The Spiritual Guide to Conscious Manifestation

"Opening Retreat Session 8"

Eckhart Tolle

ECKHART TOLLE: In the early days, when I was beginning to speak to people in groups, the groups were very small. And usually, I would make eye contact briefly with each one, each member of the group. When it grew and grew beyond 30, 40, it kept getting more difficult. And with 100 people, you just can't. But here, I connect with the totality of your consciousness that arises here, the Presence that comes through you. And that Presence is that which transcends our personal sense of self, something deeper.

So for the rest of your life, this Presence or the "Deep I" gradually emerges more fully. And the personal self becomes more-- it doesn't totally disappear, but it becomes, so to speak, transparent to the light of consciousness that shines through from the Deep I. And that's a beautiful process. And after a while, you will be able to sense, in various situations, whether you are predominantly the person with it's conditioned, mental-emotional and reactive patterns, or whether something else has arisen, and you are predominantly the Presence.

Up to a certain point, when faced with challenges, humans tend to fall back from their regular, normal level of consciousness, which may not be that high in normal times--vibrational frequency, consciousness. When they're faced with challenges, it can easily happen. It's almost normal up to a certain point. Unless you've reached the transitional point, which almost all of you have. Up to that point, a challenge will make you less conscious. So when faced with a difficult situation, a difficult person, somebody's pain-body, any kind of challenge coming in, anything threatening, either truly threatening or threatening in the imagination of your ego, something threatening to your fictitious sense of self, some criticism-- justified or not justified.

And immediately, automatically, you go into ego-defense mode. It kicks in very quickly and without even knowing it, in any challenging situations. And then you go-- or you withdraw, even the little things. like somebody insults you, which may have absolutely nothing to do with you, just something to do with the low vibrational frequency of that person who basically hates everybody, and you just happen to be there.

But of course, the ego takes it personally. The ego feels injured in its sense of self by any insult, even a simple thing like a driver in another car shouting something at you, calling you an idiot. And the reaction is automatic. The ego jumps into self-defense and self-repair mechanism. The ego needs to do something to repair its injured sense of self, because even the little thing like that can cause an injury to the very fragile sense of self of the ego. And so the ego immediately jumps into, as I call it, self-repair strategy or mechanism. And it does that by simply then reacting to counteract this injury. In the simple case of somebody calling you an idiot, immediately, you will shout something back that's even worse. Or your partner telling you that you are in the grip of your ego right now. Me, in the grip of my ego? What about you? [LAUGHTER] And often it goes with the finger. I mean, not this [INDICATES MIDDLE FINGER]. I mean this [POINTS INDEX FINGER] The finger stands for-- it's really a symbol for weapon. [POINTS AND GLARES] It's automatic. You don't even have a choice. In the absence of awareness, you don't have a choice. The ego just does it automatically. It's a reactive pattern.

And then fear can come in through anything that seems threatening to your sense of self. Or of course, it could also be threatening to your sense of-- physically threatening. But that's a different matter. Mostly it's threatening to your sense of self, and you create a future scenario in which your sense of self gets diminished through loss, whatever it may be. And so fear is another reaction of the ego that, in the absence of awareness, can suddenly arise very easily. Some people enter fearful states even just watching the news in the evening, which can put you in a state of fear about the situation of the world, that it might become coming to where you live. Or maybe we'll talk about that in a little while.

And then, when the emotion of fear is there and in the absence of awareness, the emotional fear rises into your mind. And then it you are no longer thinking, but the emotion of fear is thinking through you. The emotion of fear has taken over your thinking mind, and it does the thinking for you. It creates more and more fearful thoughts. And then in that case, your

thinking can become extremely irrational, but you don't even know it because you are not thinking. The emotion is using your mind and thinking through you. And you can become absolutely rational-- voice-- be absolutely and totally identified with whatever thoughts are arising through the fear, and not knowing that you're creating total illusion. Totally misinterpreting reality, totally misinterpreting, perhaps, another person's intention, complete misinterpretation of reality to the point of... And then, in some humans, that happens at frequent intervals when they become very unconscious. And in some, the fear can almost permanently become lodged, become connected to their mind. And then all their thinking is done by the fear, the emotional fear.

So in the face of challenges, unless you have reached a certain point of awareness of Presence, most likely it will pull you back into deeper unconsciousness and reactivity and low vibrational frequency. And no action that arises out of that state of consciousness can be wise or truly effective or helpful in any circumstance. Because whatever action you take that originates from that level of unawareness is going to make the situation worse. Whatever it is, any action you take will simply amplify the unconsciousness of that situation. And this is how huge drama arises, both in personal relationships and in collective situations between nations or groups within nations. The unconsciousness gets amplified and grows and grows and grows, and the situation deteriorates further and further. Complete lack, obviously complete lack of wisdom, because wisdom arises from the awareness of the Presence.

