

*“A New Millennium Needs A New
Way Of Thinking”*

Happiness 2.0: Live Without Conflict

*An Upgrade For Your Human
Operating System...*

by Rob McPhillips

<http://www.livewithoutconflict.com>

“To Be... Or Not To Be? That Is The Question”. (From Hamlet)

Shakespeare Was Wrong. To Be Happy... Or To Be Right? That Is The Real Question!

This simple question sums up the the potential for your future. Your life experience in the next decades, years, months and even down to the next instant depends on your answer to this seemingly simple and innocuous question.

**Do I want to be happy
or do I want to be
right?**

Because behind this question is a deeper dynamic. This deeper dynamic is what I want to share with you, that you may upgrade to a deeper level of living. A perspective on living that I am calling Happiness 2.0.

in the recognition that it is inevitably unfinished, merely a step up on our unending evolution. A step that in time will become outdated as our level of awareness grows.

Happiness version 1 was based on the idea that achieving something, such as a material or career goal, a relationship state or living according to certain prescribed rules. Be they thought to be God's, the Psychologist's or whoever you thought had the answers.

It was a fruitless search, akin to the search for the Holy Grail. Desperate searching for that which truly does not exist.

**It is better to do one's own duty,
however defective it may be, than
to follow the duty of another,
however well one may perform it.**

**He who does his duty as his own
nature reveals it, never sins.**

Lao Tsu

So now let us begin to explore Happiness 2.0.

I have to admit that despite this philosophy being the framework through which I have made sense of the world for a couple of years now, I struggled to pull the strands of it together to share and explain it.

I've never before shared my complete philosophy with anyone. Yet as I shared fragments of my thoughts on the art of living, it became apparent to me that I would have to surgically remove everything that had become ingrained in my Psyche and share it with anyone interested in reading it.

I have to give it completely because a thought only truly makes sense within a thought system.

Pick a rose from the rosebush and it now has nothing to feed and nourish it. The vase may be it's life support, but it's already dying.

Many people have great vision for what could be done. When they share it though and it leaves their mind where it is a natural outgrowth of the ideas that support it, it often dies like the rose. Because it was transplanted into an environment where it didn't fit into the mental eco-system.

So when I shared my thoughts they were often misunderstood and misinterpreted. So to be able to share as clearly and cleanly as possible I embarked on a mental dig to make public the whole Eco-system.

I don't claim that this philosophy is the definitive truth. As I've said, I don't think there is a complete definitive viewpoint of the world. Like all other philosophies, this is a story, a working definition. It is one that works best of all I have studied for me. It has benefited me greatly in bringing more security and peace of mind. And I offer it here that you may use however you wish, should you choose to do so.

**Believe nothing, no matter where you
read it, or who said it, no matter if I
have said it, unless it agrees with your
own reason and your own common
sense.**

Buddha

The Great Illusion: The Maze Of Life

Hopefully you have seen at least the top two preparatory videos to give you a background to this report. If you haven't you can view them at;

<http://livewithoutconflict.com/blog/human-perception-the-illusion-of-life>

Humanity: An Idea of Isolation

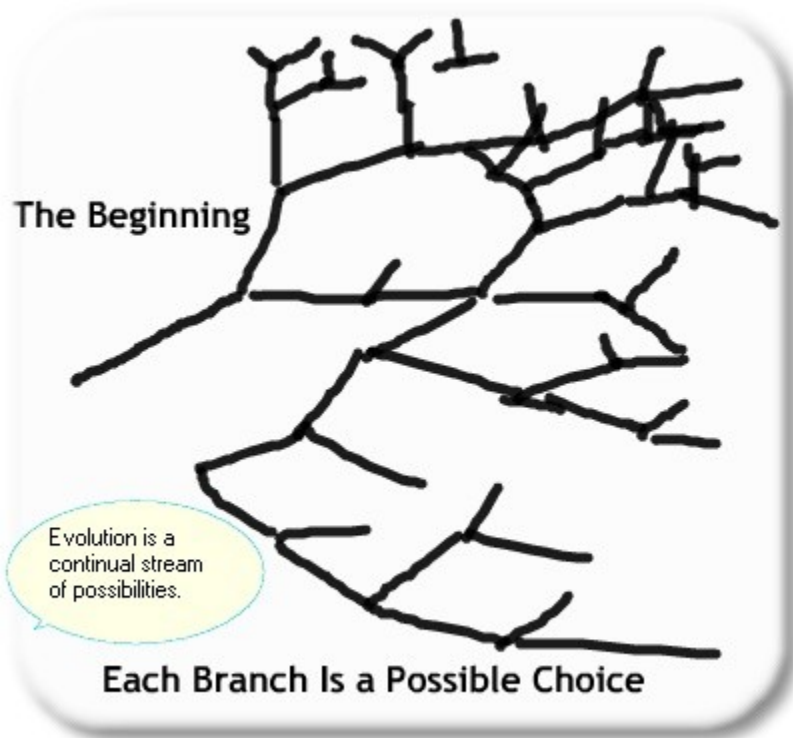
The nature of human experience is an exploration in separation and limitation. We are limited in every way. In our awareness, our abilities and in our impact on the world. It seems that we are separate from everything. From other people, objects and even the source of life.



Picture by flickr.com/photos/strangejourney

In reality there is no such separation. We are made of individual cells which make up bodily organs, of which the sum is what we call ourselves. We then live inside a ball, we call earth. The ball, we live in, is part of a larger universe. Which again is part of something bigger and so on, until the concept starts to blow a fuse in our limited brain.

All are living beings, going about their lives, yet interconnected completely. Imagine a field that grew potatoes, carrots and also a tree producing apples. All seem very separate, yet all are connected through the soil from which they grew.



Whilst we appear to be separate from other beings, we are all made from the resources of the universe, which share the four fundamental building blocks of life, hydrogen, carbon, nitrogen and oxygen. When you analyze it deeply, the root of all life is energy.

The perception of separation is so strong and so persistent because of the nature of perception. Perception is the result of

information our senses deliver to us. Let's examine this for a moment.

Psychologists estimate that about 80% of our perception comes visually, through sight. Sight is, scientifically speaking, a sensitivity to light. Light is a form of Electro-Magnetic Radiation.

Each of our eyes have 127 million receptors feeding in their sensing of this energy to 1 million optic nerves who's job is to relay this information to the brain that will attempt to translate this into something usable by us.



Picture by flickr.com/photos/lonebluelady/

Now the light spectrum, in other words all the electro-magnetic energy out there, actually ranges from less than 1 billionth of a meter, right up to over 100 meters. However our receptors can only pick up in the range of 380 - 780 billionths of a meter.

In other words we can only see a tiny fraction of what's there.

So all around us are other levels of energy, such as x-ray, infra-red, radio waves etc that are just as real, but outside of our ability to sense.

Not only don't we process the full picture, but then our brain distorts the information we do have to fit in with what we believe we will see. Optical illusions will often take advantage of our blind spot that our brain fills in to make a picture congruent with other information rather than leave a gap in our sight. Or one of the many other ways that we generalize incoming data to save effort. This is in accord with a Psychological principle called Cognitive Economy (or sometimes Efficiency). The idea is that the brain conserves its resources to do all it does, by being efficient rather than perfect.

Understanding perception now we can be aware that what we see is not necessarily what is there. That our understanding of what the world is, is actually very different from the reality.

We do not perceive purely or perfectly. Our perception is actively biased according to what is most relevant to us. There is a part of the brain called the Reticular Activating System (RAS) that works as a kind of search engine for the brain. Its job is to monitor all the incoming data and point out what it believes you should see.

