

Awakening to Love & Freedom



*A sequel to the booklet
"The Perfection of Awareness."
A simplified and practical way to
Awaken Love & Freedom.*

*Inspired by
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Introduction

What you are looking at right now could be just what you need. In fact, imagine your heart warm and open, your spine pleasantly tingling, and you feel like floating on air. As you look the colors are brighter, the sounds clearer like you are truly experiencing your surroundings for the first time. This is how you'll feel when you release the 'holdings' of your conditioning. This booklet will help you with a pleasant set of exercises that will do just that.

I receive several email questions a day worldwide and most questions fall into two categories. First are personal problems ranging from emotional pain to relationship conflicts. Second are the questions dealing with spiritual truth. This booklet is an inspired work and the result of many days asking for inner guidance for greater clarification of this most important understanding, *"The difference between awareness and thought, and how, through seeing each clearly are seen as one."*

All questions about spiritual reality are answered by knowing the difference between awareness and thought. This booklet will bring understanding through direct experience rather than intellectual comprehension.

This booklet is divided into three parts. Please do not jump around but wait for the next step. Each step is geared for its next one and only when it is completed that we start awakening our intuitive heart.

The Three Parts of this book

1. **UNDERSTANDING** – what is ego, feelings, emotions and how they fall into the category of **Awareness and Thought**. How unconscious guilt is in everyone who feel as separate individuals.

2. **KNOWING** your feelings and learning to release them. How ego resists rising above the first six egoic feelings.
3. **LISTENING** – learning to listen with your sense of hearing and seeing. How listening alone awakens true nature of peace.

UNDERSTANDING

Ordinarily we attempt to understand with the daily intellectual mind. We do not yet recognize that the mind that asks questions cannot answer those same questions. We can only find concepts and beliefs based on our past conditioning. Therefore, we need to go deeper within to uncover questions that the mind asks. This requires not only a form of discipline and know-how but also the courage to do so. In my experience I have seen hundreds of people who understand intellectually the concept of oneness, love, eternity and egolessness, but when it comes to living such knowing, it is as if they are babes in the woods.

Most spiritual seekers get the idea that to awaken they have to follow some belief system and then end up knowing the words of that particular system without heartfelt recognition.

What I am offering here is not a belief-system but direct experience when there is sincerity in the heart to find freedom, love and peace. The exercises are simple and enjoyable, but most importantly, they activate the heart's intuition. When you change yourself from the inside-out, the changes are permanent.

What is ego?

The ego is not a solid fact but a conditioned one. It is the belief that there is a separate life. And, there can be no lasting happiness, peace, joy nor true love until the egoic idea drops from direct seeing that it is just a belief. Most of us have built our ego life during our teenage years and thus beliefs have become solid 'holdings' in our

center. The word 'holdings' refers to anything that we hold onto and believe to be real. This conditioned state becomes our self-image.

This self-image, which is just imagination, is the ego. The ego cannot love and it carries with it a sense of guilt, so unconscious, that most people have no idea of it.

This feeling of unconscious guilt can be subtle or obvious depending upon your circumstances in life and conditioned past. This guilt feels as if you are missing something or that you are not good-enough or even the feeling as if you are being bad or done something wrong. It is a nagging feeling like having a pebble in your shoe and don't know how to remove it.

When the guilt is released through the exercise in this booklet, we start feeling alive again. To be happy and alive does not require being richer or have greater material gain or be smart or become younger. You'll feel alive and joyous because that's your natural state beyond ego – believe it or not? Most people have taken their suffering for granted as if it is part of Life. We are NOT victims of our emotions and various feelings because, in truth, we are more than a body/mind organism.

What are feelings?

Feelings are energy. All is energy. Energy is the very intelligence of life. Our ability to feel emerges from Awareness. Awareness is every human being's function and is ONE. You are a human being. There are over 6 billion humans on this earth. However, there is only One Being. This One Being is referred to as AWARENESS. Your awareness and my awareness are one and the same, on the other hand, what you are aware-of is THOUGHT. This thought is what separates us and makes it difficult for us to know our oneness and love nature. Thought is creative and the world we see in

all its totality is a creation of thought (mind). Thought can make or mar our life. What you believe and think makes up your world of experience. If, through grace you realize you are pure awareness, then thought will no longer control you and you become master. This is called awakening.