And then the human in the evolutionary path, a human can reach a basic level of awareness that is higher than the average. Like all of you, I assume all-- once you've reached that level, something else becomes possible. And that is, when faced with challenges, instead of regressing, as far as your vibrational frequency, your state of consciousness is concerned, instead of regressing, the challenge motivates you, forces you almost to rise in consciousness and in vibrational frequency. Then the challenge has the opposite effect. You become more conscious through facing the challenge rather than less conscious.

It could be any challenge, big or small. Let's say you're-- we talked last night about getting a very bad diagnosis from a doctor. That's a huge challenge. And so in the normal state, you would immediately fall back into intense fear and anxiety. Very normal. Oh my God, horrible despair, depression. But it is also possible that when you get that diagnosis, you

immediately go-- Presence, as if a dimmer switch had been activated and the light is being turned up.

A few years ago, I read the story of a musician in England. I don't remember his name. And he went to a doctor, and he was given the diagnosis of cancer, and he had a very strange experience. He talked about it in an interview. When he walked out of the doctor's office--and this is very rare--he immediately-- I do not believe he had any spiritual preparation in the sense of having been in contact with the spiritual teaching. He left the doctor's office, and in the interview reported, he immediately became totally present, present moment, and he watched. And his life became, you know, this is so amazing, intensely present, and everything was alive and he saw beauty in everything. And he said to the interviewer, I was amazed, never experienced anything like that. Why didn't I live like that before? I don't know what happened to him, whether he became healed or cured or whether he passed on. It almost doesn't matter anymore whether he became healed or he passed on, because something happened to him that was the fulfillment of his incarnation here. The flowering of consciousness had happened.

And when the flowering of consciousness happens, when the Deep I emerges so fully that the personal self becomes relatively unimportant, and it shines through the personal self. It almost, in such an extreme case, almost completely replaces the person, so that one could say the person basically dies before you die. It's a total ego death that can happen, so that the person dies before you die. And you already realize what Jesus calls eternal life, eternal life.

So what Jesus was promising people, pointing to people, is the possibility of eternal life. It was another way, another signpost he used, to point to that state of consciousness where the kingdom of heaven has emerged fully. The Deep I has fully emerged, and you experience the consciousness that you are directly. You are it. It experiences itself, and it is timeless, and that's the meaning of eternal life. It does not mean something goes on and on and on. It's not infinite time, it's the absence of time. Eternity is not infinite time. That would become--you could be in paradise. You would very quickly get extremely bored in paradise if that were infinite time in paradise. Oh my God, please give me hell. At least something is happening. [LAUGHTER] So if you were in paradise, if that were eternal life, that could not be paradise? No. Eternal life is the timeless dimension of consciousness, the absence of time. So that's the meaning of eternity is timeless.

And timeless is also the deathless dimension. Timeless, deathless, because it emanates from the timeless source of all life. It emanates from the one, and then that has entered this dimension through you. It's hard to talk about it. So this can happen when faced with a challenge. You rise in vibrational frequency and consciousness rather than fall to a lower level. And this is, for the rest of your incarnation here, this is your task. Also because, of course, inevitably you will be faced with further challenges.

No matter how present you are, you will be faced with further challenges, although it is true that as you are more present, your life unfolds more easily, with greater ease, and a diminishment of conflict, situation, no longer feeding the insanity or the unconsciousness of the collective. We are no longer part of that. You're no longer feeding the craziness of this world. In the words of-- I don't know who it was, Nelson Mandela or somebody said, be the change that you want to see in this world. You can, instead of complaining about the world, that the world should change, you have made the start. You embody the changed world. You embody the state of consciousness out of which the new world, a changed world, more sane world--perhaps not totally free of the opposites. The opposites will be in any world, but not these extreme opposites of horrible violence and so on happening. These are the extreme manifestations of unconsciousness.

So you, you are the change, and then the new world arrives from your state of consciousness. So your task, then, is how do you deal with the challenges for the rest of your incarnation here? Which may be a few months or it may 50 years or 10 seconds, who knows? Everybody's one heartbeat away from death. Oh my God. But the awareness of the reality of death can be, again, when confronted with even just the thought of the possibility of death coming to you soon or to be confronted with the reality of death can lead to either extreme fear, again, you fall back, or you become more conscious through witnessing the impermanence of all things. And suddenly, something in you rises up that is beyond that.

