



# *Willingness*

## *Opening to the Freshness of Love and Liberation*

Since birth, parents, teachers and all of society have been trying to mold and program your self-identity and your experience of reality with dedication, sincerity and even fervor. This does not have to be negated or even altered. It has brought you this far. The question is, do you want to go BEYOND? Programming cannot tell you the Truth of who you really are. It cannot lead you to the *revelation* of an immutable Love and Joy. **Without an openness to new and unfamiliar discoveries, fresh realizations cannot occur.** And Liberation is the ultimate outside-of-the-box Realization.

*What Are You Feeling and Thinking?*

If you have difficulty being aware of your feelings, or if your emotions are overwhelming, this article is for you. If the compulsion to experience your present emotions through old programming is so entrenched that you cannot feel and see

afresh, then this article is also for you. If you are unable to consider anything in an original way because you are so attached to what you already know, this article is for you. If you consistently value giving the right answer over exploring what is TRUE NOW, this article is especially for you. If there is *any* remaining conditioning interfering with the realization of your true radiant Self, may this article facilitate its dissolution.

How can the Truth of the Liberating Now be found through memory of the past?  
**How can approval of the ego, the very source of illusion, lead to seeing beyond it?**  
**How can affirming and reinforcing your current self-identity result in realizing the truth of who you really are?** Hanging on to these absurd hopes is the epitome of the ego's arrogance of insisting that illusion is reality.

### *Truth Is Seeing Without Denial, Distortion or Deadness*

If you are not aware of how you are feeling now, then you are not even here. You are in your mind. The Truth cannot reveal itself if you are unwilling to simply feel what is. If you cannot feel because you are afraid to do so, then there is the opportunity to feel THAT. There is ALWAYS an opportunity to feel afresh. How does one not see with open, functioning eyes? By being preoccupied with thinking. It is the same with not being able to feel – you are choosing to place your attention on something else.

The *only* thing that blocks the Truth of Love and Liberation is programming. The *only* way of dissolving those blockages is Awareness – pure attention unadulterated by the past or future. Whether you are aware of it or not, you have a programmed reaction to every single person and event in life. Liberation is the release of all of that conditioning. The Light of Awareness can do that with ease. However, because there is a tendency to hide from awareness those reactions that you deem as negative, those negative states and traits grow even more, which leads to even more unconsciousness.

**Liberation is simply the result of being willing to experience Life without distraction, repression, manipulation or the intention to control. Awareness is the only deprogrammer. All else is adding more programming.** The question is, are you willing to face Life directly and be completely open to being aware of it ALL?

### *The Truth About Fear*

Feeling fear is a natural result of opening to the Truth. An ego-based life is an inherently fear-based life. Since fear is the inherent state of the ego, why cover it up and pretend it isn't there? Denial, numbness, sophisticated coping skills, and all other attempts to control fear, just allows it to grow stronger. Its tentacles reach even deeper and further into your life. Whether you use relationships, worldly success, power, money or self-help and spiritual techniques to manage fear, they all fail to EXPOSE fear

to the Light of Awareness. **Fear of fear compounds fear.** If the truth of your experience is fear, then daring to face it is facing the truth. **Only directly facing fear will lead to what is beyond it.**

### *The Five C's of Illusion*

The *compulsion to compare, contrast, compete and construct models* are ways of avoiding direct contact with reality. Comparing yourself with others is an attempt to feel superior or to measure where you stand. However, the whole inferior/superior game is a big ball of suffering. Living in that dualistic world is innately painful. It breeds discontent and insecurity.

*Constructing models* of reality also prevents direct experience of reality. The quest to figure things out, to assess and come to conclusions about people and events all occur in the mind and are therefore not reality. **These are all attempts to feel in CONTROL. They dilute, distort and degrade the purity, startling aliveness and uniqueness of every moment. Control and contact with Reality are mutually exclusive.**

The Beautiful Truth – the Reality of Now, cannot penetrate the thick armor of over-indulgence in any of the five C's. Ironically, trying to figure out Reality actually blocks direct contact with it. Seeing the downside of all the things you cling to will open you to new ways of being. Your quest for Liberation will be fueled by seeing the effects of your current choices. In fact, that direct Seeing IS already liberating! However, if you are not even willing to see with new eyes, then nothing will change.