Let's use the Internet as a metaphor. An educated estimate to how many web pages on the Internet is around 29.7 billion pages. Now how many of those have you visited?

Google is like your R.A.S., it sorts out the most relevant and important sites based on what it thinks you want. Here's an example...

Most of your life you may have steadfastly ignored any information about weddings. Suddenly you're getting married and all you see and hear is about Bridal fairs, honeymoons, articles in papers and magazines about weddings. They were always there. It's just that when they didn't seem relevant, you didn't even perceive them.

Equally one person may say something and you may perceive it in an entirely different way than they meant it. This is because your perception is biased towards what we expect.

Thus when we are happy our perceptual filters are set to pick up on those aspects of our world that are pleasing to us. When we are unhappy our perceptual filters are set to pick up on those aspects of the energy that we dislike.

What this means is that the world we see is shaped to a large degree, by our emotional expectations. When we expect to see good things, we see them more. When we expect bad, we see bad things more.

So you could take two identical situations, perceive them in different states of minds and come up with completely differing interpretations of what has happened. Studies of witnesses repeatedly demonstrate this. Both witness the same event, but describe it differently and will recount different color clothes etc.

The message I'm trying to get across, is that the world does not exist independently. There is only energy that people pick up on and use to create a perception that they live in. And so by changing their perceptions they can entirely change their day to day reality.

That's what happens when people flip out. Their perceptions get skewed so that they believe that they are being persecuted or told to do something by a higher power and so on. Is it really happening? Not objectively by the world you are perceiving, but it's more real to them than your reassuring words are.

Whatever anyone feels is their reality. It doesn't matter what facts you pick up in your perceptions. You make your world, they make theirs. That is why there is no objective right and wrong.

This world that we each individually create is based on relativity.

The worldly answer to everything is, it depends, because there are no absolutes. The world floats, between certain perceptual ranges.

Yes, there is a level of commonality. That building is there, this person is there. But the finer, more subtle details, such as whether the person coming towards you is friendly or frightening is determined by your perception in relation to you. Which will depend on whether you feel safe and secure or vulnerable.

So everything in our reality is created from our perception of energy. We stand in the middle of a flow of energy and create a reality from it. This leads to the question, what is that energy?

That energy is what I call the flow of life. It is the ever expanding source of all that is. It is what is at the root of all. The origin. The Creator of all.

Original Conflict

People have always tried to make sense of life. But we can only understand at the level of awareness we have evolved to.

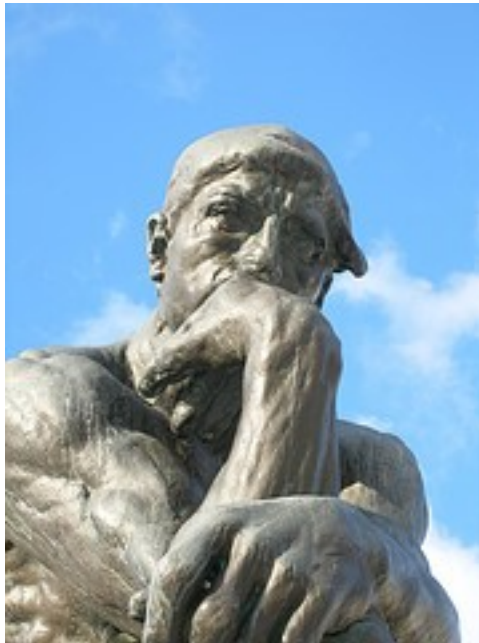
In the past, people would see objects like tables and so on being made and without the capacity to relate to anything more abstract, believed they must have been made in a likewise fashion.

So they imagined that somewhere out of sight was a Supreme Being or other Creature that had made them. And so they created a myth of a God, made as they would understand, in the image of Man.

And while they said Man was made in the image of God, actually what they were doing was making God in the image of Man. Because they were unable to conceptualize anything other than what they could see around them.

We have not been molded together as if from clumps of clay by celestial beings. We are a living, pulsing part of this energy stream of life.

And what is this energy stream, but an ever expanding and evolving flow of love bringing ideas to life. It is a universal flow of love that allows every idea to be explored and played out for the joy of experiencing it and the ever evolving expansion it brings.



Picture by flickr.com/photos/planetschwa

It expands and strengthens with every idea, because being eternal and invincible, every idea can only add to it. Even ideas that may appear to attack it.

The idea we are playing out in our human experience is the idea of conflict and separation. It was born with the thought,

**'What if I were
more special,
were given more
resources than
another idea?'**

This is an idea completely alien to the nature of the stream of life, that loves all completely, unconditionally and universally.

However it's response as always, not really a response but more a state of being, was to supply the flow which then caused the idea to be brought to life. More accurately, the point of consciousness that the idea originated from, interpreted the energy flow as a reality that it is living out.

The world was not created as an act of God. It was created much as a dream world is created. Not a physical place, but a

virtual reality, that gives the perception of reality once inside, so that ideas can be fully lived and explored.

And so we seem to be separate from everything and especially that which we are, the stream of life.

There was not Original Sin, for God does not command or demand. All ideas are equally valid and worthy of exploration. God or the stream of life, does not cast judgment. It merely is.

However in the idea of being independent and separate is built in a notion that in claiming independence we have taken sovereignty of our life from God to us. This idea carries with it the feeling of guilt and fear of reprisal. This notion is, what I call original conflict.

It's Not Just Shakespeare, Amazon's Got It Wrong Too

Mind, Body And Spirit Is A Confusion Of Identity

Sometimes people will say 'I'm very spiritual' or 'I'm on a spiritual path'. We can understand what they mean, that they are raising their level of consciousness and awareness.

However, the terminology is a confusion of levels. Everything is formed from the spiritual. It is the energy from which all physicality springs forth. So there is never a question

of being spiritual, whether or not you think you are, it's just the raw energy behind all ideas.

The Trinity Of Wholeness

Spiritual

Spirit is the flow of life. As such it needs only an outlet to flow through. So physical rituals can never be spiritual because they are two distinct, discrete levels. The spiritual is the father of the physical. All are ideas before they become form. The spiritual level is where the idea exists, the physical is where it becomes visible.

It is the energy, the source, of life. It is the flow of energy that all is formed from and so it is all. There is nothing that exists, that does not originate from this energy.

It is in trying to understand and express this flow of life that people have conceptualized God, All That Is and many other such ideas.

Physical

The physical level is Spirit made visible on a bodily level. It exists only as an interpretation of energy (Spirit). This is the level where ideas can be played out and so their full meaning and ramifications explored. It is a moment by moment adventure in living ideas, so that they can be touched, tasted etc in glorious detail.

Spirit and ideas are an abstraction. We can hypothesize about ideas all day long. But it is only in living them that we can ever experience life. The physical realm is for experiencing.

**All that we are is the result of what we
have thought.**

**If a man speaks or acts with an evil
thought, pain follows him.**

**If a man speaks or acts with a pure
thought, happiness follows him, like a
shadow that never leaves him.**

Buddha

Mind

This is the level we operate at. Operate in the sense that this is where we do our work. Make choices and decisions that determine our action and our experiences. Spirit supplies us the energy to bring our thoughts to life and then we see our thoughts come to life at the physical level. But it is from the mind that we choose and determine what we live.

Let me use a metaphor to explain this idea. Imagine you went to this website;



Happiness 2.0

**Live Without Conflict:
Updating Your Human Operating
System For A New Millennium**

What Does It Mean To Live Without Conflict ?

To live without conflict, is to live without resistance. It is to have transcended the needs and demands of the ego. It is to have overcome confusion, fear, greed, petty self-interest, jealousy and to confidently move forward living in a manner that brings one closer to all. It is the ending of fragmentation and separation.

