

Seeking Resolution

When we can feel ourselves, live with ourselves, be with our experience
That's when we don't suffer. That's when we have access to being whole.
When we can't. When we distance ourselves from our experience
That's when our suffering begins.

Discomfort, physical pain, emotional pain, is not suffering
If we can be with, if we can resolve,
We learn that our experience is welcome. We learn that who we are is welcome.
Then we can access the present moment. Access this creative unfolding. Access Self.

When we want to resolve but can't. That's when it's suffering.
That's when our creativity is bound. That's when we lose access to Self.

Seeking resolution is to prevent suffering. We make room for that. We honor that.
After, we need to make room for Self again. Otherwise Seeking resolution is the
suffering. Then, even if we resolve, we are still consumed. Even if we resolve, things
eventually lose their true meaning.

A life consumed by taking action, a life consumed by improving circumstance, is also
suffering. Too much goal oriented means, that underneath we are always trying to make
something go away.

Buried in Seeking Resolution, sometimes even fully driven, and we lose our 'I AM'
With it we lose our freedom, our nature, our authenticity, our innate expression.
Then we become separate. Then we disconnect. Then It's ego. Then it's mind.

Less seeking resolution pours into more Self.
Less of what we want and don't want pours into more about who and what we are.

Yes. We can master seeking resolution and then at best, we are able to conquer the
world. In the process we will however forget ourselves, in the process in fact we have.
This is the true nature of our madness.

The doorway to Self, it doesn't open when we try to resolve. Self doesn't appear in
rejection. It's when we dive in. When we embrace. Then Self can blossom. Then we can
realize Bliss. Then the doorway to Self, it opens. Not from the outside, but naturally and
from within.