### *Willingness vs. Willfulness*

The willingness to see and feel in new and unfamiliar ways is essential for fresh insights to arise. This is true for any endeavor. But in spiritual awakening, this pristine Seeing is its very essence. If you are unwilling to be aware of what is happening now; if you rather speculate about the future or reference the past; if appearing smart or good is more important to you, then the Truth will forever elude you. Or, more accurately, *you* will elude the Truth until you stop running away from it and meet it directly.

**Awakening is not the result of super-human will power, being blessed with the right circumstances, practicing special techniques, having a bright and clever mind or experiences of bliss.** (Bliss is the result of awakening, not the path to it.) In fact, all of the above can actually get in the way of authentic realizations. **Awakening comes about through willingness to open to the Truth. It is not some object, experience or knowledge that can be attained or learned. Truth cannot be remembered or conjured in the mind. There are no reference points. Referencing the known automatically blocks directly experiencing what is happening NOW.**

***Truth, Love and ever-new Joy IS the now in its unadulterated purity.***

Try this experiment. Imagine that you are a tree in the middle of a forest or an open meadow. As a tree, you cannot think about what might or might not happen. You do not have the ability to compare. You are completely open to the sun and sky, the soil and earth, the birds and insects and the weather just as it is. Most importantly, you are **TOTALLY** wide open to **ALL** of the Power, Love and Intelligence of the Universe. You don't have a choice one way or another. Close your eyes and feel and be that tree.

Then, imagine that as the tree, you suddenly have the ability to remember the past and project into the future. Feel yourself comparing and contrasting this moment with past or future moments. Start trying to figure out how you got here and analyze the nature of your existence. Do you feel how much that changes the wide open stance? If you are energy sensitive you might experience how just a simple thought of the past closes down or deflects the total flow of energy. **Valuing your thoughts over the reality of what is actually PUSHES AWAY the free flow of energy. Where effort, techniques and practices have failed, willingness will triumph!**

*What Do You Value Most?*

One of the most insidious distractions is valuing approval above earnestly exploring the possibility of Freedom. The need to distort the Truth in the name of approval (or avoiding perceived judgment) makes Seeing the Truth **IMPOSSIBLE**. When you embellish what you perceive and experience in an attempt to act, sound and feel spiritual, you are building up your ego-illusion. When you ignore how you really feel and what you really believe because it doesn't fit your ego-identity, you are protecting that illusion. Choosing to value accolades, trying to appear a certain way, mimicking what you have read and heard spiritual teachers say or accumulating more knowledge, will all create a barrier between you and the Truth.

Contemplate this deeply now. Liberation is simply Seeing without the distorting lens of the fear-based ego. Even without the fixation on approval and disapproval, the willingness to see with fresh eyes and an undefended heart is quite daunting. If you are valuing and *intentionally reinforcing* the very cause of illusion, you are not only making Liberation impossible, but you are reinforcing the resistance to Freedom while acting like you want Freedom.

This will not lead to anything worthwhile. Not only will you not get the approval you are seeking, but, much more importantly, you are developing the illusory apparatus that will make seeing the Truth even more difficult in the future. If you are not earnestly seeking the Truth, then it is better to stop immediately. You can always return to it later when there is more sincerity.

For many, spirituality is the ultimate illusion because it takes the *inherently* pure and perfect Reality and turns it into an *imaginary* idealized state, being or idol that is sought after, clung to or worshipped as real. Ironically, in this way, spirituality is the ego's near air-tight seal against the Truth because it pretends and promises to reveal the Truth as a way of hiding it.

**Only you have the power to choose what you value. When you simply choose to value Truth and Love above all else, grace enters in and progress happens with Divine assistance.**

### *The Truth About Programming*

**No matter what has happened in the past, it is your own *current* intention to judge, manipulate and define yourself that is the cause of programming.** In other words, YOU are the one who is trying to program yourself to be who you are not. YOU are the one who chooses to *affirm* and *maintain* your ego-identity. Past events are long gone. You, not the events or persons of the past, are the one who has been doing the programming through all of these past years and decades, often with great conviction and zeal.

