

Beyond words

As the title suggests...

We start off with no words, gradually adding more and stopping before they grasp us and we get trapped in them.

Who are you?

Yes, one of the previous pages was blank. Let us turn back to it, if skipped without observation. We might think it had nothing to add to our knowledge, maybe true and its very importance.

On the last page, meaning the one between this and the blank, we saw the same depth as the one before, now partly covered by words. Step by step now increasing this cover of what is behind with expressions, possibly being harder to see through. At the same time wondering, if the blank was able to communicate, how could there be any difference between this page and that?

Let us look at it from another standpoint. Visualize several paths, each one eventually leading to the same place. They are all a different length, each a different experience. One path might be the blank page, another full of words.

Walking all the paths is reading all the pages, one after one. We possibly gain more experience in some sense and we most probably missed the place they all lead to. Can it be so? That other sense, the place all paths lead to, what is behind the words, have more to do with the perception of what is? What is really here, at this instance and that the far away goal is all the time perceived through this very moment?

Beyond words, what a paradox of a title. As we are going to see a lot more of these, the paradoxes are more a different viewpoint. In one way words can't be more than words, at the same time they can convey more if we see what they are pointing at, read between the lines. Then there is this strange thing of actually being beyond words. Well, as you might suspect, strange only from the habitual viewpoint. Habitual, as among other things, how certain things are so common we almost forgot we had a choice. For instance, it's common to view our feelings as direct results of a situation. Leaving out how our reaction and opinion play a vital part.

This is a beginning of going beyond words and even thought, when all this and infinitely more comes naturally. Observation is that which can see thought and any other process. With observation we can become aware of what is really happening, both on the inside and on the outside. Then there might not even be a difference, and yet there is. Observation differs from an analysis, which most often includes thought, opinion, judgment etc. If the analytical process is present, that itself is what we are observing. It's a pure observation, seeing the analysis ties to our knowledge or beliefs a more familiar expression, point of view.

Keeping this observatory perception, catching whatever reaction occur whenever they occur, for now, when reading the text. If we come upon resistance, be aware and if possible see what happens within, thoughts, feelings, wishes. Letting them be, only for what they are, without labeling or judging them. That would most likely just let the thoughts run away, which also is an interesting observation. This time though, we are following the trail in the opposite direction. What made the first stage of reaction come about?

Mentioning earlier how we with observation can be aware of what really is happening. Implying that the habitual perception is clouding the consciousness. And without delving deeper into that right now, stating we all have had periods or moments in our life of great ease and joy. Where all seemed to flow. Some of these we remember as happy times or miracles, yet other moments are discarded as coincidences or luck. What we are talking about is a state where in every moment your needs are being fulfilled, everything is coming effortlessly, there is an enormous enthusiasm and creativity. Some even say they had no concept of time while engaged in some activity, bringing about this state. This is most often a spontaneous unaware shift, both to and from this state. It's a dynamic change, at times we can be partly influenced, not at all, or overwhelmingly.

Continuing from here exploring how this state comes about and subsides, it might be time to look at another so called paradox. To obtain a state from which this life flow comes naturally must clearly be beyond knowledge and even thought. How then can any text or even what someone says be helpful? Is wisdom more than knowledge or just another word? Contemplating and clarifying form one end. Further knowledge about certain things can prove helpful in this matter when we have not yet reached that state. At the same time this itself is one of the biggest obstacles. We are at the risk of making it into an almost unattainable dream we must work hard and struggle to obtain.

At this point we can see that a part of the answer is inside us. Therefore a possible necessity is a theory or model of this. As touched upon in the previous passage, words are only of relative importance. Also remember there are a lots and lots of theories about our inside, in philosophy, spiritual teachings, religions, psychology etc. The most common mistake is to focus all energy on this. It's simply another stepping stone, one of great potential in gaining knowledge, wisdom and maybe even consciousness. As is any field researched in depth, in the end we all seem to go beyond and ask very similar questions. Either through devotion of life, when death is approaching or simply having suffered enough and want to change.

Hence what is presented here is a theory, a rough sketch, a basic overview. Knowledge to help us see that there is something beyond.