To truly live, one for all, and all for one. Examples of people that lived without conflict:

- Jesus
- Buddha
- Lao Tzu

Web page as Physical Metaphor

Now this is the end result, the physical manifestation. You can't change what you see very easily. To do so would involve bringing in other software and so on. In other words it would be a lot of hassle for little gain.

Below is the code that makes up the page you see. The code is like the level of thought. One missing character can stop the entire page being seen properly. Just as one distortion in your Human Operating System can completely distort your perception and so your experience of living.

```

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<meta name="GENERATOR" content="Microsoft FrontPage 5.0">
<meta name="ProgId" content="FrontPage.Editor.Document">
<meta http-equiv="Content-Type" content="text/html; charset=windows-1252">
<title>Live Without Conflict: The Vision And Mission</title>
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?</font></b></p>
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conflict, is to live without resistance. It is to have transcended the
needs and demands of the ego. It is to have overcome confusion, fear,
greed, petty self-interest, jealousy and to confidently move forward
living in a manner that brings one closer to all. It is the ending of
fragmentation and separation. </font></p>
<p STYLE="margin-bottom: 0cm"><font face="Verdana">To truly live, one for all, and all for one.&nbsp;
Examples of people that lived without conflict:</font></p>
<ul>
<li>
<p STYLE="margin-bottom: 0cm"><font face="Verdana">Jesus</font></p>
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<li>
<p STYLE="margin-bottom: 0cm"><font face="Verdana">Buddha</font></p>
</li>
<li>
<p STYLE="margin-bottom: 0cm"><font face="Verdana">Lao Tzu</font></p>
</li>
</ul>

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Webpage code as metaphor for thought

As in life, the level of thought is where you have most power and impact.

Today our society can make huge gains in economic and material progress by making the best use of the resources we have available.

Cavemen and even our ancestors a few hundred years ago had the same raw physical resources as we have now. Metals, oil, gems and so on.

However because they lacked our awareness that they were there, that they could be used and the knowledge to use them,

they could not make as much from what they had available to them.

In just the same way, the more refined your thinking is, the smoother and easier your physical life will be and the more gems you'll realize you can mine from yourself.

Sometimes people will misunderstand concepts like The Law of Attraction and think that all they have to do is think things into being.

That's not true.

**An idea that is developed and put into
action is more important than an idea
that exists only as an idea.
Buddha**

And the reason that people think this way is because they are applying the concept to one simplistic level of thinking. So they say, 'Right. I'm going to think of a million dollar check coming into my mail box'.

Think, think, think.

Focus, focus, focus.

But if they think about taking action on it. They think, 'Yuck. That sounds like such a drudge'. Let me put it more graphically to hammer the point home.

**If you could spend a dream
night with the Lover of
your choice.**

**Would you only want the
thought of it or the
physical sensations as
well?**

When you can find the path you believe will bring you fortunes, the relationship you want, or whatever it is you seek, and you are thrilled with the journey, as much as the end result, then your thinking will bring you much greater results.

You are here with arms and legs so that you can physically explore the ideas you think.

The fact is though, that the level and quality of your thinking will be the deciding factor in how frustrating or exhilarating your action will be.

Here's some examples of more refined and higher quality thinking

In pre-historic times, it could take a Caveman a full day or two to find a meal with no guarantees of success.

Today, here in the U.K, the minimum wage is £5.52. A McDonalds meal is £4.19.

So anyone can work for less than an hour and feed themselves.

Once it took days and sometimes weeks to reach the other side of the country.

Today the other side of the world can be reached in 24 hours.

**There were 11,000 automobiles made
in 1903.**

**In 2006, more than 69 million motor
vehicles, were produced.**

All these increased efficiencies are due to an evolution and refinement in the quality of thinking. Action is always necessary, but how effectively and enjoyably you move through the world is set by the quality and pitch of your thoughts.

If You Aren't Aware Of It, You Can't Have It

Everything begins with an idea. First is the idea, then comes the physical expression. Even species begin as an idea. They evolve as one is stimulated to adapt to it's environment through a new idea.

We too, are an idea expressed in physical form. An idea of independence. An idea of limitation and separation.

Our body has a finite lifespan.

We have limited capacity for awareness, for endurance, for power and for skill.

We are also limited in our physical impact on the world.

Allied with these limitations we are relatively fragile. One wrong step can break bones. One fall or blow can kill. We can be damaged by accidents, by other people, by invisible invaders (germs and diseases) and degenerative ailments. Every day we encounter thousands of potentially hazardous threats.

Physical existence then is a state of permanent insecurity.

In contrast as an idea, a point of consciousness, we are freed of all limitation. There is nothing to bind us. Travel from one idea to another is instantaneous. There can be no threat

because once an idea is born, it exists forever and so it cannot ever be harmed or diminished.

Our journey in this life is to explore the idea of independence, separation and limitation. Yet any idea explored will soon intersect with other ideas. So as we journey through this life we encounter and interact with many other concepts. Each new discovery, exploration and interaction helps to raise our level of awareness.

So little Tommy is born. He looks out at these big, strange Giants who insist on poking him and pulling silly faces and he's works out that they and I are different, separate. But I can have an effect on them and change their behavior. 'Look if I drop this dummy, they'll pick it up'.



Picture by flickr.com/photos/dhammza

Because he's looking from one particular perspective, without much of the information he makes mistakes in his assessment of situations. However he'll never get to learn new stuff if he has to make a fresh decision about everything he encounters. So the decision he made yesterday, he recalls, reuses and moves on. It's a little like reading a book. You rarely read it in one go, so you go back and pick up from where you left off. You forget some of the story, but without doing so you'd never get the book read.

We make many of these decisions from our limited and fragmented perspectives and take these as 'beliefs' about life. It's a little like ticking a box on a computer program to always do this. Then as belief gets layered on top of belief we develop a Human Operating System that we use to operate with the world.

Ignorance Is Bliss

Until You Stub Your Toe On What You Didn't Know Was There

As we go through life and hit brick walls, it is because what we thought was true, wasn't. It's like drilling through a wall and hitting a metal girder. You didn't plan or know you'd hit metal and so the masonry bit hit something it wasn't designed for. Keep trying harder and you'll probably break or blunt the bit.

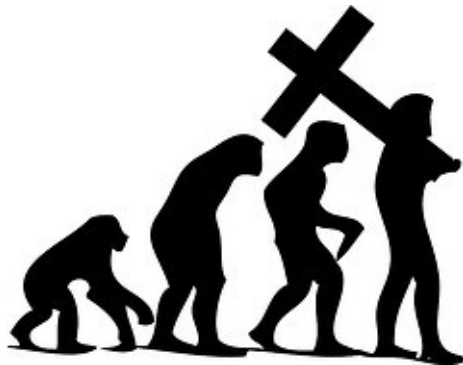
In just the same way, if you're trying to achieve happiness or success in a career, a relationship or whatever field and your belief is unaware of the true environment and its dynamics, you're going to fail. And the harder you push, the more it will hurt.

Say John and Julia are in a relationship. Julia's not happy because she's fed up with John trying to impress her and is thinking of breaking up with him. John doesn't know why and he's trying as hard as he can to make Julia love him again. But the more he does, the more he displays the qualities that turn Julia off.

