

Week 9 - Learning to remember that you are the Observer

What does it mean to embrace and identify yourself as the archetype of the Lover?

Let's think about the mountain, littered with debris, old supplies and dead bodies. How would we bring the loving observer to this condition?

First, we would notice all the inner debris we bring to the outer condition. We would notice our judgements, our disgust, our self-righteousness, and our way of creating "them and me," which is of so much importance to our current situation.

Take a moment right now and honestly listen to the habitual script of, "I don't know why anyone would want to do that in the first place... what an ego rush.... what a bunch of idiots.... I get so mad that people can disrespect the earth that way.... I am not athletic and could never attain that.... I have failed all my life at that sort of thing..... well, I have climbed Mt. Kilimanjaro, let me tell you all about that....I don't even see the point of wasting time with something like that....

This is just my internal script? Write your own. This is an active meditative practice.

Notice the ways in which you make yourself inferior, or "those" people inferior, or all those people superior, or yourself superior. Write down all the automatic response that come to you.

Secondly, be so curious as to why this would be your habitual response?

How is this innate to the human part of yourself?

How is the air you breathe on this planet?

How did you grow up with this split (inferior/superior, or, idealized/devalued) and how is this split in you?

How is each and every statement a defense or tactic, that has actually helped you get a need met in your life?

If you are self-deprecating, how does it make the younger you feel?

If you are superior and judgmental, how does it make the younger you feel?

What do each of these statements have to do with power and control?

What do each of these statements have to do with secondary gain? (there is a benefit to having this attitude, belief and behavior?)

Do you adapt your inner response depending on who you are with? Why?

With deep insight into the why's, you will not need to judge your habitual defensive response. You will find that indeed there is a softening of your attitude towards yourself.

Thirdly, as we soften our judgment of our judgments and defenses, we will be able to see and apprehend the deep shame and fear, pain and self-doubt, underlying the tactic to alleviate suffering.

Can you sink into the feelings and needs behind the statements?

Can you see the events of your life that made you abandon yourself and live a life demanded by the family system, and every other system of which you have been a part?

Can you reach back in time and find the child you were that was programmed to live the life others wanted you to live?

Can you now bring what is not time bound, but **spiritual**, eternal, ever-present, infinite, loving, accepting and truthful, to the lies and defenses, pain and suffering **human** part of your being?

Can you reclaim yourself as yours, instead of belonging to everyone else?

You have forgotten that you are a spiritual being having a human experience - and now you must remember your truest identity and live it always in relationship to every aspect of yourself and others.

Now through loving relationship, you will heal the split, and when the split is healed, you will no longer impose it on others either.

Fourthly, as you do the practice, you will notice that mostly you forget to be the Observer and are completely caught up in living only your human life completely forgetting who you are. When you *do* remember, remember to bring only love and understanding to your condition of forgetfulness and ignorance. Welcome that one back as you would a long lost loved one. Do not berate and castigate yourself for going off to play a while. This is what Rumi's poem, the Guesthouse is referring to at a much deeper level, than just the emotions. Remembering to be the observer, is to be celebrated. Forgetting means another opportunity for practice, rededication to devotion to your practice, faith, humility, humor and kindness. You will get nowhere with self-judgment - that is the problem in the first place.

As you practice always observing through the eyes of Love, which is **WHAT YOU ARE**, you will slowly transform into being a very ordinary person, that is a loving mystic on the planet, instead of a very special person trying to be "good right and perfect" and hence a pain in the neck to yourself and everyone else. People ask me all the time, "How do I learn to be loving?" **You choose it.** You know everything about it because it truly is your consciousness unpolluted by debris, old supplies and dead bodies.

But you must choose it by obeying the deepest most true impulses within, the deepest level of conscience. You cannot live a "good life" according to the rules of morality. They merely serve to help small children adhere to a code that keeps society from the mayhem of the first quadrant. They already represent the split from the deepest knowing in every cell of our body of what is "right." When you do not know what is "right" at this deepest level, you are in a conflict with the dualistic mind and your deepest knowing. Always go with your deepest knowing, *in your body*. Each and every cell of your body has both within - the human fears and needs, and under all of that the deepest loving conscience, that would never disobey the law of love, even if it meant losing your human life.

Consider a very simple situation in terms of spirituality and morality. You have an aging dog who is arthritic and in pain a lot of the time, has lost most of her teeth, but enjoys going for evening walks, still shows interest in other dogs, can have a spring in her step sometimes. What would love demand? What would your selfish needs and fears demand? What would the culture tell you to do as "loving and good, which brings utter confusion to the subject. The question *is always* "What is the loving thing to do? But what the culture says is this is always suspect.

And *when* is it the most loving thing? *Under which circumstances?* Is this loving for *everyone* concerned - because if not, then it cannot be love. Wrestle with this example and see if you can come up with a "right" answer. Remember, there is a time for everything - even killing - and not killing. It all depends on what Love demands.

The great gurus and mystics are not showy, people, they are very ordinary people, that have remembered who they actually are. As you deepen your practice of self-observation, we will start examining the shifts and markers that start happening in upcoming lessons.

And finally, to get back to the mountain. If the split was healed, Mt. Everest would never be polluted, she would be treated as sacred space, as would every part of the earth. Does that exempt us from the outer work

of cleaning up? No. of course, not. But cleaning up externally does not exempt us from cleaning up internally, either.