



I guess I have always been. But what is it that I am? We are? We are life.

If you examine your life you will see that you are all of it. There is no part of your life that is not you. One thing that seems to be true is that our rational thinking mind wishes to take us on flights of fancy and all kinds of weird scenarios. This is why I suggest giving the mind a rest from time to time. It helps us to experience life more deeply.

Meditating, sitting by the ocean, or walking in the woods calls us back to our true nature. What is that you may ask? It is the Unnameable. It is found in the stillness, in the quiet spaces between the thoughts and the words. It is something you must investigate for yourself.

We each find our own answer just as we must live our own life and find our way in that life. No one else can do that for us. We live life for ourselves. Others may give us pointers about what has worked for them, but that is about all they can do.

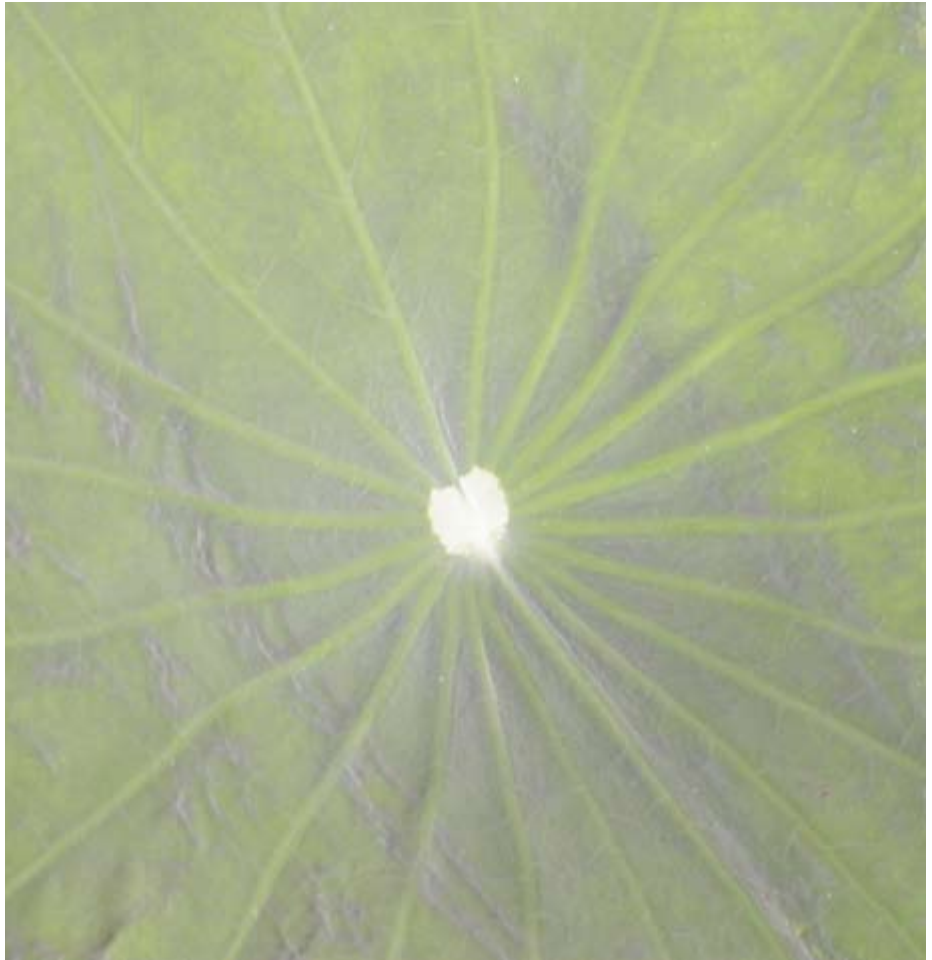
Your life is an incredible gift. If you are religious you might say it is from God or the Beloved. What we know for sure is that as far back as we can remember we have always been here.

Ask yourself can you remember when you were not here?

Hmm.....very interesting! So upon investigating the truth we know we are here now and we cannot remember when we were not here. Talk like this could drive your mind crazy and into all kinds of questions, but let it rest, for now. Take a deep breath. Allow yourself to be fully present to the magnificence of your being. Be here now and enjoy your presence. That we exist at all is truly a miracle, so why not enjoy it?

Scientists tell us that the likelihood of one sperm meeting up with one particular ovum to create the being we are is like winning a lottery. Let's enjoy this incredible gift of life. In a sense it is all we have ever known.

We are always here, it is always now. This may not seem like a big deal, but when you realize it, it truly is. There is nowhere to go because you will always be wherever you are which is here.



Time is an illusion. Our mind lives in time. We live here now. Sometimes we are with people, other beloveds, and we get to share life with them. It is so sweet. Life is made simple by all of this, but the mind wants to argue, make this wrong and somehow bad. There must be a plot. Yes there is a plot. It is to end the tyranny of the mind and its constant referencing to the past to keep you in your place. Once you realize this, it is all over for the mind. You really get to lose your mind in the best possible way. You are free. Then it can take its rightful place as one of many pieces of equipment that help us function as a human being. With mind no longer running the show, the real you gets to shine through. Now we can really have some fun and enjoy this incredible gift.

