

## RESPECT THE OCEAN

I once visited a beautiful place where the clear blue ocean was every morning full of plastic and garbage. Where unconscious behaviour is leading this world to? It is time unconsciousness dissolves and Consciousness fully drives our "vehicles".

We all are like the ocean. Pure Consciousness is like a clear blue ocean and each one of us is a pearl of Consciousness, One with the Ocean. When human beings forget who they truly are; and forget that everything is related and One, they throw their garbage (unconsciousness, 'i'-deas) in the ocean of life. Who wants to see the ocean dirty? Simply understand who you really are. With clarity, all trouble disappears.

Any trouble experienced in life actually comes from a lack of understanding and clarity; so it is important to really be clear; especially with spiritual concepts, as some of them can create confusion. So here I am writing again. A friend of mine once told me "You are going to write another book" and I remember saying "No way! lol. But I suppose this is what I am actually doing through this website. 'Never say never!' lol. So I hope the following pages will help you find clarity. Let us use concepts to have clarity and then free our minds from the concepts we know, in order to always remain open minded. Everything evolves. Spirituality a hundred years ago did not use the same terms as now. And in the future, it will also be different. Spirituality adapts to what is 'here and now', the state of consciousness. So here is my attempt at clarity in regards to some spiritual concepts.

For example, it is common in spiritual circles to hear statements such as: "The real Self is Consciousness and all the rest is illusion (i.e., ego, body, external reality)". Is this totally true?

What is really true and eternal is the Spirit (Consciousness). The rest (the different shapes of creation) only has a relative and temporary reality. In a way, it is like a coat over the Spirit. Human beings, animals, trees, nature as a whole, all of this is the Body of Consciousness. The ocean of life is One with the ocean of Consciousness. We all are the unchanging essence of the eternally changing forms. Everything is absolutely connected and One. The only true illusion is believing in a small 'i' separate from the whole. You are not the small 'i' whom you may believe is separate from the Whole. You are the big 'I' containing the whole. Can you open your mind to whom you really are? This is Self-realisation. Opening your mind is opening to your deeper Self: the Heart.

You are That which holds everything. Your body and your ego are within you but you are not your body and you are not your ego. You are the essence containing them and the whole of existence. Essence and Existence are One. Non duality is your true nature. Who you truly are is already perfect. All that happens is the Divine game of Consciousness. Yes! But you may wonder: "For what purpose if everything is already perfect?"

If this world is an illusion as it is often stated and if the Self is already perfect, why be concerned about anything? Isn't it better to be absolutely detached and let everything be the way it is because all

happens according to Divine Consciousness and because 'all is One'? Or should one sometimes question the way things are? What does Divine Consciousness want from us? And what about ego? Should you ignore it or should you be aware of it? Like sunflowers, do human beings naturally turn to the sun? Do they spontaneously listen to their heart?

Feel the truth and find the answers in your Heart. The deeper Self is already perfect, but the imperfections of ego also exist. The ocean is One, but there is both the depth of the submarine area and the waves that form on the surface. So how to be who you truly are and express your deeper Self?

Sometimes there may be the feeling that true silence has been found. Yet, as long as some ego tendencies have not been seen, this silence can quickly get disturbed, isn't it? 'This is not a problem' you may say. Of course it is not, as long as you don't identify with your ego and don't lie to yourself about it. Can you realise your true nature - non-duality - if there still is duality in your mind and you cannot accept your ego? Be who you truly are - OPEN PRESENCE. Welcome what is 'here and now' in your body/mind.

There is nothing wrong with ego, as long as it can be watched without identifying with it. Then only can true inner silence be found. True silence simply means knowing yourSelf and being at peace with your ego. You can then behave naturally (with as much respect for others as for yourself, which sometimes implies disagreeing in the external reality. This eventually allows real love to flow.

The inner 'YES' is not an obstacle to the outer 'no'. There is a natural state of consciousness. One behaves naturally. Spirituality is integrated into daily life. There is a difference between spiritual life in monasteries and spirituality in daily life where one deals with reality as it is. There can be non-duality within and disagreement in the external reality. Let's take an example. A typical aspect of ego is criticism from behind the back. In such a case, be open minded within (understand ego) but express verbally your disagreement or keep a certain distance.

