

## How to Live a Better Life

When someone in your spiritual circle asks you what it is you are looking for, see how you hesitate to answer. There is a pause, a moment of anxiety. Your mind quickly searches for an answer that will sound like you have a good understanding of what it is you look for. You want it to appear as if you have the search under control. Am I right?

Forget that, your search is not under control, not if it's going to be a profitable search anyhow. This search will be different if it is to be of any help to you whatsoever. So let your answer be this: I am looking for something I do not have.

Doesn't that clear things up? Can't you feel the unbelievable freedom in admitting that? The fact is that you have no idea what it is you look for. You only believe that you do, and that is the barrier that will stand in your way of getting anything new. You can stop trying to impress yourself and others with your intellectual depth and pseudo open-mindedness—it's all an illusion. The sooner you see that, the better.

See this. You have been uneasy for quite some time. Anxious, filled with fear, defensive toward the world. You have blamed your problems on everyone else. You believe selfish and insensitive people have hurt you. You think it's not fair.

Even worse is when you convince yourself that you've made personal progress by accepting the fact that world is just cruel sometimes and the injustice is part of being human. This is a problem because you then think you are being noble for seeing it that way—but only until the next person demonstrates injustice toward you. Your good attitude doesn't last, because it is not real, it is not the truth. You really don't believe it yourself.

No one has done more cruel or unjust acts toward you than you have done toward yourself. No one. Your protection of the Ego has kept you from knowing your soul. All of the worry, fear and anger are virtual crimes by you against you. The pressure to perform has smothered the natural essence of life and stolen millions of peaceful moments. These problems are not caused by anyone but you. And yet you still want to find someone else to blame for your unhappiness.

For you who truly search for something *you do not have*, take a moment to reflect on what you have done thus far to find it. I can help you with that, because although you feel that you may be unique in your methods, you are not. You have made the very same mistake as everyone before you. You've sought to *enhance* the life you currently *have*.

You have set out to assess your problems yourself. To do this you looked around the world you live in and found some benchmark, a model. You thought that if you could achieve this, or could be more like that, things would be better. You have added and

added and added to the life you have. You've added new ideas, new people, and new materials, but no real change.

Can't you see that the life you have *is* the problem. All you have done is attempted to control it and shape it, to make it look better. In every case you have clung to your most precious possessions—your thoughts and ideas. These have in turn made it impossible to escape the real problem. You have been molding with imaginary clay—no wonder it never keeps its shape.

Here is the first order of business in finding a truly happy life: give up something falsely valuable to you to make room for something truly valuable to you. And then do it again and again and again.

Only a fool would add soap to muddy water in order to make it clean again. But this is what you do, don't you? You convince yourself that you know what you're doing, that you know how you should be, and that you have the power to get there—correct? But in reality you make no authentic changes in your life. You simply reinvent the same life, with what you think are enhancements.

Dump the bucket of muddy water out and start with new water. This is the only way to get there.

How many more false attempts will it take to convince you of this truth? I predict it will be many if you cannot see the Truth in what is being presented to you. If you can't see it presently, I hope you can endure the uncertainty until you can see it. I am telling you it is worth the effort.

Find strength in knowing how weak you are. Find knowledge and intelligence by knowing how very little you really know. Find comfort in getting rid of that which you think is making you comfortable. Subtract—don't add.

If for no other reason, try this because you've never tried it before. Consider that a new way is bound to bring a new result. Stop assuming that you may not like the result—how will you know if you do not try? Don't let the Ego keep you in the dark.

Are you scared? Why? What could you possibly lose that is of any value? Please ponder that question if you have not already. Go ahead and make a list of the things you'll lose if you give up your prized "thought" possessions, and even your material ones. What have they done for you that truly matter? These things have brought you every perceived trouble you now you have—that is what they have done.

Your thoughts, opinions and false victories have brought you the dreaded burden of expectation. When have you ever gotten something and not expected to always get that same thing again and again? Its called *taking things for granted*, and it has hurt you over and over again.

These things have also brought you the burden of vanity. A façade that has been forever in need of upkeep—a tiresome and anxious task. Paying close attention to the crowd's reaction—always wondering, "Do they think I am smart, a good person, worthy of their respect?" Wasting sleepless nights thinking about who may disagree with your vain impression of yourself.

You have also developed definite ideas about what your shortcomings are and how you can fix them. You have undoubtedly placed a value on just how serious each of your flaws may be and which need the most work. In another attempt to keep control, you convince yourself that you have the knowledge, ability, and the power to solve these problems. But you never solve them; you just recycle them.

You end up right where you started, once again. Here is a new idea:

Drop your ideas. They are what cause your trouble, not outside circumstances, as you would like to believe. You cannot control the world. You cannot control circumstances. If you think you can, please proceed to try and return to your search when you are truly defeated.

Have no expectations and you will have no disappointments. Ignore praise and you will cease to be needy. Stop working so hard to be right and the pressure will vanish. Strive to see your True Self.

Be willing, that is all it takes. As you become willing, you become interested and with a sincere interest in a new way to live will come an authentic change. Just live, don't worry about yourself; don't take yourself so seriously—enjoy the flow. You will soon see that your worries, fears and Ego are of no use to the Real You at all.

This is how to live a better life.