By trying harder he's pushing her away because he doesn't have an accurate representation of the bigger picture. So he's operating based on what *he thinks* she wants (to be impressed), which comes through his own eyes.

The fact is, if you live in a physical environment, your perspective is going to lack awareness. And it is only through testing out ideas and beliefs that you get to know how true your perception is. So the result of failure should not be an end in itself, but a step towards an increase in self awareness.

Awareness determines your potential. You can only grow to the level you aspire to. Your vision for the ideal life you want is limited by your level of awareness. The highest level of awareness comes from unity with all and so knowledge of all. And it is from this level of awareness that Spirit or your Higher Self guides you.



Picture by flickr.com/people/latvian

A Caveman's vision may have been to find food every day.

Someone in more modern times may have a vision of winning the lottery, attractive people wanting sex with them, friends thinking they are cool, having a constant supply of takeaways, chocolate and drink and sitting around watching TV all day.



<http://www.flickr.com/people/bloomfieldpics>

Whereas at a higher level of awareness that vision could be achieving a state of unconditional love for all, having complete freedom and benefiting others from their actions.



The Ego has a low level of awareness because it has no source and so no connection higher than the level of physical

existence. So it believes it must dominate and conquer. It believes that love goes from one to another.

So to be loved is to gain and exploit, but to love is to lose and be exploited. Anything spent physically, emotionally and so on seems to be lost.

**The Ego seeks to be loved fully,
without loving fully.**

**It seeks to exploit without being
exploited.**

**It seeks to conquer without being
conquered.**

Fear Can Only Exist At The Physical Level

You Can Only Be Harmed Or Afraid While You Believe You Are A Physical Being

Situations can have an effect on you at the physical level. You can be hurt or even killed.

However people are relatively rarely physically harmed by others. Unless you get into a lot of fights or are living with someone who beats you, it's probably some time since you were last hit or physically harmed by another.

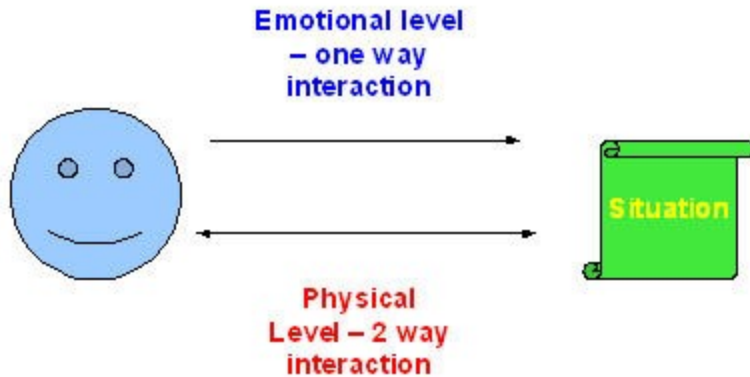
Yet I bet you have far more often been hurt emotionally. Someone said something nasty, gave you a certain look or in some way hurt your feelings.

While we have all felt this way, the truth is, that at the level of the mind, only thoughts and emotions count. So a situation can have no effect on your thoughts or emotions in itself. It is only your response to it that may cause it to affect your emotional state. An event can only stimulate your thinking, after that it has no influence beyond what you give it.

Think back to some emotional hurt. It wasn't the words that hurt you as they were said, that hurts you now. It's the fact that you replay them in your mind over and over again, that's causing the pain. Which is done by you. Voluntarily.

It's sometimes annoying to read, but it can be empowering because it means that if you take the effort to master your mind no-one can impose on your peace of mind ever again.

All stress and other forms of unhappiness are caused by a sloppiness of thinking. A lack of mental discipline and organization.



There is a concept you have to understand before you can really 'get this'. It's that;

Emotion is a Location of Consciousness.

We understand that physicality is a point in time and space. We can look at Jane and say she is over there, or even give a very specific location. We could if we were particularly precise give her geographic co-ordinates.

It's less commonly thought of, but our attention, our focus, our point of consciousness also travels through the realm of

ideas. These thoughts and ideas could also be mapped out. If we were to map out thoughts and emotions we would need co-ordinates, like the physical co-ordinates of latitude, longitude and geodesic height.

There are two scales we can use to map out emotional co-ordinates.

The pleasure/pain scale And the involvement and passivity scale

From these we could then understand that certain neighborhoods of thought create positive emotions and others create negative emotions.

Mihaly Csikszentmihalyi talks about the Flow state as being those moments where people feel totally engaged in what they are doing. You might refer to it as being *'in the zone'* or *'lost in your work'*.

Sometimes people in the beginning of an intense relationship may suddenly notice it's getting light outside and they have been talking all night, yet it only seemed like 10 minutes since they started.

Components of flow

Csikszentmihályi identifies the following as accompanying an experience of flow:

- *Clear goals* (expectations and rules are discernible and goals are attainable and align appropriately with one's skill set and abilities).
- *Concentrating and focusing*, a high degree of concentration on a limited field of attention (a person engaged in the activity will have the opportunity to focus and to delve deeply into it).
- *A loss of the feeling of self-consciousness*, the merging of action and awareness.
- *Distorted sense of time*, one's subjective experience of time is altered.
- Direct and immediate *feedback* (successes and failures in the course of the activity are apparent, so that behavior can be adjusted as needed).
- *Balance between ability level and challenge* (the activity is neither too easy nor too difficult).
- A sense of personal *control* over the situation or activity.
- The activity is *intrinsically rewarding*, so there is an effortlessness of action.
- People become absorbed in their activity, and focus of awareness is narrowed down to the activity itself, *action awareness merging* [2].

Not all are needed for flow to be experienced.

Components of Flow from [Wikipedia](#) (3/5/2008)

So what do all these positive experiences have in common?

The location of consciousness is outside the physical realms. Once you get involved in exploring ideas. Solving meaningful problems. Engrossed in meeting challenges that you know you can stretch to meet. Your consciousness travels to those neighborhoods that love life, that are exhilarated with the possibilities it presents. And you lose your sense of physicality along with your fears, doubts, stresses and strains.

Think about it. Sometimes people observe that happiness only comes when they aren't aware of it, when they seek it, it dissipates. Or they chase all their material desires only to find that like batteries, happiness was not included.



Can You
Find
Happiness
In These
Notes?

Because happiness never comes from the physical level.

It comes when we connect with ideas from another, more expansive level and work to express them through our thoughts and actions.

In contrast whenever you feel unhappy, your thoughts are always at the physical level, Stress, anxiety and depression are more acute forms because they involve obsessing about the self, which is defined as a physical being and so precarious.

'I'm not good enough.'

'This always happens to me.'

'They're all looking at me.'

'I'm going to be late and I have to get this done.'

'I don't have enough money and these bills need to be paid. What will happen to me.'

'I'm worried about Hannah. What if something happens to her.?'

Perhaps an easier way to think about this, is as if emotions were on different floors on a building and your attention took you up and down the levels.

The basement is dark and dank and a little scary. The ground floor houses the Janitors, Cleaners and Security. It smells of detergent and there are often confrontations between Security and those wanting to get in.

Low level Clerical Workers are on the first floor, where it's a little more comfortable, but still basic. Each floor up is more luxurious, until you get to the opulence of the Penthouse, where no expense has been spared and no wish gone ungranted.

As you shift attention to different neighborhoods of consciousness, you travel up and down the Emotional Elevator.

The Emotional Elevator

The Emotional Elevator

	Floor
Happiness/Joy/Love	7
Certainty/Passion/Purpose	6
Hopeful/Optimistic	5
Overwhelmed	4
Doubtful/Pessimistic	3
Anger	2
Despair/Depression	1