I sometimes recommend, and I also-- I love, myself, watching old movies from the early days, when they were just beginning to use cameras for movies. And you can see it on YouTube. Old city scenes, London in the year 1915 or New York, Broadway, in the year 1920.And you see all these people walking around. And they restore these videos. So then they add a little bit of sound and even some colors, which looks totally realistic. It looks as if you had time traveled into that time period. And you watch that, and then you realize all these people going about their

daily business have disappeared, evaporated. Nobody remembers even their name, the body has dissolved. The consciousness that inhabited the body must be somewhere else now. Maybe it's spending some time in the astral dimension, or it's already returned into some other incarnation. But the people, the persons with all their personal problems and the important tasks that they were doing on the day, of course the men were all wearing hats. You couldn't without a hat for some reason. And they're all busy. Where are they now? Nobody knows. Nobody even remembers the name. And even if somebody remembered the name, would that make a difference? No.

Or you look at old photos, old group photos you can buy sometimes. You can buy them in antique, second-hand stores where they buy and sell all kinds of stuff, old family group. Who are they? All totally gone. And the same city scene, present day city scene, 100 years later, everybody has evaporated like a soap bubble. And everybody in this room will pop like a soap bubble. Now if you could see a speeded up version of, let's say, the next few years speeding up, all happened while we are sitting here. The next 50 years happening within a space of 10 minutes, while we are sitting here. What you would see, obviously, is the bodies popping. One after another would go, this one, probably one of the first, and in the end, all gone. Oh my God.

But when you contemplate the impermanence by looking at a picture that shows life forms, the contemplation of impermanence can take you deeper, can help you awaken to that which is beyond impermanence in yourself. So when you contemplate it, and you don't resist it, and you allow it to-- and realize how quickly everything evaporates-- something can arise in you that is very deeply peaceful. And of course, that's the reason why, in some Buddhist traditions, Buddhist monks regularly visited the morgue where the dead bodies are kept, and they spent three hours there, meditated, surrounded by dead bodies. To Western minds, that seems very weird, but there's the deep meaning behind that.

There's a reason why they want to face the impermanence, because when you're aware of the short-lived nature of your physical form, it gives you also perspective on the things that you thought were extremely important in your personal life. You want to seek, you rise higher up, and you get a bird's-eye view, so to speak, of all the problems in your life. They suddenly seem quite small, because you realize when all these people that were walking around the streets of London, Paris, New York, that you see that are gone now. In their life, there were lots of problems ahead. Obviously many challenges too. And then the life then eventually...

That's the reason why I sometimes love visiting graveyards. It's deeply peaceful. You look at the gravestones, and there's a name inscribed and the date of birth and the year of birth or sometimes complete date of birth, date of death. And in between the two dates there is a dash. That was their life. And you look at that dash and, again, it can take you-- the contemplation of impermanence can have a deepening effect.

And our society, contemporary world, Western world, although Western-- even some of the East has become westernized. Western world tradition for a long, long time has lived in complete denial of death. Death has become a taboo. You're not supposed to talk about--oh, not talk about death. It's a taboo that must not be mentioned. And that's one of the reasons why any society that disregards death, makes it into a taboo, inevitably becomes shallow and superficial.

Because the contemplation of death will give you depth and it can take you deeper. In ancient times, death was everywhere. Death was not sterilized and hidden from you. And in some cultures, death is still more visible. Not only deaths but also old age. What old age does to you. In Western societies, death is treated almost as a taboo subject. Little bit of improvement in recent 10, 20 years, but still much of a taboo. And old age, unfortunately, is also--the majority of old-age people, old people, live in homes, senior homes, residences. You don't see them walking the streets. In traditional cultures and in some other countries in the world that are not yet as "advanced" as Western countries, you get a much more realistic view of human existence, because you see, often, old people walking in the streets or sitting there.

And in India, for example, this is not hidden. It is common for people who die to be carried in a funeral procession openly. They are being carried on the stretcher or whatever it is openly towards the place where they're going to be burned-- all out in the open. And then the body is being put in the fire and being burned, and everybody contemplates. And that gives you, this has a deepening effect, because all that is going to happen to you too, and you will know that. A friend of mine saw, was in India, and he saw the procession and the dead body. They had even put his sunglasses on, on the pass through.

In some cultures, the death is celebrated. And that's good. More recently in the West, that's a good thing. When people gather for mourning, sometimes I call it celebration of life, and that's a good thing. So they're celebrating somebody's life, but again, really looking away from death. Another thing that they do with the, I think the word is embalm the body. When, in the Western world, when the body dies—they did it to my dad when my dad passed away. And then

the funeral part, the funeral company, undertakers, I think they're called undertakers, they had done something to the body to make it look totally alive. They fill it, they fill us. They put fillers in, and then they put the best suit on. And then the body is there in the coffin, open coffin, and everybody contemplates. The person looks, actually looks quite OK. It's a complete illusion, but I can see why they want people to have a pleasant memory. But it is an illusion.

