving hurt and victimization behind. I'm so happy! My eyes are open to new life and beauty. Now it's up to me – there is no more enemy. – Elena, Energy Healer

I am so grateful for this incredible experience. I went right through things that I was avoiding and numbing. Now I'm in touch with my basic core. I am filled with love and life and strength. I feel really alive! – Ann, Insurance Agent

I learned to speak from my heart. My heart is filled with love. I'm totally open! I'm huge! – Laura, Executive Recruiter

This has given me the tools and confidence to live my life. I always knew I had inner core strength, now I experience it. I am full of hope. – Chris, Psychotherapist

This awoke things in me that were dormant for a long time. I now can be happy with who I am. I'm excited about what's ahead. I am full of light. – Andrea, Mother

I am strong, courageous and confident. I am ready to live MY life! - Molly, Loan Processor

**Contact Jason Brody, M.S. at 760-489-8087 or
jason@awakeningseminars.com for further
information.**