OK It's time to step up a notch now. The deeper you get on a topic, the more subtle and minute the distinctions. So you might need to grapple with this distinction. Although it might seem slight, it can make the world of difference in your life.

**“My Kingdom is not an earthly
kingdom.**

**If it were, my followers would fight to
keep me from being handed over to the
Jewish leaders.**

**But my Kingdom is not of this world.”
Jesus**

You understand that your emotion is a location of consciousness, right?

That your emotion depends on where your attention goes. OK, here's the next step.

Well you, are what you think. No I don't mean this in some kind of motivational pep talk way.

I mean, your identity, your sense of self is fluid and is the core from which your thoughts, which determines your emotional response, your actions and likely your future emotional state.

Ask someone who they are and they'll reply with their name. Probe deeper and they'll talk in terms of their role in a job or society. Someone more reflective in nature might talk about being of a certain personality or disposition. All of these are

bound in time and space. They relate to your identity as being located in your physical body.

I have said a couple of times now, that you are an idea and we have covered that your awareness can travel to envision ideas beyond that which exists in the physical world. And you have seen that where you place your attention determines your emotional response. But there's more to this.

As you ask anyone who they are they relate to the context. As I pick up my kids, I'm a Father. At a business convention I'm a job role. In college I'm a student.

**At the center of your being you
have the answer; you know who
you are and you know what you
want.
Lao Tsu**

Well, your identity, as a point of consciousness, which up to now has probably been subconscious, also depends on context. When you are in the zone of joy, you are loving and so identifying yourself as Spirit.

When you are in the zone of despair you are identifying yourself as a physical being and so powerless in this situation.

So you relate based on your identity. With more conventional ideas of identity, don't you fit into the expected role of you?

As a Subordinate, are you not more compliant and less dominant?

As a Parent are you not more 'in control', or like most of us, try to be?

In the same way, your emotional zone sets you into a certain role. Haven't you ever had a row with someone, moved past it mentally, but perpetuated it because you didn't know what else to do? And so it just seemed like the expected next step?

First you need to understand this. Physically you occupy a space. One moment you are sitting in the living room, the next you move into the kitchen. In every moment you occupy a physical space. You understand that, right?

Now mentally, emotionally, when you think a thought you occupy a space. These thoughts are the emotional equivalent of locations in the physical realm. You move from one to another, but you only occupy one at a time.

People sometimes say that I both love and hate this person. The truth is you can't.

What they might mean is, I love him 90% of the time and hate him 10% of the time.

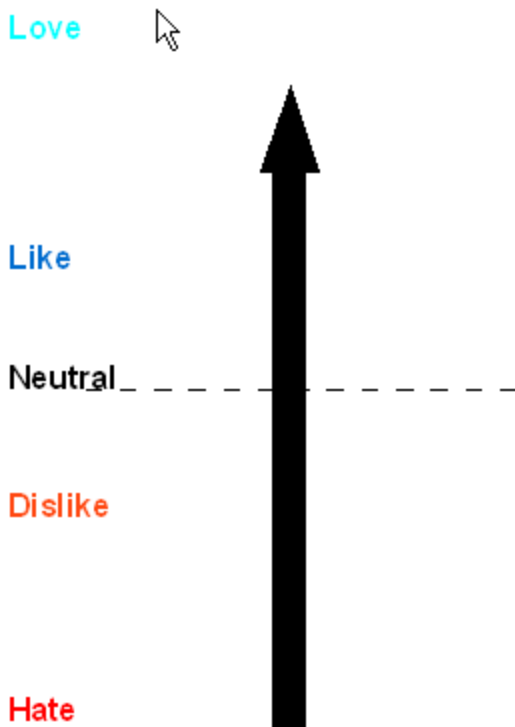
In the 90% they love him. And in the 10% they hate him. But these are separate, discrete emotions, experienced at separate

instants. Just as people believe that it is separate when they are married to someone and in love then bitter as they divorce.

They are confusing the dynamic nature of love with an overall generalization of aggregating all their feelings into one overall feeling.

OK with that said, we need to look at the two dynamic dimensions underlying this issue.

The first is the direction of your thought. Are you loving someone or hating them?



People say I love X, I'm just annoyed.

But love is a dynamic thing. In every moment you're moving on the scale of love/hate. So although I love my kids 99.99% of the time, in that split second when I shout at them I have dipped below the hate line.

By most people's reference that sounds terrible, but because people mask their, moment by moment, feelings they can justify their manipulations and criticisms of others by saying 'I love them, but'.

**But does not belong
with love... ever.**

If there is a but, in the split second you say that, you are not above the Love line.

If the intensity of emotion is low, it doesn't hurt the person, but the emotional location for you is exactly the same as if you were out to destroy a much hated enemy. It just doesn't have the level of emotional intensity. The graph below shows the emotional intensity scale of hate.

Derogatory
thought

Attempt to
Manipulate
or control

Shout at

Physically
Hurt

Urge to
Destroy



Low

High

Emotional Intensity Level

Ye have heard that it was said of them of old time, Thou shalt not kill; and whosoever shall kill shall be in danger of the judgment:

But I say unto you, That whosoever is angry with his brother without a cause shall be in danger of the judgment: and whosoever shall say to his brother, Raca, shall be in danger of the council: but whosoever shall say, Thou fool, shall be in danger of hell fire.

Therefore if thou bring thy gift to the altar, and there rememberest that thy brother hath ought against thee;

Leave there thy gift before the altar, and go thy way; first be reconciled to thy brother, and then come and offer thy gift.

From The Sermon On The Mount

Now we've thrown together a few concepts, we're going to have to tie the loose strands together if it's going to make complete sense for you. I'm going to try to do this in a few lines.

**Your identity is a point of
consciousness.**

**That point of consciousness is free to
travel, but is limited by your
awareness.**

**Where that point of consciousness
travels determines your emotional
state.**

Now we're going to explore the art and challenge of living.

Why Is Life So Difficult?

The art of living is conducted at the level of the mind. It is an art because the mind is split.

As we go through life, in every situation we have two basic choices. To go with the flow and be happy. Or to attempt to impose our beliefs and be frustrated.

These originate from the two basic perspectives or points of perception. Which are your idea of what you are, your identity.

The first is to look from the view of the Higher Self and see yourself as a spirit, an idea, in a physical context. The Higher Self can only be heard in silence. The Higher Self comes from the level of spirit. Spirit contains all answers. Not answers in the form of what should I do about this person or that job. Instead it is universal truths, love, joy and freedom.

Your life experience is bringing you to unique situations and perspectives. There are no rulebooks or any form of prescribed solutions for what has not gone before from Spirit.

Instead your purpose in living is to explore contexts to apply the universal truths of Spirit in specific ways. Your Higher Self gives you the understanding and wisdom to apply these absolutes to the world of relativity.

It is from emptiness, an absence of chatter and fear that you can hear this guidance. This Higher Self gathers information as it expands it's awareness, through the journey of life and continually refines the highest ideal that your life could be.

The heaven or nirvana that many speak of is this ideal. It is fluid, evolving as your awareness creates more possibilities. And when you get to where it once was, it has moved to an ever more joyful place.

The path to it is shone by the Higher Self. It's attainment is achieved by living with integrity to that level of consciousness.

As your level of awareness raises, it opens you to living at a higher level. Actions that you once did without a second thought you now realize are out of line with your highest intentions. This means that as your awareness grows, so do you evolve. So where once you may have thought it justified to hit

another who threatened you, now you will not even interrupt or speak harshly to them.

On paper it appears easy. You become aware of the right thing and then do it. In practice it is difficult. Indeed the art of living is the most difficult, but of course also the most potentially rewarding, discipline. Why is it so difficult?

Because sitting on the other shoulder we have The Great Tempter. That which has in myths has been called Satan and so on or in modern times we have called the Ego. The Ego is the sense of self limited to a body. It is the extension of the original thought that launched this existence. The idea of what if I declared my own independence.