Picture a thought-bubble, filling it with how we view ourselves. Within grasp of this thought-bubble we see a toolbox, representing tools we can use. Somewhat blocked by us in the thought-bubble, kind of behind this mass, we see a portal connecting to something infinite. Close by the portal we discover a kind of small and yet immensely bright light, almost like a little sun. We can call it consciousness.

Summarizing what we have depicted. A thought-bubble partly blocking a portal. The tool box and the small sun.

Following are a four riddles each relating to parts or functions within this illustration.

Into you I will flow.
Out of you I can go.
With me I bring ease.
Shut me out, it will cease.
Letting go, we will gain.
Expectations, be in vain.

Constructed as indicator I am.
Lurking to rule I do.
Only your reaction I obey.
See me, servant I become.
Hope and doom I serve.

I am
Ever grabbing
Never being
Ever ill
Never still
I am of you
I am in you
My name is...?

You are.
You are neither name nor thought.
You are still as aware.
You are witnessing without judging.
You are?

Reflection on the riddle "Into you I will flow". When it's present life is easy, at first it looks as if we have no influence over this. Later we see it can be shut out, meaning we do have some control. Control through letting go of all that is in vain? Some equate this with creativity, inspiration, and enthusiasm. Those are all results of being in this state. Connecting this to the picture, when the portal is open, all needs of the moment are being met and life flows effortlessly. At times, in a way, we tend to think of this as unreal, miraculous, lucky, or coincidental. When really it's natural, being oppressed by habitual thought patterns for a long time.

Next we have "Constructed as indicator I am" referring to one tool of the toolbox. Looking inside we see our senses, feelings, thoughts and other tools we use to function in the world. All this conveniently put in one box of tools. The riddle suggests one of these tools is meant to help us identify situations through itself. Here is also a warning that it can take us over, and plays a part in both doom and hope. At the same time it seems to only respond to how we react and can yet serve us if we see it, puzzling. Observing our feelings, they serve us faithfully through indication of our reaction to a situation. There is also the possibility of us totally or partly being overtaken by them.

"Ever grabbing" What name can be inserted at the end of the last line, to make us see what we are and what we are not? Obviously any name could fit this description, for now let's use our own. We realize the name has a practical use and is the start of the alienating image of us, the image in the thought-bubble. Partly roles we enact and believe us to be. Mostly identification with feelings, personalities, objects etc. Everything added to the thought-bubble believed to be us. Convinced we have to work hard and struggle, in order to at some point in the future obtain an imaginary goal of success. Doing this we cover up the portal and in a habitual futile attempt to meet our ever growing expectations.

Who are we then if not this picture of us? As hinted in "You are" we go further than identifying what we are with our name or even our thoughts. Including in between our occupation opinion age gender lifestyle etc. Behind all this substance, there is the aware stillness capable of pure observation, the consciousness. It's without judgment, when that is interaction with the tool thought connected to the bubble-us. Today often infected by beliefs of us knowing more than we do. Routinely judging what is good and evil, right and wrong etc. While consciousness is separate from this and accepts what is, naturally because it already is.

Having a short summary of the inside, we can now go deeper into the relation between consciousness and a state of the open portal. They are both dynamic, as moving in a gradient of black and white, between the two extremes. Perhaps some will find it helpful to picture them as curves.

Moving up and down on the life-giving curve, opening or shutting the portal. In the lower or more closed states we struggle very hard without getting anywhere. Compared to the higher or more open states where all is effortless, opportunities appear out of nowhere and everything flows.

Often when there is no life-flow there is something we are chasing, not aligned with life. We continue, attempting to meet the expectations, when our intuition and instinct advise us to stop. This is struggling with life, like a leaf trying to fly faster than the wind or resisting its change in direction. Fortunately most leaves are wise and trust in Mother-Nature's wind. After all it has brought them to where they needed to be for as long as leaf history extends. There is a lot we can learn from nature.

The consciousness curve ranging from totally unconscious, unaware, on autopilot, identified with the thought-bubble, running the habituated thought patterns. In the other extreme, pure consciousness is where words are inefficient and futile. It's a state of bliss where all comes natural. A supreme presence, awareness, understanding, far deeper than words or thought can grasp. Any teachings, life-serving guidelines, ethics, rules or explanations, are meager representations of what is all natural here. This is in contact with the very place all originate from and is. Seeing the totality, experiencing deep contentment with what is. We may read and theoretically think we understand but not until we have tasted it do we know.

