

The Problem

It is the crux of all spiritual illness, the problem. Not *problems*, rather *the* problem.

You believe you have many problems and yet you really have just one. It may have many names, but in the end it is as simple as seeing that your only problem is that *you* think *you* have problems. You have none, because *you* are only a set of ideas in your conditioned mind. You believe that when the world doesn't treat your *idea of you* a certain way, that it is a problem.

One name for your real problem is *I*, including all of its variations. Together these collectively form your Ego. It is a fictitious rendition of who you wish to be.

Your problem is that you wish to be *something*. But what *something* can anyone *be*? Can one *be* a firefighter? No, one can fight a fire—that is it. See how silly it is to call yourself anything—it has no other purpose than to create an image in your mind and in the minds of others of who you are.

See as well how you pick and choose your images. You choose to announce to others—either directly or indirectly—the flattering labels, which you believe describe *you*, but leave out the less desirable ones, unless they can bring you some attention instead. In that case, even these labels ironically become desirable to you.

There is a belief on your behalf that your fictitious entity has a certain right to expect things for itself. This idea is as false as the entity itself. You have no right to anything outside of knowing your True Self.

You have the absurd idea that trouble should not happen to you. You feel you have the right to certain protections. You believe that others have no right to bother you. Why? What gave you such an idea? What authority has given you these rights?

Try walking through the jungle and telling the hungry tiger that he has no right to eat you for dinner. This is no different than any of your other imaginary rights. You would like to believe it is not the same, but that is your real problem, or another name for the real problem—*belief*.

A belief, as your conditioned mind uses it, is just another preconceived idea about something. An idea attached to the problematic entity called *you*, *created* by the problematic entity called *you*. It is an idea that acts merely as a placeholder until a new idea can fill the space. Have you not changed your many beliefs? Is it not time to find the Truth and finally drop your unreliable beliefs?

You want to attach the word *belief* to the virtue of *faith*, but faith is to be reserved only for walking the path of the true unknown. What faith need you have to believe in something you have already accepted in your mind? Faith only that someday

your belief will come true. In doing this you forsake the current moment. My suggestion is that unless your belief is simply *that everything at this moment is just as it was meant to be, whether known or unknown*, cling to it no more.

Another name for the problem is what you call *thinking*. It is the manifestation of utter grandiosity spawned from the fictitious entity called *you*. If you have never before been able to see the difference between your idea of thinking and true awareness, see it now. Thinking is a result of your Ego. Awareness is the clear reception of reality by the internal watcher of all things, your True Self.

Even where practical matters are concerned this difference is evident. See that when you need to recall knowledge as to how to do a simple task, you are aware of what you are doing, but your Ego then steals the moment by considering how much your task might be appreciated by others. While aware of your task, you are in Truth; while considering the effect it may have regarding others, you are in Ego. This is your true problem—you live in the latter state, unaware of it.

Another name for your real problem is *fear*. You fear the unknown so much that you will instead accept known pain and suffering. You will justify it with your thoughts about how the world works. You are so asleep that you cannot wake to the Reality that a different world exists within you. You keep thinking that the world you know will someday transform itself into the world you want. This is your real problem.

You will never leave the misery while believing it will someday turn to pleasure. The misery doesn't change to pleasure- it changes to new misery. And you are fooled everyday into believing that your idea of pleasure—excitement, comfort and accolades—is anything but more pain.

You fear that by leaving what you know, that you will disappear. And you will. You will be lost and that is the only hope you have to be truly found. You fear losing the very thing that causes your pain. When you see that, you will be free.

Let go and see what happens. You have never done that, so you cannot say it will not be the way to True Freedom. Start in small ways to drop your problem by seeing that you really have no problems at all.

See that your only problem is that you do not agree with the Truth—that is it.