Then my mother passed away three months after my dad passed away. They lived separately in different countries and with their-- unfortunately, I could not be there when she died. Couldn't. I live in another part of the—10-hour flight away. So I only arrived after she died, and I had not given specific instructions, and the funeral company or undertakers, they had not embalmed the body. So when I finally saw, I went in, the body of my mother was there, and I went into meditate. And I could hardly, at first I said, that's not my mother. The body had already shrunk. I couldn't recognize her. I finally could recognize her hair, but the body was in the process of shrinking. Could no longer recognize. And so I went into a deep meditation. First tears came and then deep peace, very deep peace. And I know that was just, it's just the shell. That's just the discarded garment, the shell left behind, that's all. My mother was gone, the consciousness that inhabited that body had left. And so the matter and molecules that made-up the physical body didn't want to be together anymore. There was no reason to be together.

Awareness of death can be very, really deepening. In medieval times, many people had a human skull on their desk. You see it on old paintings, medieval, depicting medieval times, a skull, an actual human skull on their desk. I think it was called memento mori. The to the memory of death. It was there. It was there to remind you of your mortality. That's pretty good. [LAUGHTER]

So when you face death, and you accept it, and you contemplate it, something arises within you that is deeply peaceful, as if it were saying, I know that there is no death. Only the form dies. So everybody eventually faces the challenge of mortality, obviously. And it may come slowly, through old age creeping upon you. It came may come fairly quickly-- become ill and then quickly pass away. It may come so suddenly that you hardly know it, an accident or heart attack or something. Gone. So that is something to be aware of, not as a negative thing, but as a positive thing.

But in the meantime, before you are faced with your destiny of the physical form, you go through other challenges, both personal and collective. And sometimes they are almost purely

personal, to do with relationships and your living situation and your work situation. And then there are things happening collectively that you hear about in the news and so on. And then it may also happen that the collective challenges and your personal challenges merge. So the collective becomes part of your personal challenge. For example, if there's an economic collapse, which is the collective, they affect you personally and become part of your personal challenge. If there's social unrest in your country, if you live out in the countryside, you may be fine. It may not touch you personally. If you live in the city, you're more likely to be faced with that challenge of social unrest. If there is warfare between nations, perhaps your nation is not involved. It may not touch you personally. Or your nation becomes involved, in which case, it becomes your challenge too.

So we can--I don't usually make predictions for the future, but we can. I can sense that we are moving into a time period of increasing collective challenges that eventually will probably also impact you personally one way or another. And though it's good to be prepared-- and so these are the great opportunities for deepening, to consider that as great opportunity, an opening into the transcendent dimension, the awakening.

The ancient Romans, they had the famous proverb: per aspera ad astra, which translates as: through adversity to the stars. Through adversity to the stars. So, you achieve the highest through facing adversity. And it is true, your comfort zone, although pleasant, enjoy it while it lasts if you're in a relative comfort zone in your life. I don't believe I have met any human who has awakened out of their comfort zone. The comfort zone does not awaken you. If you're taken out of your comfort zone, the possibility of awakening is there, and the motivation to awaken is there, but not within your comfort zone. Chaos and order. Always the two polarities in this world. The entire planet on a vast scale has experienced already chaos and order alternating.

According to the findings of geology, I believe there have already been five mass extinctions on the planet over millions and millions and billions of years. Mass extinction. The last one was when the dinosaurs became extinct and many other life forms. But during a mass extinction, a large percentage of all lifeforms become eliminated. There was one mass extinction the geologists found from the-- it was the second or third. Well, almost 85 to 90 percent of life forms became extinct. And then there was a regeneration of the life on the planet. And each time, through mass extinction, was total chaos and disruption. And then, but because the essence of life is not in the forms of life, the essence of the consciousness behind all these life forms that

became extinct was not affected by that. The consciousness is in the transcendent realm. And the consciousness reemerged through other life forms each time. It took a little bit of time for the planet to regenerate. Just maybe 10, 20 million years. And then each time, the life forms that emerged became more developed and more complex. Very interesting.

So these dreadful events, chaos, and out of chaos arises a new order, eventually. So this is a vast, this is on a very large scale, but even in an individual life there can be disruptions. You can't be faced with a very bad life situation, when your life is no longer working. Sometimes it happens in several areas of your life. And once your relationship breaks down, you lose your job and you lose all your, all of what you had regarded as the foundation of your life. Disruption occurs or chaos, and that is always where the possibility of awakening really opens up, when things around you collapse or, as I mentioned, getting at the diagnosis of a serious illness, whatever it may be, all these things, whatever collapse, whatever kind. So in other words, the instability of life, you realize that you cannot really rely on the forms of life to provide you with true feeling of safety or security, because the all forms are unstable.