We have many Archetypes that relate to this idea of separation. Such as the casting out of Lucifer, Adam and Eve banished from the Garden of Eden, the Prodigal Son and so on. All different mythological interpretations of the Ego's belief that it has usurped God's authority.

Your perception of you as a Physical Being, ending at the boundaries of your body is very real and very convincing. We look through our bodily eyes and we see everything as separate from ourselves. We do not see the etheric bonds that link all things as one. Yet we have seen that perception is the tool that enables us to make the reality that fits our identity.

**The art of living is the art of believing
and living what we do not yet see
In spite of all the evidence of what we
do see.**

And so that which is really joined to us appears disconnected. Thus if we are all so disconnected scrambling about in this world, we must all be competing for finite resources. Therefore others are a threat. And this is exactly the Ego's strategy.

His plan is that you will identify yourself with your physical body. Because from that identity the Ego derives Authorship of you. It's his story of life you are believing. It has become your Master and has created you and the world in which you live.

In every situation the Ego will prod you into choosing it as your Master. He will manipulate you with fears of bodily harm. He will lead you on foolish journey's that you will follow for the sake of pride. The ego never wants to leave you with a quiet mind. For to do so would lay you open to hear the Higher Self. And in this lies the Ego's destruction, for he has no source apart from the attention you give him. So your attention is it's life support.

He keeps this by appearing to care for your interests, wanting for you health, wealth, prestige and love. But it knows not the route to these, nor has them to deliver. The Ego is a parasite encased in your physical body. It does not have any strength outside of that which you give it.

The Ego does attack the Higher Self from fear and desperation. However the Higher Self does not attack or retaliate. To attack is based on weakness. The Higher Self is infinitely strong and cannot be harmed.

Nor with it's deeper understanding is it threatened by the Ego. It waits patiently for you to join it, which it knows is ultimately inevitable. And so the louder voice is from the Ego.

Yet the Ego, beneath it's initial charms and promises has nothing to give you. It promises wealth, pride and health. Yet it cannot deliver because it does not create them or control them. Even if you did attain all it promised, you will find something 'missing' and so sooner or later you will lose faith in it.

Therefore to maintain your interest, the Ego has to be a master of illusion. And so while it appears he is set on helping you attain these goals, actually it is aimed at keeping your allegiance.

The Ego's actual goal is to seek without finding, but keeping you sufficiently busy to maintain your allegiance. There are three goals the Ego seeks, which are subsets of it's desperate need to survive.

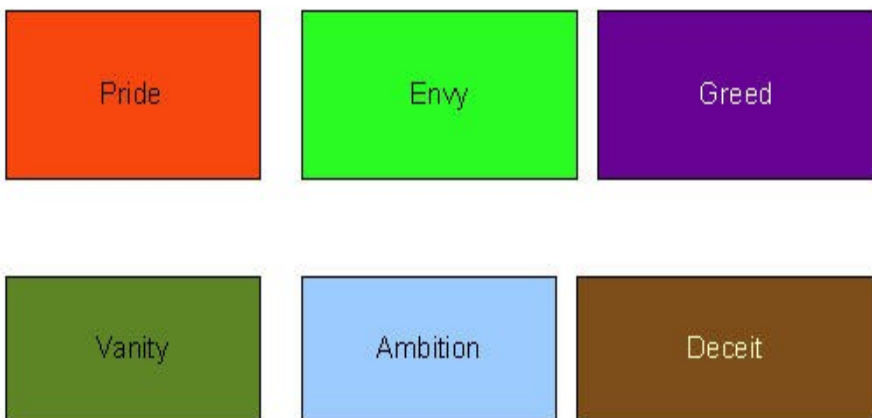
**Wealth – security of resources for
future survival**

Health – continued survival

Pride – specialness, more worthy

The Ego has a myriad of ingenious ways to ensnare you into its clutches. This is perfectly illustrated in the final scene of *The Devil's Advocate*, where Keanu Reeves, being given a second chance after seeing one trap play out, rejects Al Pacino's temptation, only to fall into another trap.

Even people on a truth seeking path can fall into this, believing themselves 'more spiritual' is a subtle way of saying, and so more worthy and special.



The Ego Traps

There have also been many Archetypes denoting the split in the level of the mind. Some people think of themselves having two sides. Others talk of having an Angel on one shoulder and a demon on the other whispering guidance in each ear.

These are reflections of the split in our minds. A split in whether we identify with the excitement and higher ideals of the Higher Self. Or the fears of the Ego.

The lower we are on the Emotional Elevator, the more strongly we have aligned with the Ego's thought system. The higher we are, the closer we are to unifying with our Higher Self.

You can become aware of which identity you are aligned with by your status on the Emotional Elevator. Anger, fear, frustration, stress, despair and doubt are strongly connected to the Ego. However the Ego can cleverly twist your thoughts to deny that you are looking from a physical perspective.

The Ego looks to every situation from the perspective of fear. How will this harm me? Or in brighter situations, how can I use this to ensure future survival?

'how will this hurt me'.

'how will I cope'.

'what will people think'.

'I could lose out'.

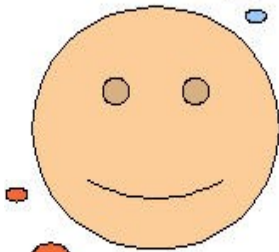
'how will this aggrandize me?',

'how can I benefit from this?'

The Two Modes Of Thinking



Living Fully



Afraid of Life



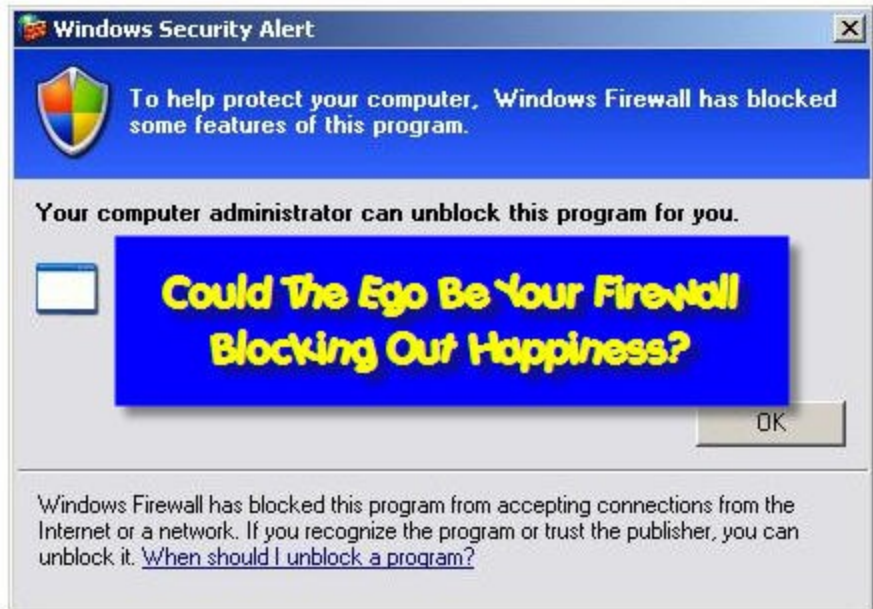
The Ego's focus is always on the physical body. Yet the physical body is the end result. Imagine you were going on a very exciting holiday. Your excitement and anticipation comes from what you will do and how you will feel during your break. You may travel there in your car or on a plane, but you would not find any source of excitement in them. That is your vehicle to get you there.

In the same way, to seek joy from your physical body is like looking in the vehicle you'll travel on holiday in. Joy is spirit. Your joy, your passion comes from the level of spirit. From the exploration of ideas and adventure.

So whilst we live with a split mind we experience the sensation of separation from that which is our true nature. Our true nature is our Higher Self. From this identity we are granted all that we wish for in every sense. To not have the things that we want, the feelings we crave and so on causes a split inside of us. We know there is something missing.

Thinking at the level of physicality is limited to fear thoughts. There is no new source, it's only about survival and damage limitation. There can be no joy from these thoughts because they are inherently limited and underpinning them all is the fear and constant insecurity of perishing.

From the perspective of fear, everything is a threat. Something that must be defended and blocked. You may have had the experience of difficulty in connecting to the Internet or using certain sites or applications because of an over aggressive firewall, anti-virus or anti-spyware software. In the same way the Ego stops you from truly connecting with others and with Life. This disconnection cuts you off from the energy of life which is the sensation of happiness.



Then you will respond negatively to a situation, your consciousness will travel downwards in the Emotional Elevator to a more negative environment. So the reality that you experience will be an unpleasant experience. It's a little like Doctor Who opening the doors of his Tardis to a war zone.

If you respond positively, you'll travel to a wavelength of positive emotions and so live a much more pleasant environment. When you feel joyful and loving, you rise up the emotional elevator and then you literally look out on the world with rose tinted glasses and pick out of all the possible things you could perceive, only those that match up with the state you are in.

**What do you benefit if you gain the
whole world but lose your own soul?**

**Is anything worth more than your
soul?
Jesus**

This is why people like Jesus and Buddha and so on said love everyone. Most people have taken those words through the Ego's perception. They figured yeah, nice people, good people...

But Suckers!

**Violence, even well intentioned, always
rebounds upon oneself.
Lao Tsu**

I'll let them go around being selfless and saintly... and stupid, but I'm getting, while the getting's good.

**You will not be punished for your
anger, you will be punished by your
anger.
Buddha**

Then maybe they feel a twinge of conscience and debate whether they should care more, but then they find rationales to justify their actions 'Sod it, I can't be bothered to put in all that effort for nothing. And what did they do for me?'

