

6. Option to be Free

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The situation of these eternal travellers is of extreme confusion. They have lost themselves, not just in a little attachment, but in extreme levels of attachment. It is almost like seeing a cloud that is passing and creating attachment to the cloud and further believing that they are part of that cloud. This is why the current state of affairs is extreme and absurd.

The souls who are the travellers are temporarily associated with this changing world. Everything is changing, everything is temporary, including the body and everything around the body. This traveller starts to believe that he is the body, but he does not stop there. He creates his identity based on his role, his job and the objects around him. He continues to create identifications based on everything around him. Consequently, he remains very sensitive. If someone criticises his town, he takes it personally. If someone says something about his religion, he takes it personally. Why? Because subconsciously he has created an identity based on his town and his religion. It is as if he literally believes deep inside that his religion is part of him and, further still, that his religion is him. In the same way, he also identifies with other things like possessions and the car he drives.

Such a state of affairs creates a mockery of the life of the traveller because to use the word 'I' for anything that is not 'I, the soul' is confusion. With that confusion comes extreme insecurity because he is using this 'I' to identify with the things of the cloud. Everything is going to change, everything is going to disappear so subconsciously there is panic and insecurity. When his religion is criticised, it is not just about the religion being criticised, it becomes as though he is being personally criticised and so he experiences his own insecurity being made more real to him. All this time, he is in denial, pretending there is no problem. However, subconsciously there was that insecurity and it has been made more apparent now.

The same thing happens with every identification. When we are in this identification mode, we are as if fine tuned to see every possible danger. For example when some news is received or a situation comes, we immediately pick up on the attitude and tone of voice of the other. In these situations our identifications are ready to defend or attack. Animals in a forest are fine tuned to see danger; their right brain is constantly on surveillance to see where the danger is. In the same way our false identities spend their entire life looking for dangers. The slightest hint of danger and their whole attention goes there. In this identification mode we live a life of constant insecurity.

For example, if you have one hundred good friends but one person is criticising you the mind

will run with thoughts such as, 'What is he saying? Why is he saying it? What will he say tomorrow?' You want to know more. As a result your whole life is spent picking up on petty things, negative things and wasteful things. Such things are wasteful for the traveller, but they are of immense value to these ego identities.

Our real problem is in creating those identities in the first place which is why our life itself becomes absurd and wasteful when we do so. It as if we get hijacked by these identities. Instead of minding our life and our purpose, we try to defend the ego. Spending time working to get a bit more praise for our hat, a little bit more praise for our car and worrying about some loss and disappointments.

At present, the whole world is leading this life of absurdity, which is why the world is at war. However, we don't know that we don't know. We don't even know that we have the option to be free. We don't even know that it is possible to lead a life without constant, subconscious panic.

The traveller can exist without the cloud. The traveller has nothing to do with the cloud. At most he is the observer of the cloud. This is exactly what happens here. A soul conscious person remains a detached observer. We can call what is happening drama, it is happening on the screen, as if down below. In a drama there are changes, things come and go, but that is all in the drama. The soul is secure. He never dies. As he comes so he goes; he has lost nothing. Such a being is noble in character. When anyone is secure in this absolute way, he exists without desires. He needs nothing from this story down below, from this temporary drama.

When there is no vibration of desire, one discovers fullness, one discovers a state of contentment and one discovers peace. This peace, happiness, contentment is unconditional upon the story. It is as if one discovers that this silent happiness is without reason and is, in fact, one's nature, one's natural nature.