As the Buddha continuously pointed out, the impermanence of all things. Anicca is the term used. Anicca means impermanence in the Pali scriptures on nature. The three factors, the Buddha said, of life: anicca is the fact of impermanence of all things, the fleeting nature of all things. The other one is dukkha, which is suffering. And the suffering arises when you attach yourself to these fleeting things. Your attachment to these things creates dukkha. And then the third term he uses is anatta, which means no self, which means your sense of self, your egoic sense of self is ultimately a fiction. It is the surface self, the person with its story, which is ultimately not who or what you truly are. It's a fiction in your mind. So dukkha, anicca, anatta. Dukka is suffering. Anicca is impermanence. Anatta is not self. And when you go beyond, when you recognize the not self, that you are not the self, that it is a narrative in your mind that you call "my life," that you are something far deeper, then that is the end of dukkha, of suffering. So he shows you how suffering arises and how suffering can end.

Jesus said, Do not--I wish I had a better memory for quotes. Jesus speaks of the realm where moss eats things up, moss that eats up wool and garments and stuff. They get into gums, and the moss eats up your clothes. So he speaks of the realm of the—where moss eat up and where moss and rust consume. Rust is what eats up metal, the heaviest, very solid structure, but rust destroys, eats it up so it's: Do not place your heart on the realm where moss and rust

consume and where thieves break in and steal. The realm where moss and rust consume and where thieves break in and steal. In other words, it's the realm of impermanence, where things are not ultimately stable. So if you look to that realm for your sense of security, you will never find it.

Even life insurance, it sounds so great. You have life insurance, which, it's a misnomer, of course, it should be called death insurance. That sounds less attractive. And then you have your, you have everything, your pension plan or whatever, it's all set up. And then, yeah, but what about the economy? The whole thing may collapse. Then, it's collapsing already. I can see it. I've watched on YouTube, people saying it's about to collapse. Of course, there's no safety and security to be found there. So Jesus and Buddha would say the same thing. So seek the kingdom of heaven. Let's see. The place of safety and security is in the Deep I, not in the world of passing shadows ultimately.

So we are moving, hopefully not moving into another mass extinction of the planet. Even that is possible, may be created by human unconsciousness this time. Or there may be an awakening of a sufficient number of humans for this not to happen. But even though something else-- I'm fairly certain that we are moving into a time of relative chaos or upheavals. It may not be the biggest mass, not extinction, but a time of disruption. To use a biblical term, tribulation. Tribulation.

Jesus said-- I'm always quoting Jesus. He said, Here in this world you will find tribulation. Here in this world you will always find tribulation. But he added, but be at rest, because I have overcome the world. I have overcome the world. In the world, you'll find tribulation, but I have overcome the world. Well, he said only Jesus--but elsewhere he said, very surprisingly, All the things that I do and greater things you will also do. All the things that I do, he said, and greater things you will also do. And one more quote. Wonderful statement, so deep insight. He was always speaking, and deeply inspired teachings. People were fascinated, because Presence was flowing through him. And then he said, You are such a great teacher. He said no, of my own self I can do nothing. I of my own self can do nothing. It is a father in me that does the works. The father is the transcendent. I mean the, the Deep I, the father in me who does the works, speaks through me of my own self. I don't even exist as a separate self.

So when a period of disruption comes, the world already experienced enormous disruption in the first half of the 20th century, two world wars. The disruption we are moving

into now may be of a similar kind. It could even be worse. I don't know. And my feeling is that several things will coincide and happen at the same time. Economic downturn or collapse, social unrest within countries, warfare between countries, and very extreme weather events all coincide, contributing to the tribulation, the disruption of order. And that is your opportunity for full awakening. So we can welcome that. And out of that, a more conscious humanity will emerge. I'm sure of that, but not without you. You are the precursors or, could almost say, offer more conscious humanity. And even if you die soon, no gain in consciousness is lost. The gain in consciousness remains and consciousness will reincarnate into a more conscious life form, a more conscious human. Hopefully universal consciousness will still not give up on the human life form and not necessarily deciding to move into some other life forms. I don't know what eligible life forms there would be for-- probably dogs. They seem pretty sane already compared by the humans. Or cats. Oh, purring cats.