Another tendency of ego is to hastily conclude about events and people. Yet, reality may be very different from what the mind thinks it is. Remain open minded. For example, being distant does not automatically mean someone does not appreciate you. Some people may be distant because they are very busy and they also need time for their private life. Some people are distant because they like to live isolated. Some other ones are distant in a conscious way, to preserve harmony, while some others are distant because they are offended. All cases are different. Ego likes to criticise and make hasty judgments. Be aware of this and free your mind from unnecessary criticisms and conclusions. Remain open minded.

What happens when you are not aware of your ego? This generally leads to disharmony and suffering, isn't it? What is preferable: harmony or disharmony? Where have indifference and unconsciousness been leading this world so far? Are we not all interdependent? What does it mean to awaken or to be conscious? Don't you think that life has a meaning?

As for everything in life, opposites play their role: hot and cold, high and low, etc. In some ways, unconsciousness allows to become conscious. Without difficulties, could you truly look for peace and really appreciate it? If unconsciousness has a role to play in order to become conscious, unconsciousness is not the destination of life.

Enjoyment and suffering are both part of existence, like any other pair of opposites. Opposites are necessary for Creation to be. Yet, even if all that happens in existence has a reason to be, there is no reason for letting suffering be, which in other terms means: having no awareness of ego!

Don't surrender to all the currents of life only because: 'All happens according to Divine Consciousness' and therefore all is perfect. Know that all happens because Divine consciousness wants you to awaken and be conscious. Do you see the difference? By being more and more conscious, suffering can be immensely reduced.

The statement "I am not the doer" although it has value in order to avoid identifying with ego and feeling guilty, should not be an excuse to justify ego-behaviour. Suffering or unconsciousness is not the will of God! Your true Self only wishes you Home (conscious and at peace with yourself).

There are two sources for your behaviour: The real 'I' (the Self) or the small 'i' (ego). When the real 'I' expresses itself, you do and say what is felt as natural within you. When the small 'i' leads you, you lose your naturalness and you listen to your mind. You may take life too seriously, or too lightly, you calculate too much, or you don't care enough, you have many conclusions about people and events, etc. Yet, ego is not who you truly are, so do not feel guilty. Simply be aware.

The concept: "There is no need to understand anything else but 'All is one' as this automatically brings peace in the heart" is also very true. Yet, the mind is so smart that it can, in this way, avoid facing ego, especially the subtle aspects of ego. This eventually creates duality. So let's clean the ocean! Let's be aware of ego in order to truly enjoy the vastness and playfulness of our nature.

The purpose of life is to be conscious because Consciousness is who you truly are and That knows no boundaries. As long as you believe in limiting thoughts, your true self, although ever present, is not realised. On the contrary, when limiting thoughts are not taken seriously and can be watched for what they are, ego dissolves, So know yourSelf and know your ego. Don't believe your mind and yet, be aware of it.

By being conscious, you are connected to your deepest self: the perfect and eternal source of harmony within you. Your deepest self is not limited to the small 'you'. It has absolutely no boundary with all that is. It perfectly knows and feels all that is. The Self - Consciousness - is all knowing and all sensing.

Within every form, there is perfect intelligence. Without the influence of the mind, everything is in perfect order. Sun flowers naturally turn to the sun. The body automatically knows how to form perfect babies. Digestion happens by itself. Cells know how to defend themselves against diseases, etc. Trees

and flowers are already contained into the seeds, etc.. Just look around. Nature is the perfect example of the presence of Divine Consciousness within every form. This is why everything is related and One. Pure Consciousness is at the core of every form.

When you are conscious, other people are not 'others' and there can never be 'enemies'. 'Others' are simply part of your Self. We all belong to the same tree of life. There are no enemies, only friends who forgot who they truly are. When you know who you truly are, you do not identify with your ego and you don't identify others as 'ego' either. At the same time, you are conscious of ego-behaviour and you act accordingly; sometimes softly, sometimes strongly. There is nothing wrong with any type of behaviour when it comes from the core of yourself. So know yourself and be yourself, without any masks. With understanding, life can flow in the most harmonious way.

You may say "This is all a dream anyway. So why putting attention into it?" It is not exactly so. What you may call a dream is actually a relative reality. More exactly, it is the manifestation of a general state of consciousness. So it is very clear that the more we become aware on a global scale, the more this relative reality changes for the better. So let's be conscious and enjoy the beautiful 'dream' we are all sharing.