Our thoughts are felt as a feeling without recognizing they started out as conditioned thought (a mental picture). This type of feeling is known as emotion (e-motion) or motion of energy. Therefore, pure feeling or seeing, knowing, recognizing, intuition are our true nature of awareness. When pure feeling is combined with thought we have emotion. Our body/mind work together, for instance, if you feel physically tired and you don't feel well, chances are you feel irritable, or reactive. If you feel physically well, chances are you feel happier. Similarly, when you feel clear in your head, inspired and touched by beauty such as love then your body regains energy.

Nine Feelings

Inherent in all of us are **nine feelings**. Six are emotional and three are spiritual. The spiritual ones are the natural state of NOW-Awareness often blocked by resistance created by unconscious guilt. When this guilt (6 emotional states) are released (forgiven) then we unshield what has always been there known here as the three spiritual now feelings.

The six emotional states that result from unconscious guilt are: apathy, grief, fear, lust, anger and pride (making up our unconscious guilt.) The other three make up our open heart of courage, acceptance and peace.

Each emotional state leads to the other as energy increases. These emotions fall along a gradient scale of energy and action. In **apathy**, for instance, we have almost no energy available to us and take little or no external action. Our energy increases slowly when we reach **grief**. Each successive emotion in this scale, all the way up

to peace, has more energy and affords us greater capability for outward action. Remember that emotions are just energy and they can be shifted and changed just by a thought.

As you learn in the following exercises to release guilt, which is a 'holding' in our center, we move to the next and next until peace is experienced. Therefore, as you let go of apathy, grief, fear, lust, anger and pride, you'll be uncovering automatically the higher energies found in pure awareness, which are the real you that has always been here. Your whole life will turn around as a result. Everything will get easier for you.

Please be aware that this turn-around might not happen suddenly. It might be a very gradual process depending upon your drive for truth of your being. Here's a guarantee and it is this that every time you work through the process of releasing, no matter where you start out – whether in apathy, grief, fear, lust, anger or pride – you'll find that you'll gravitate naturally towards courage, acceptance and peace – qualities of pure awareness 'feeling.'

1. APATHY: When we experience apathy, we feel as though desire is dead and it's no use. We are helpless and hopeless and no one can help. We feel dense and heavy and see no way out. Our minds can get so noisy that we feel numb. It is as if awareness has completely left us. We have hardly any energy to cope with living and only see failure.

Here are other feelings associated with apathy:

Bored, Cut-off, Dead, Defeated, Depressed, Despair, Discouraged, Disillusioned, Drained, Futile, Hopeless, Humorless, Indecisive, Invisible, Lazy, Loser, Lost, Negative...

numb, overwhelmed, resigned, powerless, stoned, too tired, unfeeling, unfocused, what's-the-use? Worthless...

Now take a few moments and remember the last time you experienced apathy. Could you release it if you wanted? Would you have wanted?

2. **GRIEF:** When we experience grief we want someone else to help us because we feel we can't do anything on our own. We hope someone else can. Our bodies have a little more energy than in apathy, but the energy is so contracted that it is painful. Our minds are a little less cluttered than in apathy, but they are still very noisy and vague. We picture our pain and loss, often getting lost in these pictures. Our thoughts are completely self-occupied with hurt and whether someone can help us.

Words that describe grief:

Feeling abandoned, abused, accused, ashamed, betrayed, despair, distraught, forgotten, embarrassed, heartbroken, inconsolable, misunderstood, mourning, melancholy, nobody cares, pity, rejected, tormented, tearful, tortured and torn, unwanted, wounded, vulnerable.

3. **FEAR:** We are here focused on specific fear since all negative emotions are fear-based.

When we experience specific fear, we want to strike out, but we don't, because we think the risk is too great. We believe we probably get hit harder. We want to reach out, but do not because we think we'll get hurt.

Our bodies have a little bit more energy than in grief, but the energy is still so contracted that it is mostly painful. Feelings can rise and fall very rapidly. Our mental pictures and thoughts are about doom and destruction. So all we think about is how we can get hurt and how to protect ourselves.

Other words for fear are:

Anxious, apprehensive, cautious, cowardice, defensive, distrust, doubt, dread, evasive, foreboding, horrified, hysterical, inhibited, insecure, irrational, panic, nervous, paranoid, paralyzed, shaky, secretive, highly self-conscious, suspicious, threatened, trapped, timid, uncertain, want to escape, worried, wary.

4. **LUST:** When we experience lust, we desire possession. We are WANTING. We hunger for money, power, sex, people, places, things but with hesitation. Yet, paradoxically, we have an underlying feeling that we cannot or shouldn't have.

