

BEING A WHOLE HUMAN

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LIVING ONENESS

12/14/2020

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I awakened this morning, with the realization that where my writing 🖋️ and life are headed, is all about living from 'Love for Love Itself', which is another way of saying living Oneness.

This type of love is to me the essence of genuine spiritual awakening, ascension, and 5d living. Oftentimes I write ahead of myself, and the living of it follows.

What the 'I' is, whether it is non-existent, a hologram, or the border between the inner Void and the outer Flow of Life, is of secondary interest to living from 'Love for Love Itself'.

This is a journey without destination, still it has roadsigns along the way. I am in some measure living Oneness when I am more responsive than reactive, when I feel the oneness of all around me, when my body is more relaxed, my breathing deeper and

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slower, my mind more at peace. From that initial stage, intuitive connectivity grows stronger, and general awareness expands.

From '[Tantra of the Beloved](#)', by Virochana Khalsa:

Love is experienced in a free abundance flowing within the heart.

Love is the natural, unrestricted, free flow of energy.

Love is the root emotion which literally holds our universe together.

By connecting to your feelings, you have the opportunity to evolve and refine.

Make an art of surrendering every contraction into the flow of love itself.

QUESTION

If 'Love for Love Itself' is the free flow of energy, what hinders the flow in humans?

RESPONSE

1. Borders which separate 'me' from the 'other'

It seems the closed gates are all in the mind. In me, they are such things as the apparent borders in the mind which effectively separate 'me' from 'not me', 'inner' from 'outer', 'past' and 'future' from Now, 'observer' from 'observed', and anything from its counterpart. There are no borders in the One Being, the cosmos of consciousness, the Source of 'Love for Love Itself'.

2. Unfelt emotions

Another closed gate which blocks the free flow of energy is unfelt emotions. 'Love for Love Itself' and

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emotions are not the same, but both are energies in motion. Unprocessed emotions get stuck in the body and hinder the flow of Love. Emotions cannot be processed until they are felt through. As Khalsa wrote, emotional contractions can be surrendered into the flow of Love itself.

3. Over-definition

A third closed gate is the over-defining characteristic of my mind. The less I judge, label, analyze, and opinionate (such as by making any statement from a partial perspective) the less I make apparent separations, and the more I allow free energy flow. Some definition is needed for functioning in the world, so the idea 💡 is just to minimize it. The 'I' can be contented without having to know, and enjoy the mystery of the unknown.

4. Willfulness and control

A fourth closed gate is the tendency of my self-separated mind to try to control my experience of life, rather than trust the non-separated Self/Non-Self of the One Being. As there is a difference between childlike and childish, there are differences between willing, strong-willed, and willful. I can see the willfulness of my mind at times, and how this blocks the flow of Love. When the will of the apparently separated mind is surrendered to the One Being, then there is not moving, but being moved.

In addition, this Gary body has neurological anomalies (misophonia, autism spectrum, and HSP) which can damper the flow of 'Love for Love Itself' energy. Individuals like me have their own unique challenges

and opportunities for living Oneness. All hindrances, though, are in my view surmountable.

As a tool to help focus the mind on what opens the gates and frees the flow, I had these these reminders engraved into ID tags:

Side One

Nothing 'Other'
Nothing Unfelt
Nothing Too Defined
Nothing Willful

Side Two

Only One Being
Only Experience
Only 'What Is'
Only Being Moved

A WAY OF LIFE

(An Exploration)

When my life experience is about me, about fulfilling my needs, about wanting and having more, I create discord and struggle for myself.

There is always something to improve, something to attain, something to fight for. The lust for new experiences can drive a person, I know. That is how I lived most of my years. Looking back, mostly what seemed important no longer is.

Nothing is wrong with being a force for betterment, but the motives and ways make a difference in the quality of the actions, and that is what matters most to me.

When my emphasis is not on 'me, my, mine', but on Oneness, the AllThatIs, I am not here for my own purpose, but first to provide an experience of individuality for the One Being -- yet there is only apparent separation between us.

Having this attitude trains my mind to humility and service while supporting healthy self-worth and confidence.

I know the apparent border dividing me from the One Being is not real. By knowing there is no real division between the One Being and my individuality, when I surrender my will to the AllThatIs, I am not giving my power away. There is no need for such labels as Higher Self, since only the One Being truly is.

Now my mind is aware that whatever I do or don't do, provides an experience of individuality for the AllThatIs, and the purpose for being me is fulfilled.

CLOSING

Any method, means, technique or tips which helps a person realize their longing of the heart is useful towards that end. The mushin state ('no mind') begins where techniques end, and the meta-state of Oneness expands further, into the free flow of energy called 'Love for Love Itself'.

The 'dog tag' reminders help keep my mind focused on living Oneness.