Ego is not totally an illusion. Self-centered thoughts do exist in people's minds. But believing your body-mind is truly you, is the illusion. Self realisation is a question of IDENTIFICATION. When you don't identify with ego, you don't have feelings such as: "i am bad" or "others are bad" and if you have, you do not take them seriously. This is why a mind free from identification with 'bad' thoughts is a source of harmony. Being conscious eventually brings peace and harmony.

A free spirit can never be a source of disharmony. Yet, by its very nature, a free spirit can be felt as a challenge for some people's ego. A person free from 'bad' thoughts is also free from proving s/he is a "good" person. This person is natural, free from both good and evil. True love is beyond good and evil. The absence of the need to prove one is good eventually leads to real harmony because a free spirit is not afraid of expressing disagreement when it is necessary for the sake of harmony. So keep in mind to be true and natural (no matter what other people think). This eventually leads to Harmony. Kali, the angry Goddess only appears when ego is very smart or strong. She is the protector of life, not the creator of trouble. There is no Kali when there is no ego.

Understand ego for what it is, a memory programme, a sort of film that more or less influences you, depending on your awareness. Are you the film or are you the watcher of the film? When there is no identification with ego, there is no fear to watch it. The less you identify with ego, the more you can embrace it and be free from it. Your mind is vast and open like the ocean. You are truly yourSelf.

Does knowing one's true nature and ego bring change in life? What you experience in the manifested world may not radically and immediately change, but your way of looking at it will definitely change. With understanding, you don't feel like pointing at others in a mean way. You understand ego. You don't feel bad about yourself either. Ego is not who you truly are. Who is truly responsible for ego?

Only the influenced mind, the past, the origins of humanity: the 'fall from heaven - the beginning of judgment - the feeling 'i am bad' or 'others are bad'. With understanding and awareness you stop believing in 'negative feelings and ideas'. You do not take your mind seriously. It is what it is and it is not truly you. So...naturally, you find yourself listening to your heart.

By the very fact of being aware, change happens. You do not have to look for change in a radical way. Take time. When you are aware that throwing garbage in nature is truly a lack of self-respect, you naturally stop doing so. When you are aware of selfishness, it disappears. When you are aware of your poor listening, you can fully listen to people. The less you identify with ego, the more you can embrace it and the more change naturally happens.

With understanding, you relax, you become more and more 'cool'. You have more and more compassion for other people and more acceptance of your own ego. You easily forgive people's mistakes as well as your own. You don't see anyone as 'bad'. You equally respect others and yourself. You are able to say 'no' when you are not respected. You feel free to express your points of view and disagreements. You can also be angry when it is necessary. You know that keeping some distance with some people when differences are too important is a way to keep good relationships. You behave naturally, spontaneously, and you do not pretend anything. So feel free to be yourself and respect people's freedom without taking it personally when people's choices do not seem to correspond to your choices. This way of being eventually allows love to flow. This is the purpose of awakening; and the purpose of life. The flower of love at the core of everything can freely manifest its fragrance.

So how to be who you really are? "Here and now", observe your mind. Is it open or closed? Whenever your mind is closed, be aware of it and return to your natural state of openness. Feel the resistance in your body/mind and breathe, go through it. Isn't it simple?

Do not pay attention to what you think when it induces closing your mind or lacking respect. Do not believe your mind in such cases, however smart and right it seems to justify your behaviour. Do not hold onto any conclusion. You may be right or you may be wrong. Be who you really are when ego does not influence you: open-minded and respectful.

Let's clarify that being open is independent of the way you live (you can live like a hermit and be very open-minded, or on the contrary, you can be very social and at the same time very judgmental). Being open-minded is also independent of your external behaviour (you can be open-minded without forcing yourself into situations that do not correspond to your nature). Cats and dogs are not enemies but generally, they do not spend much time together. So be your true natural self. Do not force yourself.

Be conscious of your true nature and of your ego. Can you really be open and respectful without knowing your ego? Can you see the light without opening the shutters? When you invite a friend at home, you generally clean your house. In the same way, for the Light to come into your house, you need to 'clean' your mind (be aware of your resistance). As long as you do not see the Light, keep questioning your ego, with no greed for enlightenment but a true longing to be Home (at peace with yourself).

"Why does all of this matter as everything is a dream." you may say again. Is it really? You are the only one to see your dream at night but we are many to share the same 'relative reality' during the day. Matter and Spirit are One. And this is why awakening from the real dream of being separate is important. This allows to have deep respect for the manifested aspect of Consciousness: this universe and all that it contains.

