

Q & A from Authentic Thinking for Creative Evolution I Online Consultations

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Q. For many years I have been searching for my deeper life meaning and purpose, as well as answers on topics such as helping me get and stay healthy, improving relationships and truly pursuing my rightful career. I have gained many answers that seem to fit well intellectually within my mental framework, and I have a wealth of solutions and processes to offer those family and clients who come to me for help and guidance. However, I have found nothing of yet that has been able to light my motivational fire to actually get up off my butt and begin to make and to continue making the changes I want in my life, be they health, career, spiritual transformation, to name a few. The prescriptive solutions I have come to know and even share with others haven't helped me get over my stuck-hump. The way I describe it is that I have "all the what's and how's, but not enough of the Why."

As I begin to learn from your program and the readings, I don't want just more "data/information" to fill my head but I am looking for a trigger to ignite within me all the energies I need to move my transformation onward. Am I missing something to this process and if so, what is the knowing by which I can take charge and feel "I now have the big enough WHY" to make all of this life truly meaningful and to manifest all that I intend. I have a life vision, a sense of purpose, core values, am clear about my skills and talents, and I know what I am passionate about, but I seem to be missing a catalyst that takes all these components and in some alchemistic process delivers to me a real, believable, compelling, clear sense of aliveness.

A. What is missing is YOU. You are a highly intelligent, competent, and well-trained human being who knows and teaches other people all the right things in life. You know the right texts or teachers to follow and you follow them well. You have found enough right answers from and through them. You see, you suffer from the "good student syndrome." You get all A's but you do not have as much fun and excitement as the guy sitting next to you who only gets B's and C's. Deep down you are tired of being so good. This is the reason that you knowingly let go of the requisite discipline to remain physically fit. It is your little rebellion against your (egological) self who is always so good.

As we discussed in the class, the Authentic Self is the cosmic locus of individuation, the individuality of the Authentic Self being the indivisible and undivided wholeness of being. The Authentic Self is **the intensity-immensity singularity** that exists as **the world-spanning horizon** from which the whole world of experience emerges. As an Authentic Self you are this intensity-immensity singularity. What is missing in your life are the qualities of intensity, immensity, and singularity which are the very attributes of who you are as an Authentic Self. What is missing is the experience of your self as an intensity-immensity singularity in and of the universe. Thus, you are not living your life as a **singular cosmic destiny** but only as a high standard but common human destiny. You belong to the upper echelon of the conspiracy for mediocrity, and your theme now is to emancipate yourself from this conspiracy altogether.

You have trained yourself to follow the standards set by others and you have been able to meet them at a very high level. And yet, you have never set your own standard independent of existing standards. You are skillful at using the metrics developed by others but you have never developed your own metric to measure life or self. You have internalized external values and standards very successfully but not externalized your internal and internally-originated values and standards. You have remained a highly competent follower but have never burst into life as a leader. For this reason you feel deeply unfulfilled

because from your otherwise successful life you, the Authentic Self, are absent. This is the existential inauthenticity with which many good, sincere, and competent people live. In spite of all the goodness of their being and character, they remain existentially inauthentic because their Authentic Self is absent.

The answer to your Why question can come only from within. The Why can come only from “your own most unique ability to be you,” which is not and cannot be answered anywhere else but in the inner chamber of your own soul. Everything you are asked to do in ATCE is so designed that you are enabled to enter that inner chamber of your soul. Being a good participant in ATCE implies the end of your career as a “good student” and means that you enter a pathless path to which your singular cosmic destiny calls you forth. No single human being but you has ever walked the wilderness that spreads in front of you, beckoning you to move forth and move on.

Think of yourself as a pioneer, a pathfinder, opening up a new frontier on behalf of the rest of humanity. Think of ATCE as a matrix of freedom, which indeed it is, from which to soar into the open sky where no path is seen but only is made in and through the act of your flying. You see, there is no road in front of me. There has never been a road in front of me. In fact I do not care for a paved road. I create a road as I move forth. I am my own inner catalyst. I am my own inner alchemist. And my only reality is my own inner gold. I want to invite you to live an autocatalytic life of a pathfinder and invite you to the wilderness where a whole new exploration awaits you—an exploration never before undertaken by anyone.

