

## Seek That Which You Do Not Seek

Conventional advice might tell you that before you begin a search, it would be best to know what it is that you look for. Logic says that you need to know what you are looking for in order to recognize it when you find it.

Why do you search for anything in the first place? It is usually because you have lost something. In that case you have a perfect idea of what it looks like and all of the possible places you had potentially lost it. The search is on; you begin your mission and it ends when the something is recovered.

Sometimes, however, you search for something that is missing—something you never had in the first place. This is always the case with finding your True Spirit. You don't know what it looks like, what it feels like or what you will gain from it, but—focus ever so carefully on this fact—you *still* know it's missing. Isn't that interesting? How then should one proceed to find it?

You have lived many years feeling empty, but you don't know why, or what it is you lack, but something just seems to be wrong, incomplete, unfulfilling. You try all sorts of things to fill the void, but to no avail. As a matter of fact, you even create more emptiness in the process. But for a few moments of gratification here and there you end up back where you were—feeling that something is missing and continuing to look for another way to fix it.

The problem is that you treat this search like any other search. You formulate, ahead of time, what it is you are looking for. Maybe you decide you need a change of scenery, a new position, a better relationship with someone, or a new one all together. You say to yourself, “When *this* happens, everything will be all right.”

But I ask- “What about *now*? Why can't everything be all right now?”

I will tell you something that I hope you will never forget. *Now* is already all right, it is only a false You who is not. And the You who is not all right will have an impossible time finding what is missing, because that particular You will look only for what it wants to find.

To successfully find what is missing, a new You will be required, one who sees and hears differently. This is the You that lives beyond the Ego. This Real You can do all sorts of things the old one cannot. And one thing it will see is that you can search for something that you have no idea about. It knows that a different kind of search will bring a different kind of result.

Thus I say, maybe it would be best to stop looking for what it is that you look for. Instead look for something you know nothing about, because that is where real progress can be made.

This can only be done by shaking yourself into awareness. By seeing Ego and how it works. Its tricks and its debilitating hold upon you and everything you do. See that because of Ego you are not free. Search first for an escape from what you are as opposed to deliverance to something you want to be. You have already tried being what you want to be, and it did not work.

At this moment, right now, let this new outlook become a springboard into the great unknown. What can it hurt? What fear of that is necessary? What do you stand to lose? Here is a list:

- Your ideas about life—how much joy have they truly brought you?
- Your opinions—how much change have they affected, or progress have they made? How much grief have they brought instead?
- Stress about not having enough, not being appreciated enough—all a result of continually seeking *more*.
- False friends—commiseration companions, competitors and emotional creditors.

Could you not gain all of those things back in an instant should you decide to retreat?

So what holds you back?

A crippling fear of change and the unknown, that is what holds you back. You have anxiety that you will lose what you think you are. Thoughts and fantasies of what could be and what could have been. Deep inside you cannot let go of the idea that you are almost there, and just one little break could change it all.

You still believe you know what is best for you. And until a fundamental change occurs in your life, you are not likely to ever see it differently. You have a simple, but arduous choice to make. You can do as you have always done, looking in familiar places for your solutions, or you can look where you have not looked before.

Even if you cannot understand what I am explaining now, I hope it remains with you. After many more typical searches, one day these words may finally take hold and you will begin an authentic search.

A search for what? You do not know. Won't that be an interesting path to take today?

Start your search over each moment, and the next moment, and the next. Say to yourself continually, "I do not know, but I will watch carefully." Expect only the unexpected. Remove prejudice and judgment as often as you can. When you really know something you will understand it in a way you had never expected, and yet you will be open to further understanding of it.

Seek from this point forward that which you do not currently seek.

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