When you agree with the ego's lies that you are the way you are because of past events, you are bowing to illusion. Alternatively, when you deny the fact that you have been heavily programmed by family and society, that unawareness keeps you in illusion. These are all ways of *choosing* to remain unconscious. This underscores the importance of free will. You and ONLY YOU have the power to wake up from the prison of programming into the Truth of Liberation. **Seeing with fresh and present eyes, untainted by the past, automatically brings in an Awareness that is inherently free of programming.**

### *Self-Identity: The Seat of Illusion*

Self-identity is the final fortress of illusion and is therefore the most well defended. Its most potent weapon and armor against the Truth is self-deception. ***The real anchor for illusion, even more than fears and attachments, is self-deception.***

The good news is that if there is a willingness to look at yourself and see things that you never dreamed possible, it is the most leveraged and direct path to Liberation. But the unimaginable discoveries are not of vast expanses of Peace, hidden Joy and your true infinite Self. That comes AFTER you have brought out into the Light of Awareness all that has been denied and disowned in the interest of maintaining the egoic identity. Let me emphasize that when this aspect of your ego starts getting revealed it is shocking and cringe-worthy. There is unimaginable darkness and selfishness that the

ego has hidden from itself to maintain the illusion that it is worth keeping. **If you saw this, you would have left behind the ego-identity and all the suffering it creates long ago.**

The self-identity you are most attached to, of which you are most protective and proud, is illusion's most secret hiding place. The ego is certain that you will never suspect that what you believe to be your most positive attributes are actually disguises, often veiling aspects that are just the opposite. This is the brilliant cunning of the ego.

I will give a few examples of how a positive self-identity can hide the truth. But these are only examples, as each individual's ego-illusion is unique. Think about what you consider to be your most true and worthy attributes. If you feel you are generous, your ego may be using that self-identity to hide how grasping and needy you are. If you are certain that you are a devoted parent, partner or friend who has given much, you may be blind to how you use that relationship to meet selfish needs. If you are absolutely sure that you want intimacy, love, wealth, etc., but find them lacking, you might actually be terrified of it. The yearning could be a cover for pushing it away! If you feel that you have been victimized, the ego might be using that identity to profess its moral superiority, or as an excuse to take advantage of others. **The true reason why so few are Awake is that so few are willing to go all the way in exposing one's ego.**

Does this all sound outlandish? Does it feel threatening? If so, just let it go for now. This is the final stage of Liberation and it cannot be forced. Return to the earlier mentioned truths. As you become more willing to open to the unfamiliar you will eventually and naturally come face to face with these hidden aspects of the ego.

If you *are* ready to see and face what may be the most unexpected and challenging aspect of Freedom, then simple Awareness, without self-judgment, is the key. This is the razor's edge of seeing aspects of yourself that may be appalling and even hideous, but doing so without judgment. Once again, the ability to perceive with pristine Awareness is the essential Healer and Liberator. Judgment only comes in if you reference an ideal. TOTAL and pure attention is timeless, which is Love. And Love truly conquers all, including the darkest, most hidden energies and intentions in yourself.

### *Freedom Is Your Destiny*

When you are ready for the Liberating adventure of all lifetimes, when you are ready to leave behind familiar limitations and suffering in order to discover a totally original, fresh and vibrant life, all that is required is a willingness to allow Life in directly.

***When you choose to be aware of your experience with total abandon, without censorship, with an attitude of come-what-may, without the need to control, then you are already touching the edges of your ultimate Freedom and Happiness.***

That Awareness is already outside of illusion. Are you all-in with opening to the Truth? Choosing to be wide open to Life places you in the *Flow* of Reality. Liberation is not a destination. Love is not static. It is the absolute WILLINGNESS to let go into that Flow. In that willingness you have begun your new Life in Freedom. Now, you are Free to Love.

**It is a huge unburdening to stop trying so hard to *alter* what *already* is; to stop trying to appear as someone you are not; to stop pretending that you feel and think anything other than what you are *already* feeling and thinking.**

Liberation is not merely the ego freed of programming. Since the ego IS programming, it is the complete ending of that existence. An entirely new Reality is revealed, like a dawning of a new day in a new world, and you are that world. This will unleash the revelation and expression of your true genius. In the same way that Nature has created an astonishing diversity of myriad beings, from palm trees to the platypus, you are a unique, and just as astonishing, expression of the Universe, with unique Gifts to enjoy and share. **The planet, humanity and all of Creation is awaiting your true Arrival.**

Freed of neediness and fear, you have become Life, a Light onto the world, the infinite Self in all beings. You no longer grasp for security, reassurance, love, approval, entertainment, pleasure, healing, liberation and enlightenment. You walk this planet as a conduit, an embodiment, of Love, Wholeness and Light. You effortlessly, spontaneously and ceaselessly radiate this to this world and beyond. You no longer feel that there is anything lacking. All seeking has ceased. There is Peace beyond words, Joy without cause and a Love that cherishes all that is. You have discovered and merged with the Source.