

“EXPERTS ARE SLOW LEARNERS”

Change requires the willingness to let go of lower levels of relative completion, or seeming perfection, to attain higher ones. In the evolution of consciousness nothing ever stays permanently set. It is important to consciously express a willingness to transcend whatever may seem complete or perfect to us at present. This keeps us open to receive higher levels of truth than that which may now seem adequate to us. It is essential that we except the possibility of higher interpretations of experience than we may now be able to perceive. That is why the inline skating, slack line and movement classes work. They present an experience beyond what is held as true and known by the rational mind.

In all areas of life expression there's always a higher completion...always a greater perfection than we have yet achieved. Through your participation in this process you have seen the need to relinquish merely personal interpretations of experience. Energy is not personal. Love is not personal. The states of consciousness are not personal. We are but transformers for an energy, of an attitude, or a power. You bring your personal attributes to the states of relative existence in the world of name and form. To achieve this, there must be a stillness of personality, through us-never from us-comes all love, always then, all formation in time and space. All meditational methods are designed to help us become conscious channels for the light and wisdom of the one ego. Collapse down the mind chatter and survival strategies of the intellect and we become the one ego and channel the one intelligence.

When you hear yourself say “I've already done that” or “I know that” this is a cue that you may be operating from a primitive survival mode, a bound and limited egoic and personal psychological state, “the expert mode.” The greater the intellect, the more likely one may fall into this trap. This is a state where the ego mimics data or behavior perceived as crucial to survival and packages it for use in the future. It is all about competing, impressing others, validation and approval. This behavior actually brings the opposite effect, it fosters self-isolation rather than self-respect. It is a state of desire and what we desire we energetically push away. It only serves to perpetuate suffering and pain and sustains an energetic binding that truncates spiritual growth.

One interacts with others as if operating from a script. For the recipient of this delivery it is as if you are listening to a radio broadcast of the evening news. There is an unspoken rage. It is unpleasant to watch, as it is a form of self-abuse. There is no feeling. No vulnerability. No one listening. No self-respect. There is no real accountability. No real experience of intimacy or of the concepts proffered, only judging and defending and a perpetuation of the wounding of separation from self.

Authenticity, true openness, true change, requires the willingness to look at the world

and your experiences, as if you have never experienced, seen or heard them before. You are willing to take in all feedback, both positive and negative, without ascribing any meaning to what is heard. You understand that all feedback is love, rather than rejecting that which you perceive as negative, distasteful or unknown. You are willing to hear the truth about reality. In this listening there is a stopping. In the stopping you are willing to grow and change. Stopping disruptive behavior engenders change, as your innate condition is at peace and free. You face the world defenseless, with the innocence of a child rather than an arsenal of data to shoot down any disagreements with your world view. You realize that the truth requires no defense and that the defensiveness perpetuates the separation and suffering.

People are slow learners when whatever it is that they must learn contradicts everything they "believe." What you believe is probably not true. There is an intellectual paralysis associated with unpleasant new information. Information that does not fit the current world view is rejected outright. We rarely learn the new lesson based on intellectual comprehension alone, such as a careful study of facts, a comparison of facts with theory, and then reassessment.

Instead, we are emotionally transformed by an event or experience that overwhelms our world view. Until then we suffer and are victims of repressed anger and emotional pain. Rejection of new experience continues until there is that "emotional acceptance." Then we re-think everything. Life is transformed.