We talked about--I failed to mention, I forgot to mention yesterday one other manifestation practice, other than affirmations and raising the general frequency, vibrational frequency. Quite a few people have reported they love using vision boards, where they envision whatever it is they want to manifest. So you have a piece of paper, whatever it is, and you paint on it what it is that you want to manifest. And a good way of doing it, you can include a world, a more conscious world that would, in addition to your personal, whatever you as a person want to manifest here, hopefully in connectedness with a Deep I rather than the egoic manifestation. Also you can put up on your vision board also a more conscious world. That's always a good thing. But in the middle, I would always recommend to draw a circle in the middle of it all. The circle symbolizes the consciousness out of which everything emanates. It's the Deep I within you. You could even put the letter I in the deep circle or some other symbol. Or just paint something in it, yellow, like the sun, the sun of awareness in the center of it all. Then out of that, radiating out of that in rays is whatever it is you visualize to improve your life, to make it more harmonious and fulfilling on this level here. Because yes, we do not deny that on this level there are things. It's a good thing to make your life as good as possible in this incarnation. Ultimately, you need to be rooted in the transcendent dimension. Only then will you be successful in making your life relatively fruitful, harmonious, and helpful to the world. So you can manifest things that correspond to those aims. And so there's the center. And then you have rays going out. And then do whatever it is you want to achieve, a symbol or word for it. That symbol may be enough. If

you want a better place to live, you have a nice place to where you want to live or an activity that you want to engage in, maybe you can symbolize that, whatever it may be.

And then, nicely arranged, pictorial symbol, and you look at it every day for a few minutes, maybe two or three times a day. It's just there somewhere where you often go, on the wall. And then you look at it. And then you close your eyes and feel that it's already a reality. Because yeah, you have already encountered the condition of satisfaction by connecting with the inner stillness that is the Deep I. Basically, when it does appear in your life externally, it is experienced as in adding on to the primary thing that's already there.

There were a couple of questions on the submitted questions that may still be important here. It is connected with what we've been talking about just now. Margaret from New York writes-- I may not read all of it, but basically regarding--Margaret. Hello Margaret. Hello. "Regarding underserved populations, I would like to ask you to focus for a moment on the millions of seniors in isolation throughout the world who may be feeling despair, hopelessness, depression. And I want to ask you to give me your thoughts and suggestions how I, as an 80-year-old senior who has gone through a lot of isolation, how I can share my daily experiences of prayer and meditation, changing mindset, coming to present moment awareness, and making conscious choices daily to create a meaningful life."

That's very important, because Margaret is right. That is one of the dark sides of our civilization, is how seniors are shut away. And the more ancient cultures, old age was a different phenomenon. In old age, you became wise. Old age was highly respected in old-- and of course, in traditional cultures, all the generations lived together in one place, which was healthy for everybody. It was healthy for the old people. It was healthy for the children. They grew up not only with their parents but also with their grandparents and sometimes with their great-grandparents in one communal household. That was wonderful. And elders were respected in all traditional cultures. Whereas nowadays, youth culture is the big thing to aim at, and everybody wants to stay youthful. Of course they can't, because time--there's a threshold up to which time is your friend, because it enables you to do all kinds of things, to acquire things, to learn, say, to become better at something, to experience more things. Time is your friend. It enables you to do all these things. Then you reach a threshold after which what was your friend turns into your enemy, because then time begins to erode. You take away what you have and it begins to attack your body. When you look in the mirror one day, you look in the mirror and you say, and then

you happen to see a photo of you that was taken 20 years ago that happened to be lying next to the mirror. What happened? Time is attacking your body. It's making wrinkles appear, shrinkage, disappear. Now, if you can afford it, you can pay for certain repairs to be done. But even that doesn't last. Time will still erode your body.

And in the past, in traditional cultures, even now in some cultures that have preserved their tradition, nobody wants to deny old age. Old age is regarded as a wonderful deepening where wisdom can arise. And the elders, people go to their elders to ask for advice, for their wise guidance and advice. Nowadays, they are put in a home in front of the TV set and they turn the TV on, and then they sit there. No contact except with other old people.

In older times, in China, when somebody would ask, how old are you? And the person said, I'm 65. And then it was a compliment to say to this person, oh, I thought you were 75.You actually might look quite a bit older. And then the person would say, oh, thank you. Unimaginable nowadays. It would be a terrible insult.

So there's a lot of work to be done, and I would suggest we're already doing, initiating the work, in the final stages of people's lives, hospices and so on. This work that we will be doing there, but we will also, as a foundation, focus on-- young people are very important, but all people are also very important as far as the totality of human consciousness is concerned. And to show old people what is possible, that the opportunity of old age, the spiritual opportunity when death approaches, that should be the... If you have missed it, if you have missed spiritual opportunity for most of your life, then that is your opportunity when really the doors open, the portal opens for touching the spiritual dimension. As you become aware that your body is gradually losing energy and gradually beginning to dissolve, so to speak, then to begin to become aware of that which is deeper than the physical body. And that which is deeper than the physical body, it's not so much that you'd have to disassociate from the body as such, but if you go deep enough into the body, you find that dimension that is beyond the body, the animating Presence.