Yet there is chasm between their Higher Self and there actions. And so it lurks at the back of their mind, every now and then prodding and bothering them.

**Shall I not inform you of a better act
than fasting, alms, and prayers?
Making peace between one another:
enmity and malice tear up heavenly
rewards by the roots.
Muhammad**

The truth is though, that the reason to love others was because as you focus on something that you appreciate, it pulls you away from the Ego.

A powerful positive focus takes you above the ceaseless chatter of your ego and enables you to open to the source of life. This then floods through you and you are filled with the power, security, wisdom, freedom and joy of the universe.

While the focus of your appreciation benefits from your demeanor towards it, the effects of appreciation, you are transformed into appreciation itself. Life flows through you reinvigorating every part of you.

While it touches the focus of your attention, it floods through you far more powerfully, like water in a hose gushing through you to reach the target. This is what happiness is. Being filled with the energy of life. The releasing of physical limitation and riding on the flow of the universe.



*The most powerful flow of
water is in the hose*

Picture by <http://www.flickr.com/photos/21314760@N00/655104288>

Your emotional state determines how much of life can flow through you. When there is little, you feel low, drained of energy and powerless. Limp like a flower deprived of water.

Whereas, when life flows through you, you are filled with lightness, joy, certainty and a feeling of connectedness.

**When you do things from your soul,
you feel a river moving in you, a joy.
Rumi**

Think about it. Haven't **you** been so much more joyful when you felt in love or delighted with someone than when you were annoyed with them?

**Happiness is the unification of You the
ideal, with You the actual.**

**The integration causes a flooding of
love to flow through you creating a
sensation of Joy**

So the key to a higher level of life is in raising your level of awareness and then living that truth.

Your vision of your ideal life won't get better than you believe it can. Your vision stems from your awareness of what is possible.

Sometimes people will misunderstand and say I never believed I could have the wealth I now have, or the quality of the relationship I'm now in. But you understood they were available. You knew they were possible, you just didn't think you'd get them. And at some point you just lightened up about it.

At the highest levels of life, potential goes beyond the broad strokes, a comfortable existence, close relationships and a feeling of belonging. It becomes more about peace of mind, living your truth and oneness, but if you've never experienced those feelings, you can't understand how much more life enriching they are.

**Alexander, Caesar, Charlemagne, and myself founded empires; but what foundation did we rest the creations of our genius? Upon force. Jesus Christ founded an empire upon love; and at this hour millions of men would die for Him.
Napoleon Bonaparte**

The Ego wants to keep you from tasting those fruits because without your support and allegiance, it will perish. So it wages a terrorist campaign to sabotage your connection to Source. It does not use bombs, but beliefs and doubt as its weapons.

While you listen to the Ego, there is a split between yourself. Your true nature is as an idea, a point of consciousness, in the flow of life, your Higher Self. The actual choices you make, are your physical expression of yourself. And so you will never be fully happy or content without getting up to speed with your higher self. There will always feel like something is missing.

If you crave money, a relationship or chocolate and don't have it you will feel you are missing out.

Life is not a zero sum game. You can have both, but not from your current perspective. When you have two mutually exclusive goals, all it means is that you have to step up a level in your awareness to see the solution.

However in doing so you must be clear on your primary goal. To be happy, your primary goal has to always be to live as a true expression of what you are. To be true to yourself.

What so often happens to us is that we fail to step up to the challenge life gives us. We seek the easy route and give greater regards to objects than to our integrity. We bend our conscience to what is expedient or easy. Or we become Martyrs, which is just as much an Ego trap, and sacrifice our desire because we wouldn't put in the work to find what would allow us to be whole, honest people with the stuff we want.

Material goals are great, but you will find there is another more refined level of desire that you aspire to, or will when you realize it exists. One that enables you to look yourself in the mirror and feel good. To sleep at night peacefully and to walk without looking over your shoulder.

A higher level of living. With complete honesty, with peace of mind and love for all. And while there is a gap between your awareness of how you could be, and how you actually are, you'll be restless and unfulfilled.

You see, just as every time you get into your clanking car and you think of the gleaming Lexus you want, you feel bad. So too do you feel bad every time you shout at your child, when really you want to be in frustrating situations and still be calm.

So too do you feel bad when you seal a new deal, but know it's not going to be everything the other party hopes it will.

Every time you have a nagging feeling that you should, or shouldn't, do something and you do or, don't do it, you create a split between your vision of what you could be and what you are.

It is the accumulation of these little reminders that builds up to stress and the other major negative emotional feelings that seems so overwhelming.

As you reach higher levels of awareness, the refinements become more subtle. Treating others with love and respect, being truthful and so on, to ever more pristine levels are necessary to get up to speed with your more exquisite potential.

You see, most games hold your attention for a relatively short time. Today in our Attention Deficit world, a video game is unlikely to hold our attention for two to three months. But life is the greatest game. The game without end. Because by the time you live up to your vision, your awareness has gone up a notch or two and so you have to raise your standards of thinking and behavior to keep up to date.

Conflict that once was normal for you, becomes much more traumatic. You can't go backwards and become more primitive without paying a costly emotional price.

You see, to live joyfully means coming to know what you are. Not a physical being, but the physical embodiment of the essence of Spirit. Perfect love, truth and freedom. To live this fully means applying absolute Spiritual concepts to relative real life situations.

- **You never really wanted money, but the feeling of security.**
- **It wasn't sex you wanted, but love and unification experienced in physical form.**
- **Nor did you really want status or prestige, but appreciation.**

As people experience this lust for life, but without the awareness to know what they truly seek, and fail to satisfy their appetite, their cravings become perverted into unnatural forms. This is life seeking its outlet, but being subverted by the Ego. Just as a tree will grow deformed when blocked from natural growth.

We are just a vehicle for life to flow through. And life will head for the light, through whichever crack it appears. One who has blocked off most avenues of growth will appear very

deformed because that is the only outlet they gave for life to flow through.

Your Higher Self isn't craving a Mansion with extensive grounds, a Lear Jet and all the chocolate you can eat. But it is seeking freedom, pleasure and joy. And when we do not have a high level of awareness, this gets mistranslated into specific concrete items.

From our core that's not what we wanted, but it was the way we understood our Higher Self's desires.

Then we focus on our interpretation often at the cost of more subtle desires, such as being caring, kind and honest. And so we separate ourselves from who we really are and experience loneliness and unhappiness.