Q. Thank you for making the distinction between passion and drive in the class. You said that a person who is truly passionate is overflowing with evolutionary passion and creative vision while a person who is driven is driven by a sense of lack. This makes total sense to me. However, my situation is that I start doing things I feel I am passionate about but then I become driven to do what I say to myself I have to do. What I want or like to do becomes what I have to do. My passion becomes a drive or pressure while my enjoyment turns into something I have to do and accomplish. What can I do about this?

A. You are a high achiever. As it is the case with all high achievers, whenever you engage in an activity, the outcome, not the process, becomes of paramount importance to you. In the past, being a very driven person served you well in becoming and remaining a high achiever and being a high achiever in turn served you well in the competitive world of egological achievement. However, having highly achieved, you are still not fulfilled, and therefore you now want to achieve spiritual enlightenment and evolution in order to be fulfilled.

You want to be fulfilled, you want to enjoy, and you want to live from your passion without being driven to accomplish something and yet the habitual pattern of being driven or compulsion takes over whenever you do something which you initially love and enjoy doing. You are not only tired of your own habitual pattern of driven-ness but also actually tired, physically and emotionally, from being driven for so long.

When we observe the general psychological profiles of those who suffer from various forms of chronic fatigue syndrome, we notice that almost without exception they are super high achievers irrespective of their actual outward achievements. They are extremely driven people who do not feel that they are enough, no matter how much they achieve or are capable of achieving. Regardless of their abilities or accomplishments, so far as they are concerned, they are never smart enough or accomplished enough. They feel something is lacking and they drive themselves excessively hard to fulfill it. Eventually their physical systems give up and give out. Spiritually speaking, the chronic fatigue syndrome and other

autoimmune diseases can be seen as the physical ruins left in the battlefields of extremely driven high achievers' war against themselves.

You may not be that extreme but you can see the same tendency in yourself. Now, how can you liberate yourself from your habitual pattern of compulsion and start enjoying your own evolution as a process of continual and open-ended unfoldment? The problem is that even if I could provide you with an answer, a way, you would inevitably turn it into your project and become driven to accomplish it because that is how you are wired. Therefore, the only answer that I can give you is that which can never be turned into a project—that which can never be achieved in time.

That is to say, *be absorbed in the now. Live outside of time by completely absorbing yourself in the now.* Whatever it is that you are doing, *be completely absorbed in the now.* When eating a meal, be completely absorbed in the eating. When meditating, be completely absorbed in the meditation. When exercising, be completely absorbed in the exercise. Your whole attention needs to be entirely upon the now. If you start making a project out of this injunction by wanting to get better at being absorbed in the now, remind yourself that you can only get better at being absorbed in the now by actually being absorbed in the now, not tomorrow but now. In addition, the meditation you learned in the class, $E = MC^2$ (Enlightenment equals Meditation wherein Consciousness is Conscious of itself), coupled with the Spiritual Technology for Manifesting Breakthroughs will put you in the now within the evolutionary context of the movement toward transformational breakthroughs.

Furthermore, make joy and enjoyment your highest priority. Make joy your highest value and enjoyment your greatest virtue. We tend to think that joy is caused by something we do or have. However, the truth is that joy is what we bring forth to activities in which we are engaged. That is, you are the source of joy. Therefore, intentionally bring your joy to things you do. Do things that are enjoyable or make things you are doing enjoyable. As soon as you stop enjoying what you are doing, or if you cannot bring joy to things you are doing, then stop and start doing other things to which you can naturally bring joy—which you naturally enjoy. Eventually you will be joyful and enjoying life irrespective of what you are doing. Joy will become a way of life for you. Then you no longer need to achieve something extraordinary to experience joy because joy is the ultimate achievement in life. For the measure of success as a spiritual being is how much joy you experience in life.

You see, it does not really take much intelligence or wisdom to remain miserable in life. However, it takes great intelligence and wisdom to remain joyful and to live a joyous life. The gravity of life takes care of misery, as it were, but you need to develop the ability to levitate in order to remain joyous. Levitation is a spiritual phenomenon for which a high degree of intelligence, wisdom, and discipline is required. Joy is levitative while misery is gravitative. This is the reason that I say that the measure of success as a spiritual being is how much joy you experience in life.

Therefore, use your outstanding intelligence and wisdom to be absorbed in the now and to make the now an occasion for joy.