So we need to develop strategies and programs so that we can help people in residences. So even if we have one person in each old people's residence who is able to act as a facilitator of spiritual teaching. So perhaps I don't know what the circumstances of Margaret are, where she lives, whether she may still live at home or privately, but reaching other people of your age, similar age, and show them what is possible. I'm also open to any ideas you want to submit to us

through the internet, ideas that you have. How old people, especially in senior residences or old people who live alone in isolation, how they can be reached and be shown the incredible opportunity that old age represents for spiritual deepening, spiritual awakening, spiritual realization, incredible opportunity.

One more question here. They're all, it's all, ultimately, every question is related to every other question. Jody from Minnesota. "You talked about seeking the kingdom of heaven and ways to set the foundation for manifestation of consciousness. When you're able to stay at a high vibration and you encounter people in a low vibration with a heavy pain-body searching for more food to feed on—the pain-body searches for food to feed on in the form of other people's emotional reactivity of a negative vibrational kind. What are some ways to stay in the present moment when the other person shows upset that you will not join them in their misery and is sickened by your light?"

That's a very good way of putting it. I'm sickened by your light. [LAUGHTER] And this is an example of, when faced with a challenge, challenges come in many forms. And often, we've been talking about, here in this session, about all kinds of challenges and facing challenges and the necessity for challenges to happen. So now you might have noticed that very often, the challenges that you encounter come in the forms of other people. And for many people, most of the challenges they encounter in many life situations, it's not necessarily health, finances, where you live, the physical structure where you live, but it's people, whether people at work, people in your family, or even people that you live with. And so it's true to say that one of the greatest sources of challenges that humans face is people, because you probably noticed, people can be really obnoxious. Not you, other people. [LAUGHTER]

And this is why the French philosopher Jean Paul Sartre said, Hell is other people. In the literal French, translated, it literally says, Hell is the others. And that's how the ego perceives it. It's always the others, but never me. It's always-- the stronger the ego is, the more the ego will perceive this source of all conflicts as being outside, never me. But it is true that you find people of a low vibrational frequency. It's almost inevitable that from time to time you meet those people. You cannot really live in this world. Hopefully you are not forced to live with them continuously in one confined space, but maybe that's the case too. And for whatever reason, you can't get out of it. That's another situation where-- I may come to that in a minute. Or perhaps

you're in a prison cell, and you're becoming present, but you're surrounded by low frequency vibration.

But no matter what it is, how do you respond to a situation, to a low frequency in another human being, in the same way that you would respond to any challenge that comes towards you. It can either pull you down into reacting, so you become as unconscious as the other. Because if, especially if it's a pain-body, the pain-body is very good at triggering you. Especially if the pain is in your partner, you've lived together for a while and the pain-body has its own intelligence. Well, it uses your consciousness, and it's clever and cunning. It's a little entity or an emotional energy field. An energy field or painful emotion that lingers in you, has lived in you for years, since childhood, perhaps even come from a past lifetime. And as you know, occasionally it rises up and takes over the person's mind. And then the person becomes very disagreeable, and the person seeks drama, and the person will attack you. Hopefully just verbally. But in very unconscious people, the pain can also resort to physical violence. So let's say the pain-body arises in your partner and suddenly triggered, maybe by one little thing that you said. But the pain-body was ready to awaken and toto feed on the further experience of drama and emotional-- low vibrational emotion. And the pain-body will know exactly what kind of statement will trigger your emotional reaction. It will say something to trigger your weakest point. And if you're not aware enough, if you're not present enough, it'll pull you down into unconscious reactivity. And then your pain-body awakens. And you have a full-blown drama in the relationship and both pain-bodies love it-- screaming, throwing things. And then it could last an hour, several hours, even a day or two can linger on. And then finally the episode is over, and people become relatively a bit more conscious again, and then they make up and say, oh, OK. They don't even remember what it was all about in many cases. Until next time the pain-body will reemerge.

But how do you stay present when your partner's pain-body comes? I always recommend that if your partner is also on the spiritual path, you can have a conversation with him or her when you're both at a relatively high level of consciousness. Talk about your pain-body episodes that you have had in the past, and talk about it, and say, how can we help each other so that we can't get taken over by our pain-bodies? And then you talk to your partner, and you come to an agreement. If you see the pain-body coming up in me, give me a sign so that I can stay present while it comes up, so that I don't get taken over by the emotion of the pain-body? Can we agree on a sign that you give me, whatever it may be? [WAGGING FINGER] Maybe.

