



BE the CHANGE

Sean Casey LeClaire, Publisher

EMPTINESS

*If you scratch lust,
You will find utter loneliness.
If you scratch utter loneliness,
You will find darkness.
If you sit with darkness,
Eventually emptiness fills you up,
And when you are Emptiness,
[God] smiles.*

When I slow down, really slow down, I become Emptiness, and this emptiness is impersonal, infinitely intelligent, and exquisitely happy. It knows what to do and what not to do in every moment and Emptiness only operates moment to moment to moment. That's how Emptiness rolls, always in the present. More and more I am aware of "myself" as the Emptiness.

No unnecessary thought arises as Emptiness. The mind, our instrument of perception, is completely intact, but no longer used inefficiently, like when the mind perceives reality through the normal flurries and furies of past filters and future thinking. All is simply happening in the now, as so many awareness teachers have told us.

I still do past and future think. And here is what happens, when I allow this to happen. My mind begins to wonder a little and inevitably too much—lingers in the imagination too long—then it becomes projection, and worry about the future, maybe even the feeling of panic. Concurrently, the projected thoughts create uncomfortable feelings which I perceive as sensations in my body: the tailbone burns slightly, my left hip becomes sore, the back of my heart twists, my neck tightens, and my jaw muscles grip, and so on. The exact same process of contraction happens when I linger too long in memory, in the past. So what does this tell me?

Be present.

Accept what happens and allow the Emptiness to do what it does, which is to be alive—radiantly and radically alive. In my experience the process of awakening started when I became aware that I was aware [being], and now it is deepening and becoming fuller. Now Emptiness, or what yogis call the Self, or other folks call holy names, like Allah, Christ, or Buddha etc. "is fuller than fullness itself." So what I am saying is that the process of awakening continues, and it appears that I am becoming more and more established as Emptiness, and the Emptiness itself is completely full, but I'm just not always fully aware.

Why am I sharing this?

Well, because this process is happening to everyone, whether you like it or not: Emptiness (Self) will have its way, so you might as well enjoy the ride.

And if you struggle over the holidays, do one of the seven timeless wisdom practices, which will help immensely. If you don't know them, contact me and I'll share one with you. Merry Christmas!