The path back to wholeness is through integrity. When you take the easy route and bend your conscience to short term opportunistic actions, you lose out. Even if you get what you thought was the prize, you lose peace of mind and ultimately you'll find that the real prize comes from peace of mind.

With a clear head and an agile mind, you can always find opportunities to make money. But with a head filled with fear and guilt cannot be quieted by any amount of money and material objects.

Money is a great source of freedom. However most people crave money to salve the doubts and fears in their head. Money can't ease these. And so when money is no longer the fear, the doubts just find an outlet in a new subject.

Spirit knows that the body is a vehicle. It knows when you travel to a better environment, life is better.

Where Would You Rather Be?



Here

Picture by <http://www.flickr.com/people/januszbc/>



Or Here

And just as one physical place provides a more pleasant experience, so too do certain locations of consciousness. In fact your Higher Self knows that the way to a more pleasant physical experience is through a reaching a higher floor on the Emotional Elevator.

To Live Without Conflict

To live more joyfully then, is to join your Higher Self, which directs you to the path, which gives you everything. The Higher Self is reunification with your Source or God or whatever terms you prefer.

**They said to Him: "Shall we then, being children, enter the Kingdom?"
Jesus said to them: "When you make the two one, and when you make the inner as the outer and the outer as the inner and the above as the below, and when you make the male and the female into a single one, then you shall enter the kingdom."**

Jesus

Unification of ourselves in the sense of being integrated. Unification in the sense of uniting with others. And unification in the sense of being at one with all. What stops us from doing this is conflict.

Your task is not to seek for love, but merely to seek and find all the barriers within yourself that you have built against it.

Rumi

Conflict takes many forms. In the most obvious sense they relate to the arguments and fights we have with others. On the bigger scale this would include societal and world conflict.

These are really extensions or manifestations of an internal conflict. One who lives without conflict, lives without fear, doubt, anger, stress and frustration. Without this inner turmoil, there can be no outer turmoil.

When you are clear, certain and committed to your decision, there is no conflict, only a relentless surge towards your target. No barrier is too large, or too difficult, for the full range of your mental agility.

The problems we face are due to a lack of clarity, trying to chase two or more goals.

One of the most common forms of this is observable in watching Dieters. They both want to be slim, not exercise and to eat fattening food. Weight Watchers and so on have created huge businesses by being like an external Ego. They attempt to reconcile the conflict by introducing a holy grail with the promise that this holds the key. In this case an artificial points system that seems to include both goals.

The conflict has not gone, just temporarily subdued, and so the problem has not gone. It's a temporary solution that makes the person feel as if they have sacrificed one to gain another. But they will in time yo yo between the two perspectives until resolving the issue. There are many such conflicts like this.

When you are certain about something, as your Higher Self is certain, there is no doubt and so, no fear. You do what integrity demands of you regardless of the seeming short term cost.

The conflict comes when you the Ego's whispers, instill fear and drown out the Higher Self's standards for absolute and unconditional love and acceptance.

It's Not Your Partner, Your Boss Or The Unreasonable Fool In Front of You You're Fighting... You're Really Fighting God

The instability, insecurity and powerlessness you feel in that uncertainty needs to be projected outside of you to avoid blowing the Ego's facade. And so this leads to blaming someone or something external to you. This then allows the Ego to divert you into a senseless battle, consuming your efforts and strengthening your allegiance to it.

I believe in person to person. Every person is Christ for me, and since there is only one Jesus, that person is the one person in the world at that moment.
Mother Theresa

As you focus your blame on an outside enemy, you push away your Higher Self. For what is your enemy, but another point of consciousness in the stream of life. Another part of Spirit, All That Is, God. Another part of the whole, that you are also part of.

For when you fight another, it is not them that you truly are fighting. It is God. And the fight is not for the girl, the land or

the nation. The fight is for sovereignty. It stems from the original conflict and is a fight to be your own Creator.

The Ego cares only for one thing.

**That it's story be the one you
believe.**

**So it seeks not happiness, but
being right. At any cost.**

Beneath the surface conflict of being right or being happy is the core conflict. That is being right and imposing your will on the world or being happy in the flow of Life or God.

**The issue is, who's writing the
story of life that you are listening
to.**

**Who's the Author, the Creator of
your life?**

The Ego or The Higher Self?

Obviously you cannot be your own Creator any more than you can give birth to yourself. Which is why the Ego is ultimately doomed and futile.

The only question is, how long do you want to suffer fear and misery under it's illusions.

The path back is to live with integrity. Your awareness will guide you of the highest choice you can make where you are. Follow this again and again and you will become aware of the path ahead.

From Root to Fruit.

The mysteries of life are fully visible in the growth of a tree. A tree seeks light and grows upwards. Each branch is a diversification. An exploration out. Too many diversifications slows down the growth of fruit.



Picture by <http://www.flickr.com/photos/puja/>

Our lives are much the same. We grow towards light. As we fall for the tricks of the Ego though, we can get lost in ever more complex twists into darkness.

Our quality of life can be summed up in the speed life flows through us;

from root to fruit.

Our vision of what we desire comes from our unique position in the stream of life. Were it not possible to achieve, we could not be aware of it. We just have to get up to speed with our Higher Self. We do this through integrity, by being a whole person.

Once you are aware of the succulent, fresh fruit hanging on the branches, just waiting for your teeth to sink into it. You cannot be happy living apart from it. So the Ego whispers doubt in your ear;

'You have to grab it quick before someone else picks it off the tree.'

And as you act from the Ego's prodding you follow the endless procrastination of traveling through the darkness, without ever getting anywhere. Just another wasted journey.

Meanwhile Life waits patiently for you to travel up the trunk in the quickest route to your fruit.

**Your work is to discover your work
and then with all your heart to give
yourself to it.
Buddha**

The speed with which you can get from root to fruit is a measure of the level of conflict in your life.

Sometimes people say, 'But how can you live without conflict? It's a part of life.'

Of course conflict is the nature of our world. And however quickly you grow in awareness, the more refined will be the challenge of living. So you can never literally be completely

clear of conflict. For without conflict, there would be no new ideas, no freshness of life.

For that is staleness that diminishes many people's lives. That they get lost from root to fruit and so they lose their excitement, their sense of adventure.

The key is not to eliminate conflict, but the speed with which you can resolve it.

Not block it out or ignore it, but resolve it. Some people live with conflict internal and external for decades. Others can resolve them quickly within hours.

The speed with which you can return to balance is the art of living. Life is not perfect, nor do we have to be. But the more open and fluid we become, the quicker we can resolve our conflicts and so enjoy the freshness of life coursing through us.

**Follow your bliss and don't be afraid,
and doors will open where you didn't
know they were going to be.
Joseph Campbell**

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