Our bodies have a little bit more energy than in specific fear. It is still contracted, but the sensations now are sometimes quite pleasurable especially compared to the previous three.

One can indulge in daydreaming about having loads of money or having lustful sex, indulge in pornography or over-eating, etc.

Words that describe lust:

Craving, driven, greedy, exploitive, fixated, gluttonous, hoarding, hunger, I want, impatient, lecherous, manipulative, never enough, controlling, obsessed, possessive, predatory, ruthless, scheming, selfish, voracious, wicked etc.

5. **ANGER:** When we experience anger, we desire to lash out to hurt and stop others, but with hesitation. We may or may not strike out. Our bodies have a little bit more energy than lust. The sensations can be explosive or intense. Our minds are a little less cluttered than lust, but they are still noisy, stubborn and obsessive. Our mental pictures are about destruction, and what we are going to do to others. Our thoughts are about getting even, making others pay.

If this energy frightens us then we lose physical energy and revert back to the experience of lower energy emotions such as apathy, grief, fear in the form of depression, deep sadness etc.

Other words for anger are:

Abrasive, aggressive, argumentative, belligerent, boiling, brooding, caustic, defiant, demanding, destructive, disgust, fierce, explosive, reactive, outraged, rebellious, resistant, revolted, rude, savage, sizzling, smoldering, spiteful, stubborn, vicious, violent, willful, etc

6. PRIDE: This is common among spiritual-intellectuals who believe they know. When we experience pride, we want to maintain the status quo. We are unwilling to change or move; therefore, we stop others from movement so they won't pass us up. Our bodies have a little more energy than in anger but it often becomes unavailable. Although the energy is not necessarily contracted, it is often muted and less visible. Our self-image are about what we have done and what we know. We want others to notice us.

Words that describe pride:

Aloof, above reproach, arrogant, bigoted, boastful, bored, clever, closed, conceited, complacent, critical, dogmatic, false dignity, haughty, holier than thou, hypocritical, icy, unfeeling, isolated, judgmental, know-it-all, never wrong, narrow-minded, patronizing, prejudiced, righteous, self-absorbed, snobbish, stoic, stuck-up, superior, unyielding, unforgiving and vain.

You are not your feelings

Now that we have explored the first six negative emotions, we see that while in their grasp they seem very real. Ordinarily we are trapped into believing this is who we are. It is this belief that has to be released first in our exercises for awakening the intuitive heart.

If you have read this far with attention and allowed yourself to the import of what you were reading (as best you could), you probably already feel a little more inwardly relaxed, in touch, and open to your emotions. If you are not sure, or feel no change at all,

don't worry about it. Remember that you are learning a new skill of diligent awareness. You have had a lot more practice suppressing your feelings and indulging in them than learning to let go of them.

One imperative point here is this – Emotions are just emotions – they are the motion of energy set up by our conditioned thoughts and images creating physical sensations. **They are NOT you, they are NOT facts, and you can let them go.**

The average human being either suppresses emotions in denial of them, and thereby create internal havoc, or indulge in them and get wrapped up in self-pity and victim-mentality.

Make a commitment

Before you move on to the three positive aspects of your true nature, I recommend you practice releasing of the above 6 emotions. Make a commitment to yourself that you deserve freedom from emotional entrapment.

1. Find out how you are feeling right now. (read the lists)
2. Feel the sensation rather than its story.
3. Locate the point in your body where you feel it most.
4. Visualize a shape and/or color of the feeling.
5. Then visualize the color getting closer to white or light blue.

(picture the release as if you had a hard resistant fist becoming gradually an open giving hand.)

Rising above resistance *(ego's major tool)*

In my many years of hypnotherapy practice I have noticed that most people, even those who were initially honest and sincere, end up resisting the very thing they want most. Resistance is ego's greatest tool. To win over resistance is to win over ego and awaken what has always been your true vibrant Self.

Have you ever started a project really enthusiastic going at it with fervor and dynamism and then, somewhere along the way, lost the drive? This is very common especially among seekers. Now, that's resistance.

Resistance is quite insidious. It's one of the main things that stop us from having and being what we want in life. In fact, blocks us from the very thing we are in pure essence. Resistance comes to us, even when it is something we want to do, simply because we are being told to do it. We hate being told what to do.

The more emotionally insecure we are and suffer the first 6 feelings, the more we resist being told what to do.

We just can't laugh it off even. Our dislike of being controlled is equivalent to our fear of it and so we combat it by being controlling ourselves. Remember that the six emotions we have explored are themselves ego control.

