

## Life

We're gasping and grasping for signs of Life. And if Life Comes by we're not home. We look in the wrong direction. We look for something spectacular. We look for the wrong signs and for signs as such, not for Life Itself. Life is not spectacular. Space must be Allowed for Seeing-Feeling and thus Becoming It, for Expanding into ever Broadening and Deepening Life. Looking for signs takes away that Space. All that is Real doesn't need any conditions, any signs. It can Be Experienced Directly, not indirectly, not via signs. The Heart is Always Direct. We don't need to think about how to go further from here on in. The Heart is the Starting-Point, the Way and the Result. Without Heart there is no Life, no way to anywhere, no result and not even a beginning. Only the Heart Shows Life. There is no explanation for the Heart. We're in Love or not, allowing or resisting Love. Love Is the Whole. Not-Love is the contraction into parts without the Noticing, without Being Conscious of this movement into or in the direction of form.

The signs of Life that we're looking for are not only 'positive'. We also love 'negative' signs. We're hungry for them. Disasters. Accidents. Murder. Rape. For god's sake, something that can still touch us somehow and bring us back to Life, even a little would be welcome. For god's sake, let us Feel something, anything, as long as it is True, Part of Life, Part of the Whole. Let us Feel Beyond our endless form-rush, our inner restlessness. In the end, it's a Cry for Feeling our Pain. We have lost that. We have lost our Pain, just as we have lost our Heart. And we're not at all happy with this, with the loss of Pain. No way. Only the mind likes the idea. Ego is chuckling. When people have 'lost' their Pain, when it's not in View any more, not directly Feelable any more, then Ego has free play and it can do with us people what it Wants. It can make us feel and think how it Wants. Pain is dangerous for Ego. It can bring people to Something Deeper, to Life Itself, where there is no place for Ego. It advises everybody to solve the problem, to solve Pain or, if not possible, to look the other way, to focus on the nice things in life.

Our Human Pain is not to be Solved though. Without Pain no Humanity, no Humanness. One can only – as Consciousness – Feel (through) it and Be Transcended Beyond it, though still Feeling it. If we 'give up' our Pain, if we don't Feel it any more, if we forget it, we have given up our Humanness.

Don't misunderstand me. I am not in favour of Pain. But – as it has turned out to be in the course of time I am, as a rare exception – not against it either. Not at all. Not a bit. I don't like it. But here there is no impulse being followed to avoid Pain, to avoid Life. I Live. I Am Life. I Am the Depth of Life. This is Only Possible by Allowing Pain. We must See the intertwinement of Life and Pain, Their Indissoluble Connection, Oneness even. It's One Package. See-Feel how Allowing Pain gives us a Deeper Breath, an Opening of the Heart, a Descending into and Homecoming in Life.

Everyone has the feeling somewhere that we miss Life. We're getting older, we're playing our part in the act, but there seems to be something missing. And this intuition is True. This is exactly what Ego manages to take away from us, to prevent us from Feeling:

Pure Life Itself, the Heart in Its Purity not wanting anything, though not resisting wants either. What have we done? Where did we go ‘wrong’? How did we lose It?

Well, to be honest, we ‘listened’ and still ‘listen’ to the Forces in the Dark whispering all our lives, every day again, that we better avoid Pain, avoid difficulties, discomfort, avoid Feeling what is Actually the case Beyond our simple form-interests. We ran and run after our interests as if they would be Life Itself. Everybody Knows they’re not and still we do it. We Are not our interests. Our supposed interests are not even ours in fact. And the interests are not even our Real interests. Running after interests takes away Feeling. It reduces Life to form. In Truth, in the World of the Heart, One Feels, One is Aware, whether one goes after interests or not.

Somehow we don’t want to withstand the half-clear voices in the Dark. They’re loud enough for us to follow their orders and soft enough to not identify with them, so that we don’t have to see or experience ourselves too much as cowards or frightened at all. Yes, it’s that Simple. We screw up our lives because we’re afraid of Pain and we don’t want to admit that (fear). We ‘forgot’ to Be Vulnerable and by that sacrifice we throw away Life Itself. And now, suppressing our despair, we are trying to get It back, we look for signs here and there and everywhere. And we want it back without Pain. Ego rules our life-long fight to get Life back. Ego is the secret avoidance of the Painful side of Life.

We’ll never manage. We’ll die Unfulfilled, no matter how we stuffed our lives with challenging or decent jobs, great or simple holidays, with exciting or boring sex, with one or many or no partners who seem great or mediocre or terrible, with children, devils or angels as they seem to be and everything in between as usual. We forget our Pain. We cannot Find Ourselves, cannot get ‘our’ Life back, Life Itself, when we overlook, ‘overfeel’ Pain. I’m not even sorry to have to say this, to disturb our dream. I’m not sorry for Ego. It screws up our Life, then should I have to be sorry to take away its toy, the job it is dedicated to?

