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Writing For the New Consciousness

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Falling In Love With Love

By Susan Scharfman



A Primer For Enlightenment

"I could never understand why Jesus would retreat into the desert when he lived in the desert. The thought of trading in one patch of sand for another never seemed appealing to me, until I began to facilitate this work."—Panache Desai

Looking For Shanti

Unique to Saharan dwellers, the Arab boy made his way across the towering dunes in an undulating motion like a dhow navigating the waves. Barefoot when he stopped a few feet in front of me, he held his pet iguana in his arms. We stared at each other while the scorching sand roasted the bottoms my shoes. In the distance, the crumbling relic of a French Foreign Legion fort. The question was not what the boy was doing in the stillness of that back of beyond.

He knew exactly who he was and where he was going. But what was I doing there?

Seekers go to the ends of the earth for the one thing they think will make them happy. The next mountain, the next lover, the next guru, the next extreme experience or the next mystical one. Often I found myself in desolate regions where perhaps I'd discover the source of inner tranquility, the amorphous thing that looked out at me through that boy's eyes. I didn't know then that it was me looking at me. In India it is called Shanti, the peace that resides within.

The Unfathomable Source Within

"All true artists, whether they know it or not, create from a place of no-mind, from inner stillness." —Eckhart Tolle

Hollywood actress Michelle Williams was asked by *Time Magazine* how she managed to convey so much realism in her characters. Where did all that raw emotion come from? She replied, "The truth is, I don't know. I find that when I'm doing my best work, there's a kind of forgetfulness that happens, and the source of where something is coming from is unknown, even to me..."

In the Gospel According to Matthew, Lord Jesus says, "The Kingdom of Heaven is Within." But what does that mean? It's incomprehensible unless you experience it. The mind can only comment on the outer world of form. It cannot answer this question.

As Eckhart Tolle says, the moment you name the subtle eternal aliveness within you, it becomes a thought form, which diminishes it. So even if I say that my experience of Oneness with the unknown source within is indescribable bliss and love, it means nothing to the listener or the reader. The one entity all humans have in common can never be expressed in words, yet it is our very essence, the thing that connects us to each other and the universe.

Flowering of the Heart Through ONENESS

Spiritual growth is a never ending process. I began to connect in a very intimate way to the Divine presence in my life, the personal God within, through the grace of two Avatars, Sri Bhagavan and his wife, Sri Amma who live in India. Bhagavan says, "The Awakened One sees the world as himself or herself. Loves and cares for the world as one's self. To the Awakened One all things are perfect as they are."

Oneness means being one with the God that dwells within you. In these troubled times, Amma and Bhagavan's flourishing global ONENESS phenomenon is moving thousands of people all over the world into higher states of consciousness and well-being. Never one to trust or make friends easily, I now experience my heart flowering more than I could ever have imagined. It's like falling in love with love.

Gautama Buddha, Lord Jesus, the Prophet Muhammad, and every God-realized being throughout history has found his way to God by looking in the right place, within. To quote Albert Einstein, "He who experiences himself, his thoughts and feelings as something separated from the rest... is a kind of optical delusion of his consciousness."

Shaken or Stirred/Peace In Our Time

Enlightened beings have their own unique ways of teaching the same truth. Throughout his recent life as a spiritual master, the late Swami Muktananda had these words posted in his Siddha Yoga Ashrams: "God Dwells Within You as You."

Hip young contemporaries like Panache Desai, Jeff Foster, Adyashanti are a few among many who have come to know this truth in our time.

Dynamic spiritual master, and master of the art of presentation, Panache speaks candidly when he says, "There is nothing wrong with you: nothing to do, nothing to fix, nothing to change. You are perfect just as you are." And that is how he sees you. Jeff Foster and Adyashanti each share their profound insights about awakening in their own compelling and informal styles.

From the island of Jamaica, Anthony Paul Moo-Young, now known as Mooji is a fully enlightened master with a fascinating background. A combination of playfulness and authority, he radiates love, joy, compassion and humor. I always have an uplifting good time with him on YouTube.

The exemplar of stillness, Eckhart Tolle, tells us, "Always say "yes" to the present moment. What could be more futile, more insane, than to create inner resistance to what already is? ...surrender to what is. Say "yes" to life, and see how life suddenly starts working for you rather than against you."

Of Oneness, Sri Bhagavan says: "The dawn of this new civilization, which we may call the Golden Age, is the single most explosive fact of our life times. We have a destiny to create – 'A state of consciousness that is oneness with all that is.'

Whichever way you like it—shaken or stirred, "yes to what is" means goodbye suffering, hello Shanti.

It's entirely conceivable the Divine Creator **was** before the "big bang," **is** now, and always **will be**. As science continues to explore matter and energy in the universe, quantum physics may someday prove this. Consequently, when we experience ourselves as connected—to the universe, to our earth, to each other—then we are neither shaken nor stirred by anything.

OM Shanti

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