Whatever the sign may be. And it may work that if you see the pain-body come up in the other just beginning, could that be your pain-body? Now the question is, at that moment, to what extent the other person, when you give your partner a sign, to what extent or how completely the other person has already been taken possession of by their pain-body. If it's only just starting to come up, there's still a chance that the other person may stay present and say, oh, yes, I can actually feel this emotion in me wanting to come up and rise up into my mind. I can feel it. Great. It's a wonderful success. You can feel it. It's still there, but it doesn't possess you. You can still-- you allow it to be there. Well, thank you for helping me with my pain-body. It worked.

However, it's also possible that the other person, by the time you can give the sign, the other person has already, the pain has already reached he energy of it has already reached their mind, has already begun to take over their thinking. And then you give the sign. It's a few seconds too late, because the thing that will be speaking to you is no longer your partner. It's a painful body speaking through your partner. And he would immediately say, what? It's your pain, but it's not mine. It's obviously-- you're just projecting, etcetera, etcetera. Another opportunity, another possibility is, of course, that it is your pain-body, and you're projecting yours onto her. It's a complex matter, so only acute awareness will be able to--only that can help you to transcend to the pain-body. So if you can have a conversation and agree on that, it's fine. It may work sometimes, or it may not work at other times.

The important thing is obviously to recognize it in yourself, so that when the pain-body arises in yourself, you can stay present so it doesn't possess you. There, that is the important thing. So then the other person cannot trigger you. You stay present. Inner-body awareness is very helpful when you're faced with somebody else's pain-body. Inner-body awareness can help you stay present. Every cell of your body is just present. You cannot argue, by the way, with a pain-body. You can't present rational arguments about why what this person is saying is wrong. It's totally impossible to have a rational conversation while a person is possessed by the pain-body. Totally impossible. So anything where you want to discuss, you have to wait until the pain-body has subsided. Amazing.

But again, that challenge of pain-- your own pain-body and other people's pain-body-- is very helpful, because it motivates you to go deeper and to stay present, to be awakened. That also applies to, I mentioned yesterday, countries have pain-bodies too. Some countries have heavier collective pain-body than other countries. And those countries who have that, have a

heavier collective pain-body, usually means that lots of violence happened in the past in those countries, going back hundreds of years, sometimes thousands of years. And so the individual living in that country, their personal pain-body probably has a significant share of-- their personal pain-body is part of the collective of that country.

So Germany has a fairly heavy pain-body, Russia has a fairly heavy pain-body. And that's why there's interest in Russia, as I mentioned yesterday, for spiritual awakening, because the motivation to awaken is strong. They still, and more and more people have awakened there, but there's still a certain heaviness you can feel. In Moscow, I learned not to smile too often, because people think you're weird if you smile. What's wrong with you? And then I learned to look more-- adapted quickly. And so I learned to look more like a native. And somebody made me a compliment. He said, oh, you look Russian. I said, oh, thank you.

So challenges will continue to come. But in the meantime, the important thing is to realize that whatever challenges you face in the rest of your incarnation here, now that you have reached a certain level of consciousness, of awakening, vibrational frequency, it is much less likely that the challenges that you're going to face are going to make you unhappy or devastate you. It is more likely that you will be able to use the challenges in order to deepen, to raise the vibrational frequency instead of reacting against. So that's the good news. And that's a huge difference. The challenge no longer makes you unhappy. It doesn't create an unhappy me, an unhappy person with a heavy unhappiness descending upon you. I'm acting out a lower vibration of frequency now, just to give visual impact. If that is your state of consciousness that's expressed like [STOIC EXPRESSION], it is very likely that you attract far more challenges than a person who is at a higher frequency. And any challenges you do attract because of your unconsciousness, you will make it worse than it would have been if you were more conscious. Every situation in the low state of consciousness, by your reactivity, completely lacking in wisdom, you amplify the problem rather than solve the problem.

Higher vibrational frequency, a problem or challenge dissolves more quickly. You don't feed it, you don't amplify it, whether the problem arises in another human being or whether the problem is of a general nature, circumstances, whatever it may be. So that is wonderful news that, in other words, life does become much easier when you're conscious. It's not that you're not challenged, but it's much easier, because the challenge doesn't make you unhappy, and you do not amplify the challenge. Rather, your consciousness tends to fairly quickly dissolve it or at

least dissolve the impact it otherwise would have on you. So that's the good news with which we will conclude our session.

But of course, the session never ends, because the essence of the session is the rising consciousness which is in you. So you carry it with you as you go back into your normal environment and bring consciousness into your life circumstances, your life situation, your relationships, into conflict situations. And you embody the change. You embody the new world, even if the old will take a little while longer to self-destruct.

Let's have a moment of stillness. And I hope Kim is here waiting to join us, also, to say goodbye to you. And we stay connected, even though we are physically separate. We stay connected. Kim, are you here? Yes, thank you, Thank you, thank you, thank you.

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