No sorry, things are as they are. Life is as It Is. Pain is Pain. By Investigating-Feeling Pain Life is Being Revealed to us. If someone seems to hurt you no one hurts you in fact. The Pain is an Offer of Life. An Opportunity to Discover and Go (Deeper) into Life. You Understand now why so very few people Understand Life? ‘Even’ quite a few masters and surely most teachers don’t truly Understand Life. As they don’t Understand Pain. They haven’t Investigated it. They, on the contrary, claim to have a medicine against it, against the Pain of Life. How stupid and arrogant can we get? How far must it go still?

The Formless Contraction into Form is Pain. Contraction is Pain. Without this Contraction of the Universe into a form we wouldn’t be here at all, we wouldn’t exist. As form we exist as Pain.

Now it’s true, we can Realize we Are the Formless Beyond Form, Beyond Pain, but to Realize this we must have a form, we must have Pain therefore. You See, one cannot be without the other. There is no escape from Pain and there shouldn’t be. It’s even the fuel for our Human Development. If finally we See, Accept, Acknowledge, Value Pain as Integral Unavoidable Indispensable Part of Our Development, Our ever Deepening Process of Becoming Human, we can Grow incomparably much faster than we usually allow now. Or I better say: we can Grow at all. Acquiring knowledge, outside or inside ourselves, is not of

much value as long as we manage to go around Pain, which is fundamentally Involved in the Process That Life Is.

And we don't have to go far in order to get in Touch again with 'our' Pain – which is not our personal pain in the End.\* It's right there, honey. Ego is, although stubborn, just a thin layer of deception, clouding the Formless Reality and even reality as it appears to be as this world of forms.

There are people who claim to want to be shown the Truth, to want to See – but with no Pain. Pain would be some other story. What can I say.

We can say that it's human to (try to) avoid Pain. Sure, true, it's even animalistic. And still, it's Human in a Wholistic Sense – or Divine Sense, if you want – to Allow the Whole Human Spectrum of Life. And what's more, to Be Human on earth. We don't realize it so much and probably not a bit that we are not Truly Here on earth when and as long as we don't Allow the Inherently Painful all-Human Struggle to Allow Consciousness to Manifest in and as the Human Body. We're living in 'mind', in stories, in assumptions about life. And, thus, as has been said before, we miss Being Life. We party to get life back, but in fact we avoid Life by partying. Our Heart closes in the party – if only we would Notice this – whereas Allowing Consciously Pain Opens the Heart, always. There's no other 'Way' to Incarnate as Consciousness as Body on earth than through Pain, than to (more and more) Consciously Feel the Painfulness of Living as Consciousness – or as Heart, or as the Formless – in and as form. To keep Consciousness and Body separate as we do, to avoid True Incarnation, to stay 'safely' in between, to switch with our identifications from one to the other, to incarnate as unconsciousness as body, is easy. To Allow the Pain of Life is Something Different. To Allow Consciousness and Body to Be One is Something Different. To Feel every moment of our lives what is actually going on beyond how things are supposed to be, beyond any norms is Something Different. This Allowing thus Incarnates us as the Body, as Heart on earth.

Welcome to earth, I would say. But for that you must be able to stand some seeming loneliness. There are not many Here. It's not a seed and an egg that bring us Here, we can Only Feel, Consciously Feel 'Ourselves' – or: the Heart Beyond any self – into the Body, into this Painful realm of form. Perseverance is needed. Dedication. Love. Insight. Consciousness Does the Whole Work. We can just Follow It – or deny It, obstruct It from Incarnating as Body. It is also Consciousness Doing the latter. Even though it is called Unconsciousness.

It's not superfluous to remark that Coming Down and Being Present on earth is in fact the End of the Pain. As soon as karma – that is: unFelt Pain – takes on a (Conscious) form in the Body it is the End of the Pain, of the karma. Consciousness Is and Is Being Incarnated by Surrender to Pain. One can call this Process 'Inkarnation'. Paradoxically though, in this Surrender to the Pain and by that Going Beyond it Finally you're all the time in it as well, constantly feeling it in whatever form, the earth's Unconsciousness (= Pain), more than ever before. This is so for we don't exist as a self, a separate unit that can be ready with something, with going through Pain. The state of no-self is inherently Painful, as it is Meditating everyone, every self and everything. In Fact though it is the state of 'self' that is the state of

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\* That's why I usually write it with a capital.

being in Pain. A ‘self’ exists as Pain. Every Illusion is Pain. Only, the self is unConscious, so it doesn’t Know (its Pain). A ‘self’ hangs above the earth, not Heart-Touching its hardness – and by that becoming hard in fact. Consciousness Knows, Knows Pain therefore, and by this Knowing it is Beyond the Pain, instead of being a slave of it, of having to let life be ruled by it, even completely.

What to do but to Live this Paradox and Beyond it.

Oh, the Relief and Freeing when the Resistance to Pain is Finally Pierced through by the Beloved, by Consciousness, when the Heart has Melted It down and the Breath Comes in, the chest fills with air. This Selfless Breath That one cannot take by oneself... When Consciousness Acknowledges the Pain...

Have a good painful day,  
Love, Azar.