Who wants to see the ocean dirty? As it is very natural to protect our environment and this earth, it is also very natural to wish for more consciousness in this world in order to live in harmony. There is no other paradise than 'Here and Now'. 'Here and Now', you are within every form. Everything is connected and One. There is no separation between particles of water and the ocean. There is no true separation between all of us. Spirit is one with Nature. So what is the point of living unconsciously and wishing always more and better for individual purposes only? Where is this leading humanity to ? YES, it is really time human beings awaken so that we can live respectfully and harmoniously together. Let's make peace. Let's BE PEACE and love can naturally flow.

I will add a few words here about respect and what I call the 'spoiled generation'. In some parts of the world, there is material abundance and children who have been educated amongst this abundance have the tendency, as adults also, to take everything for granted. They are used of receiving but often forget the value of giving. They generally criticise or blame the people who do not give what they expect when they expect it. This tendency is in my view taking quite alarming proportions in some cases. So, as parents, it is really important to set boundaries and to make children appreciate the value of receiving and the reciprocal importance of giving, as well as the value of respecting decisions that seem to go 'against them' or do not correspond to what they expect. Giving should not be taken for granted. And there should be an awareness that no one should be blamed because of unsatisfied expectations. Let's respect people's choices.

Human beings, contrary to flowers and trees, have a mind. It is both a privilege (as it is the mind that allows to realise one's true nature) and an inconvenient (as ego develops). So, contrary to plants, we cannot let a human being fully free from childhood on. One has to understand the process of the mind. Mind goes through stages. At the beginning, yes, children need to be fully free and enjoy life as much as possible and slowly they need clear boundaries. Let's teach them self-respect and respect for others. They also need to face a little bit of frustration. Meeting and embracing all aspects of life eventually helps them to find true peace and freedom. Avoiding any kind of frustration and discipline is not helping them on the long term. They naturally learn difficulties and how to solve conflicts with friends but it is also the role of parents to set a clear model. Then children really feel secure inside. A good amount of freedom is obviously necessary but too much freedom for children develops selfishness, arrogance and difficulties to accept criticisms. Boundaries are very important for the healthy development of children. Of course, the opposite is also very true. Too much discipline and control does not allow a healthy development at all. So let's respect every stage children go through but let's consciously be with them through these stages with firmness and lots of love. Everybody has ego inside. Emptiness and fullness are One. You resist it and it is active. You do not resist it and you really are free from it.

So know you ego and listen to your deeper self (the inner voice within connected to the whole). Do not follow all the streams of life. Surrender to your inner wisdom and not to ego-behaviour. Do not point at others only because of fear of your ego. Do not hold onto any conclusion regarding people or events. You may not be right. Keep also your mind open to the possibility of change. Let go of pseudo needs for self-protection. To whom do you need to protect yourself from? Is there anything you are not One with? You only need to protect yourself from your ego by knowing it; and to simply follow what feels natural and self-evident.

Finally, let's clarify another point: is wishing to help irrelevant in the field of spirituality? Some spiritual statements can also create confusion, such as: " I don't see it as my role to save or rescue anybody any more than regular people feel the need to rescue each other from sleeping and dreaming" — Jed McKenna. Does this mean that trying to help others be aware is useless? Paradoxically, most awakened beings like Jed McKenna talk about enlightenment or publish books about the Self and Enlightenment. Why?

When you are conscious, it is natural to talk about consciousness for the sake of clarity and truth. However, there is no true desire to change anyone. You may do your best for the sake of truth and harmony, but you are detached from the outcome of any personal participation. In this sense, there is no need to save or rescue anyone. Yet, the natural movement of a conscious being is generally to help others be conscious. Why?

True happiness for oneself and others comes from clarity. Unconscious behaviour may bring a temporary feeling of happiness but sooner or later, it leads to suffering. By being conscious, you find true happiness that is not dependent upon external conditions, as even the lack of happiness is fine! Then, what can make you truly unhappy?

When you have a key to help others, it would be very unnatural and selfish not to use it, would it not? Then, it feels natural to switch on the light where there is a dark room. As long as people are open to the Light, there is a natural movement to help them be aware. So let's not overly talk about the Absolute. It can easily be understood if we don't play hide and seek with depths of reality. Let's help to realise the true Self. Let's really provide 'bridges' for this realisation. Let's not create confusion. This is also a question of Self-respect as with clarity, there cannot be any mask or games against Truth. Love can flourish and bloom.

May all being respect themselves as well as nature and all forms of creation

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