The image is by an artist unknown to me. If any reader has information, please pass it on, so I may ask permission. Thank you.



QUOTES

'Thoughts are not necessarily a distraction. Thoughts are arising in this present awareness and dissolving back into it. The silence remains untouched, unstained, immaculate. Thoughts are only a problem if you are preoccupied with them, giving them all your attention, believing in the entity of 'me' around which the thoughts swirl!' - *Catherine Ingram*.

From '[Beyond Biocentrism](#)':

"Brain vs. Mind

Exploring consciousness is a far-out experience, especially when it includes an external world that Biocentrism shows is actually within the mind. In discussing this, we use the following definitions:

"The brain is a physical object occupying a specific location. It exists as a spatial-temporal construction, and other objects like tables and chairs are also constructions, which are located outside the brain....

"However, brain, tables, and chairs all exist in the 'mind'.

"The mind is what generates the spatial-temporal construction in the first place. Thus, the mind refers to pre-spatial-temporal, and the brain post-spatial-temporal.

"You experience your mind's image of your body, including your brain, just as you experience trees and galaxies. Thus those galaxies are no further away than is your brain or fingertips.

"The mind is everywhere. It is everything you see, hear, and sense -- otherwise you couldn't be conscious of it.

"The brain is where the brain is, the tree is where the tree is. But the mind has no location. It is *everywhere* you observe, smell, or hear anything.

NO MIND

A state of no-mind might be a step towards the experience of living Oneness, which my heart longs

for. Yet it is not the same as the meta-state I seek.

From [Wikipedia](#):

"Mushin in Japanese and **Wuxin** in Chinese (無心 "no mind") is a mental state. [Zen](#) and [Daoist meditators](#) attempt to reach this state, as well as artists and trained [martial artists](#). They also practice this mental state during everyday activities.

"Etymology

The term contains the character for negation, "not" or "without" (無), along with the character for [heart-mind](#) (心). The term is shortened from **mushin no shin** (無心の心), a [Zen](#) expression meaning the mind without mind and is also referred to as the state of "no-mindness". That is, a mind not fixed or occupied by thought or emotion and thus open to everything. It is translated by [D.T. Suzuki](#) as "being free from mind-attachment".

"Description


Mushin is achieved when a person's mind is free from thoughts of anger, fear, or ego during combat or everyday life. There is an absence of discursive thought and judgment, so the person is totally free to act and react towards an opponent without hesitation and without disturbance from such thoughts.

"At this point, a person relies not on what they think should be the next move, but what is their trained natural reaction (or instinct) or what is felt intuitively. It is not a state of relaxed, near-sleepfulness, however. The mind could be said to be working at a very high speed, but with no intention, plan or direction.

"Some masters believe that mushin is the state where a person finally understands the uselessness of techniques and becomes truly free to move."

From [Relate With Life](#):

5 Ways to attain 'No mind' state

1. Deep breathing. Breathe deeply involving throat, lungs and stomach.
2. Walk-in nature. Mindfully walk in nature, noticing the beauty and vastness of our earth  and universe.
3. Meditation. Meditate to get in touch with our original self.
4. Surrender and accept.
5. Creative pursuits.

"You can't use up creativity. The more you use, the more you have." - Maya Angelou

"Once we believe in ourselves, we can risk curiosity, wonder, spontaneous delight or any experience that reveals the human spirit." - E. E. Cummings

"Creativity is allowing yourself to make mistakes. Art is knowing which ones to keep." - Scott Adams

"Blessed are those that know the path out of their carnal flesh, for they shall attain intuition." - Michael Bassey Johnson

COMMENTS

Shua Mah-Leen

Water can't experience wet, so duality is essential for experiencing ascension. Thoughts o.o

Gary Smith

Yes, there's truth in that, from a human perspective.

Now let's say water is the One Being, the cosmos of consciousness. Water can't experience being wet, so we give it an experience of individuality.

How does that feel to you?

Kati Smith

In my observation, duality is experienced when the individual hasn't stepped out of survival/ fear. These lower vibrational emotions are binding the individual to a dual/polarized life experience.

When an individual is filled with the creative spark there is a natural emotion of feeling well and appreciation for the gift within life.

Love for life is the experienced energy. In this vibrational existence there is only diversity and its flow recognized. In love there is the source of creation. There is no duality experienced. In my experience love is oneness in action, and my mind is freed of the bondage of thinking. Here any needed thought comes from wisdom.

In love, complex thinking and intelligence shift to instant realization. In love/oneness life is effortless and beautiful.

I like to propose the idea that there is no way of life in realized oneness at all. What is there more -- besides infinite expanding awareness?

What is the quality of your new vistas in awareness?
Has it enhanced your internal wellbeing ?



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