

The Form, Pain and the Heart

Woman – including Man-forms not Knowing Man – tries to solve ‘Form’, the inherent Pain in it, by forms, by gathering the supposedly right forms for this, by perfecting forms, by (re)arranging existing forms in such a way that they would extinguish or at least diminish the to life fundamental Pain. Apparently it is not easy to See – as almost no one does – but this addictive eternal attempt is inherently Impossible, doomed to fail. Forms will always stay ‘form’. They simply cannot ever bring you what you Truly Want. Not any form can. No single form of luxury, no biggest power ever, not the very greatest tantric or blissful sex, not the best partner in the world, not the most satisfying job, not the most terrific nature, not the most intelligent or distractive books.

Sooner or later you’ll have to See the inherent limitation of form, of form itself, no matter the content good or bad. Only if you would ‘Make’ or in Fact Allow the Jump into the Heart Something Finally Happens, you’d be Taken Beyond the world of form, Beyond the Pain. Your ego is desperate here. It can try and try and try and even fake to be There, but it will never succeed. It is totally utterly helpless Here. You are Helpless. Ego – as which you exist, with which you identify – can only turn around and around in its own shit. I’m not exaggerating. It can never go Beyond. It can only be creative again and again in finding beautiful names for its shit, its smell. It can do research on better perfumes to cover the inherent bad smell of you, of the world of form with which you identify, which you are so afraid to let go. It can take a whole lifetime trying to beautify shit. Build houses around it, add chemicals to it, practise alchemy on it, analyze it scientifically, but whatever success you might have in this respect, essentially it’s still the same shit. And if it seems gone, dissolved in the Formless, it manifests again, somewhere else maybe or at the same place as a similar form.

It’s even worse for Ego. When by Fate you are Drawn into the Heart finally or even by birth already, by nature, ego maybe thinks it has gone Beyond Pain. In itself it’s true that the Painless can be Known now. But the ‘Heart’ itself is just a nice parking place where nothing happens when it’s not Involved in, Related to life, in and to Pain thus. Life is Inherently Painful. It doesn’t make sense to be born into earthly life and crampedly hold on to the Only ‘Place’ Beyond Pain, the Heart. You are Here, to as Heart become Dirtied and Conscious in the mud and pain of life, to let the Heart Develop, through form, and not to keep the Heart Pure and unTouched, unLived, unFormed, nor to try by all means to go back to such a state which spiritually deluded but in fact quite infantile¹ people try to do.

The Only Solution That the Heart is is no solution. For being Human, for Developing, it is not Enough to (get to) Know the Purity of Heart, the Painless – even though Necessary in Itself. Next to the Painless, Pain is to be Known, Discovered, Felt, Tasted, Lived, Surrendered into, Touched – Consciously.

¹ Attachment to nice or not too difficult feelings makes or keeps one infantile.

By Consciously, Heartedly and Bodily Knowing Pain the Male Force is Becoming Stronger and anyway starts to Manifest on earth. The Male Force – the Heart – can only Manifest in the Female world of Form, on earth, if It Touches that world, if It Actually Feels it, if It Feels therefore the Pain of Form in all its varieties, if It gets to fully Know it, from Inside, as Heart, as Conscious Bodily Presence, not as a spectator from outside.

But all this is already too far for ‘you’, for Ego in fact. ‘You’ – as ego and not as You – still try to solve the problem ‘form’ by manipulating forms. As long as you continue this, as long as you don’t See the fundamental impossibility of this, as long as you don’t allow your natural frustration in this respect, as long as you don’t Surrender to Reality – inherently including, structurally, and an important part of it: Pain – the True, Deeper Process of Becoming Human cannot even start.

Forms, all forms, are inherently empty, they can never truly Satisfy you, never fulfil you truly. The Heart is Empty but Full, of Life, of Love. Only the Heart Makes you Human. Only Allowing to be Touched as Heart by the Pain of form, of life, of Loveless life, can.

It’s a long way of frustration for us people to See and dare to See the Truth of it, the Radicality of it: that no form is nor can be Satisfying, Fulfilling. It’s a Deep Deep Surrender to Finally See through the Lie of our secret choosing for the Painless Heart – even though we try to solve the problem of as such experienced Pain by manipulating seemingly Heartless forms into the direction of the Painless, of the Heart, even though we seem to adore forms. It requires a Deep Going Down to See through the hidden Lie of the Split between Heart and Heartless, or Painless and Pain. Instead of Being Naturally Humble, we try to solve. We try to solve Pain by other Pain, Form by Form. Our main strategy for this is to deafen and deaden our Heart by adding more and more forms to It, more and more Pain in Fact, to not Feel any more. To fill and not to Feel. Of course this is not a solution. We make it even ‘worse’ by this. Our urge to get rid of ever more unFelt Pain becomes even bigger, we become even more restless from it, aggressive, dissatisfied and so on.

And anyway, we try to solve what cannot be solved and what even doesn’t need to be solved. Solving arises out of Illusion, the illusory presumption that Reality can and needs to be changed, improved. We noticed we can change forms indeed, and by that we thought we can change Reality. Impossible. Unnecessary.

The spiritual solution of finding back the Heart², the Painless, is no solution either. It can be easily and is usually an escape from Pain. An inherently unsuccessful escape, but spiris are very good in wiping the hopelessness and unsuccessfulness of the whole affair, of the attempt, under the carpet, in keeping it down in the ‘safe’ blindness but inherent painfulness of the lower areas of life, of the lower chakras if we talk about the Body.

Life is only Known, Humbly Respected, Lived and Radiated, if the Lie of the whole search, the entire attempt to escape, has been Thoroughly Seen and Lived through, if the search for the Painless, the Formless, Radically Stops, not without getting to Know it though.

² Spiris’ search in this respect doesn’t let alone the fact that most spiris – people who are more interested in subtler, spiritual, energetic life than in the ‘normal’ grosser and (partly) material world – are not even concerned with the Heart Itself, but are more into finding subtler forms as alternative for the indeed unsatisfying grosser forms in the world.

In this Radical Seeing manipulating Form as well as holding on to the Formless (Heart) naturally stop. No impulse to these two basic strategies is taken seriously any more. Such impulses still naturally arise, are Recognized and Fall back again.

Not many of us will really Go into and through the Human Ordeal Waiting here. We're afraid of Pain.

Without Actually Consciously Feeling Pain, no Humbleness, no Humanness. Only big words. Just Ego.

We all like to believe that we can solve Form, Pain, we love to read or listen to stories about how to do that. We cannot. And why don't you investigate that 'you' (as slave of Ego) prefer the stories above Truth, Reality, above what I just told you. Or, if you really can and do Allow my 'words', then you will feel a (big) Relief. It is such a Relief if 'You' See Reality, Acknowledge things to be So, as they Are, instead of holding on to the egoic and contaminating cramp of having to manipulate, improve, change Form(s) into better Form(s) or even, impossibly, into the Heart.

No, on the Deepest Level you can't solve Pain, Form. Again and again it can be Transcended and the particular form of it can Dissolve by that, by merely Feeling it, being Conscious of it. That's true. But even then, immediately, again and again, there will be 'new' Pain (or at first not yet Felt Pain) to Feel through. And as long as there is life it will be like this. This doesn't take away the fact that by Humbly Allowing this Feeling and Transcendence again and again and again – a life-time long – one Gets to Know and Becomes, Embodies Life, Deeper and Deeper. And this is a Value (or Force) in Itself, no right or wrong. It Is Nature anyway, to Become Deeper Human, Conscious on earth. What to do.