

## **A Path to Enlightenment**

Or

The Joy of Life and Living

“What I have been told here I have been told before, there is nothing new in what has been said here”, he paused for breath, “I have been to dozens of spiritual workshops and they all say the same thing”.

“What is it that they tell you?” I asked.

“They tell me to look within myself” He replied.

He wanted a finger to point him in the right direction to understand the meaning of life, to gain that personal experience of God or whatever, and after hearing from Joy<sup>1</sup>, had, once again it seems, looked and seen a pointing finger, instead of what the finger was pointing at!

The stark reality is that there is nothing new on the road to enlightenment and understanding, however it is perceived by the individual.

Enlightenment is a personal experience, a personal realisation, which relies entirely on you to get there by yourself.

No matter how much the truth is thrust in front of you, only you can recognise it and realise it. If all you see are the stepping stones, tools, trappings and ceremonies without realising that they are only a means of getting you to the goal, you will not travel any further forward.

If you only look at the finger instead of what the finger is pointing at, the finger is as far as you will get.

Look for enlightenment WHERE YOU ARE, for it is nowhere else to be found.

You see a book which has written on its cover, “Don’t bother buying this book as it won’t help you find enlightenment” – so what do you do? Buy it of course!

The book was right, the contents won’t help you find enlightenment, but what the cover offered you was a profound truth, which you ignored and that advice was free. So if you have bought the book, keep the cover and throw away the rest of the book. You have all the information you need inside yourself.

The man continued with his complaints: " I have visited many Holy men in India and have come back buzzing, but it hasn't lasted and each time I am no further on than before".  
Good though it was at the time, what you have experienced was fleeting because you have only bathed in the reflected light of another's achievement, and not your own.

You don't have to go to India or Nepal to have a profound experience which changes your life and stays with you, nor do you have to spend your life meditating – realisation can come at any time anywhere, you already have it but have not realised this - the penny just hasn't dropped yet.

You can spend the remainder of your life having brief glimpses of what you are capable of and what you are, and bathe in the reflected light of someone else's realisation but that is all it will be; an elusive spark of what is not yours, not realised by you and you will have wasted a life-time seeking outside of you what is already yours and within you.

Once realised, you will know that spirituality is not separate from life; it is unification of heaven and earth, recognising and experiencing God in all things, the soil and trees, the clouds and the sky.

It all starts with being fully here, fully aware of now, ever present in this moment.

Being 'here' and 'present' sounds easy but, are you truly present?

Let me give you an example of what I mean.

When you walked to work or drove your car this morning, what did you notice, what were you aware of? The scenery around you; the clouds in the sky; the colour of the buildings; the sights and sounds that are ever present; the car in front of you?

Or was your mind occupied with what the day may hold for you, or that hurtful remark that someone made and you cannot forget? How you would have done things differently, or your wish that a situation hadn't happened at all?

If the latter was the case, then you were not 'present' and missed the reality of life as it was being presented to you, and the very real experience of being 'born again' in each moment.

You are in fact, living your life within your mind; past and future instead of the reality of the ever-present moment.

Your intellect and logic will not provide reality for you; but the fullness of life and the path to enlightenment starts to open up to you when you become present in this moment, without analysis or labels.

When the chattering of the mind is stilled, reality itself unfolds before you. Life takes on a new meaning; it has freshness and immediacy about it that was not apparent before. Relationships become more meaningful as one realises the one-ness of life; shared experience, shared space, shared consciousness, shared moment, shared reality.

When you spend time alone in full consciousness of the moment, you realise that you are not alone, nor are you separate from anything else.

There are a number of starting points all of which are about being totally present and aware of each moment.

However, let us take one starting point and expand our awareness from there.

Find a quiet place by yourself in your back garden, a bench in a park, by a stream, in the woods; a place where houses have been cleared and there is evidence of nature taking over the area again as grass grows between the bricks and rubble and weeds are in evidence, flowering with leaves all shades of green, shapes and sizes. Find a comfortable spot where you will be able to sit still for a few minutes without having to move.

Sit - listen - look - smell – feel - observe without analysis or labels; and as your senses lead you to sound or sights or smells, just follow without question; and then let each experience go.

As the mind tries to encroach on what you are doing; creating thoughts for you to ponder over, posing questions and doing its best to pull you back into your head and what you create in there. Realise what is happening without judgement, and return to the present.

At first you may be overwhelmed by the degree of overlapping sensory information that has been made available to you. However you have always been receiving this amount of information, but had been unaware of this because of the mind's preoccupation with other things elsewhere in space or time. This overwhelming feeling will pass as you become more used to being aware and present, letting go of each experience as another manifests and reveals itself to you.

Life was directly in front of you all of the time and you gave it scant acknowledgement.

"Amid the rocks, caressed by the whispering breeze;  
the wild pink makes merry by herself" <sup>2</sup>

Nature has no expectations of you; nor does it judge you in any way. It is what it is, going about its own business, leaving you to get on with yours and yet nature has something to tell you; to teach you if you would just stop and listen.

Select a flower or head of grass, or a leaf on a bush or tree. It is complete and perfect in itself. Observe its colours and textures, its stillness, how it moves in the breeze, observe without judging, without analysis, without labels; let it all pass; be present, be still, be aware!

In time, and with practice a new awareness will dawn on you.

Take this new awareness and practice in your daily life, because nature is not separate from life, but is life itself.

When making love, we have a perfect opportunity to be in the moment and fully present. It is one of those times when our senses are most acute; sight, sound, smell, touch and, we can also add, aware!

At this time when we share ourselves with someone in this most intimate of contact, it is more than just an experience of physical sensations. It is also a celebration of the union of heaven and earth, a moment of creation, a realisation and rebirth of spirit. When experienced with a deep love for our partner; taking time to extend our frame of awareness beyond the physical sensations, a

stillness and profoundness of the everlasting, ever-present moment fills us with gratitude for the insight we have been given, and for the gift of the love shared willingly.

We are reborn once again.

"Birth" is not one act; it is a process. The aim of life is to be fully born, though its tragedy is that most of us die before we are fully born. To live is to be born every minute. Death occurs when birth stops. Physiologically our cellular system is in a process of continual birth: psychologically, however most of us cease to be born at a certain point." <sup>3</sup>

We have a choice: We can live in our minds with the illusion of what we are and what life is about. Or we can choose to experience the reality and fullness of the present moment; the unity of heaven and earth as it is, and as it unfolds before us.

We can choose to live in our minds, and die in spirit as life passes unseen before us; or we can choose to be reborn each moment and live in the full realisation of the joy of Life and Living, and the awareness, which is itself a path to enlightenment.

Mike Webster

<sup>1</sup> Joy Foubister, Spiritual Teacher and Healer.

<sup>2</sup> Katsuki Sekida (Zen Training)

<sup>3</sup> Erich Fromm (Zen Buddhism in Psychoanalysis.)

### **Michael Webster.**

After an apprenticeship with a unique spiritual training group in the Orkney Isles, Michael left the Orkney Island of Sanday with skills that were beyond what is considered to be 'normal'. This led lead to a profound experience in 1996 which changed the course of his life.

**Waveform Energetics** was founded as a direct result of this experience, and is a sharing of the understanding he obtained. Michael lives by the shores of Loch Lomond with his wife Stella.

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