

From: PaulsList@lists.paullowe.org
Date: 12 June 2007 23:01:38 BDT

Subject: Going Beyond the Personal?

You say you would like me to share more about going beyond the personal. That is all I do share about really. The personal is an illusion.

I am not going to go into all the details -- you are asking for a never ending book -- in an email.

For the strongest impact you need to ask this in a session. There are general guidelines, but the main thing is the tuning into you. The effect is always strongest in the presence of someone who is living the state. If you want to play good tennis, spend all the time you can around a master tennis player. It is contagious -- if you practice enough. That is what I keep suggesting living in communes for. And how many of you do?

The overall answer is always the same -- unconditional awareness of the moment. Simple. Nothing is ever more important than this moment. Being aware of what you are doing, saying, thinking. Simple.

I suggest these experiments, and it is very rare anyone really tries them -- for any length of time anyway. That is one of the reasons I am letting go of all this.

Try this. For one week, at least, do not make an absolute statement. After all -- what do you really know? What do you know, absolutely? Science, and even religion keep changing what they say is reality.

At one time it was mandatory to believe that the sun went around the earth. An old one you say? How about this one then... the pope has just declared that there is no such thing as purgatory. An established *fact* just removed from reality by an elected human being.

And do you really know what is life, consciousness, where you came from, what you are here for, where you are going? Anything -- for absolutely sure?

The standard manual for training electricians used to start off: We don't know what electricity is, we only know what it can do. And even that is not true - we keep finding new things about electricity all the time. Do you really know what water is? Really?

This is what I suggest: Don't make statements. Some examples:
Instead of saying, you are doing this, say, it looks to me that you are doing this.

Instead of saying, you just made me feel, say, when you said/did that, I felt....

Instead of saying that you know, say, I have heard/this is my opinion/it seems to me.

I doubt very much that you will do it -- and there is the suggestion.

Nothing needs to be done to go beyond the personal -- a response will just happen. Hearing what Kira is doing in Nepal you just may be drawn to go there and help, or raise money, or awareness of what is happening there. If you hear of a mother who needs some rest you may just find yourself offering to look after the children for a while. Think simple and immediate.

Good luck, and keep remembering not to take anything too seriously...

paul

From: PaulsList@lists.paullowe.org
Date: 16 June 2007 13:12:57 BDT

Subject: Love on Friday...

I know I keep saying this... the time is over for focusing on personal issues with the expectation that it will bring contentment and happiness.

First, there isn't time. The planet is in crisis -- on many levels. Second, trying to sort out the personal disturbances in order to feel good has never worked, and never will. It is not designed to work. It is designed to keep you restless -- so you keep looking for another level of consciousness -- finding out who you really are/are not.

Of course, take care of the personal things that need taking care of, and, look beyond your personal life as well to see what is really happening on your planet.

Ask your friends to support you to keep looking for you addictive patterns and habits. Watch out for that self-centeredness, complaints, and any sort of act, word or thought of negativity.

And live life totally. Unconditionally.

Sending love...

paul