While consciousness is still functioning as a curve, today mostly in flux. The level of collective consciousness is rising, as is the individual. Here however, the instability is greater. This implies it's easier to touch the extremes on an individual level, still relating to the whole.

The unaware struggle with life is unnatural and habitual. We have for long unconsciously tried to suffocate the life-flow, through insisting on doing things the hard way. Inventing tools to making the way of struggle a bit easier but at the same time alienating us from our true selves, each other, and the world, hindering a natural connection. A deep connection, beyond roles and expectations. Where a true giving takes place. Bliss becomes giving in receiving and receiving in giving.

We all know this, seeing how we contribute to someone's joy we also feel joy. This trigger works in any situation when done out of this energy. However this trigger will lack efficiency, in the long run collapse, if the action is motivated by obligation, must, should, expectation, fear, shame etc. Mixing any of these will shut the deep natural connection. Instead tricking people to do things out of reward or fear. They are actually very similar, coming out of the same thought pattern. Filled with roles tied to expectations and belief of people being able to make us do things without us having a choice.

Falling back into these thought patterns, being run by the thought-bubble, on autopilot, ignorant. A sense of separateness appears, we again believe others are solely responsible for how we feel or that we have failed etc. If in this state, just getting a glimpse of consciousness, observing what is happening we can smile, the habituated thought pattern no longer has control. Often kicking in at low energy it might be time to eat, rest or whatever situation you observe triggering this fallback.

Lifting the focus again, before thoughts of problems we have to fix appear. Seeing there is an endless struggle to this approach. Habitual to believe the only way is, people have to be controlled and the most efficient tool is fear. If not, we see chaos, fearing this and the solution is adding more fear to keep our fear in order. The same goes for the opposers of the system, trying to inflict change but failing when using the same tools, born out of the same larger viewpoint.

Outside this we remember the deep natural connection, bliss with true giving in receiving. All mind made problems blown away, we don't have to fix everything. Only see that with natural living they will fix themselves, through us ceasing all that is unnatural. Without doctrines or laws enforced by fear, living this way will be as natural as breathing, bringing back a balance lost long ago.

Observation coming up now and again we can take a look at some remarks and what may help or hinder. Suddenly being caught up in a struggle with life we deep down have a sense of being alienated, not aligned with the flow of life. Still with knowledge or thought we know no other way, it can't be as easy as letting go. Simply try it, taking a break, relaxing, listening to the intuition, letting go of whatever we cling to that hinder us from an effortless life. Just for now or for ever, all the same in this moment. We might try to optimize or rather do things as time efficiently as possible, ignoring life in that instance. Taking a break and doing the same out of choice, another energy, with ease and joy, is actually less time consuming and natural.

Focusing on how our own perception affects the inner climate from what the outer is echoed. We become the vital part in our chosen life. We simply live an every day life out of consciousness. Meeting all from a deep stillness, a place beyond separateness, beyond identification even beyond time. Hard for the thought to grasp the totality, interconnectedness of all. Living in an everyday experience of individuals ignorant of the interdependence. Like the micro space among atoms connected with an energy or the forces of macro cosmos binding galaxies, we are all linked together.

What to do then, today, now. The easiest yet hardest is to observe oneself. Choose to allow what is and be aware of how we choose to respond to it. Letting go of the struggle, allowing the flow come. Whatever happens, observe, inside outside, seeing the connection, both ways. An understanding, acceptant observation. Observing intuitions, trusting them. Observing feelings, accepting, aware there is more to it, seeing what message they carry, about the situation and how we have reacted to it. Observing the thoughts letting them run away, seeing they are used to. Observing nature seeing how harmonious and understanding it is. Observing the night sky, realizing depth. Observing lives miracles, springing of life. Observing the flow, how easy things can be. Observing life, how we play a part in it.

Realizing it's our perception controlling the world, a vast instant shift is possible. The collective progress for consciousness is exponentially rising. With overwhelming natural deep connections, people instantly discover a blissful effortless way of life. Becoming aware of the process, seeing the inefficiency in the old way, it's neither rebelled against nor struggled with, only left behind as we all transcend into a new era.

In other words...