Resistance can be self-sabotaging and counterproductive often creating contradictions. We live in a sea of "shoulds" and "have-to's" and "must do's" and other imperatives. Just know this, when there is an imperative, it automatically stirs up resistance.

Why do we rebel against anything that "has to be"? We feel we have been deprived from our natural freedom of being and so go about demanding it unconsciously. It is this unconscious demand that stirs up so much reactive emotion, argumentation and conflict.

When you are told you *should* do something, or you *have* to do something, what do you feel inside? "*Don't tell me what to do!*" with a tone that resists saying, "*Don't you dare control me.*" This ego protection often results in the six negative emotions listed. They can be released (forgiven) when there is awareness at the moment. Our awareness of what is happening has to come from our choice to stay alert, vigil.

Did you ever say to yourself, "*I must work on my taxes*" what happens? You probably resist and procrastinate. We hate so much being controlled that even telling ourselves we have to do such a thing becomes resistance itself. Yet, here's the paradox, the more we resist, the more we start "**shoulding**" on ourselves. We wonder why things don't get done even though we keep telling ourselves how busy we are and must work. "Should"

creates an opposing force equal to, or greater than, the force that you're exerting when you're trying to get something to happen.

Releasing (forgiving) resistance

Follow the steps below.

1. Allow yourself to welcome the resistance by inviting it to make you stronger. (in other words, accept).
2. Ask yourself, "*Could I let-go of this resistance by feeling it and welcoming it?*" *Would I? When?*
3. Then visualize your 'holding' becoming an open hand ready to give and receive.

The Three Rewards

When you start releasing the emotions that you have held-in for maybe years, three other feelings start to arise, hard to pinpoint, because they are spiritual qualities of NOW.

These three qualities are **courage, acceptance and peace**.

NOTE: These three qualities of courage, acceptance and peace are not attained. They are the NOW itself when we have faced our six 'demons' and released them. The release through our conscious choice awakens courage. **This courage not to resist and face our emotional demons leads to acceptance. Then acceptance opens the way to peace.**

7. **COURAGE:** Having released negative emotions and resistance, you have automatically released also true courage. We have enough courage to know we can change anything we want to. We have the courage to face anything. Our mental pictures are those of what we can learn through circumstances in life. We are resilient, flexible and clear. We can support others in the same way. We do not 'teach' others but help them see through our example of forgiveness (release). We can laugh out loud at our own mistakes and learn from them. Life is fun.

We tap the energy of courage every time we say 'yes' to the release questions.

Words that describe courage:

Adventuresome, alert, alive, radiant, aware, confident, centered, certain, cheerful, clarity, compassion, warmth, confident, creative, dynamic, enthusiastic, loving, open, friendly, focused, giving, happy, humorous,

honorable, independent, non-resistant, positive, receptive, good listener, secure, self-sufficient, spontaneous, visionary, willing, supportive, etc

8. **ACCEPTANCE:** When we experience acceptance, we are able to enjoy anything and everything just as it is. We no longer complain, argue or react simply because we enjoy what-is. We have no need to change anything. It just is, and it's okay. Our body gains even more energy than even courage through acceptance. Our energy is light, warm, friendly and open.

Words that describe acceptance:

Abundance, appreciation, balance, belonging, embracing, empathy, enriched, fullness, gentle, glowing, gracious, intuitive, joyful, magnanimous, mellow, innocent, open, playful, receptive, soft, tender, understanding, wonder, well-being, etc

9. **PEACE:** When we finally experience peace, we feel whole. Then everything and everyone is part of myself. We are all one Being. The body has even more energy than acceptance but it is more subdued as inner joy. The energy is quiet and calm. The mind is clear and empty. Life is as it is and it is okay. Even the intuitive knowing that there is no death arises into our knowing of this eternal now-moment which is timeless.

Other words to describe peace:

Ageless, innocent, young at any age, being, boundless, complete, eternal, free, fulfilled, I AM, Light, Oneness, pure awareness, quiet, silent and enjoys aloneness, timeless, tranquility, whole.

Learning to Listen ***(Awakening the intuitive heart)***

Now that you have studied thus far, you have learned about feelings, ways to release them and also learned about the ego's great block to truth known as 'resistance.'

We do not awaken by reading but by 'practicing' the exercises that help us awaken our intuitive heart until we come to know everything written here in a natural way as if saying, "I knew all this in my heart."

The greatest clarity is awakened when we know, clearly and emphatically, the difference between awareness and thought and still see their oneness. Once you know this truth than all questions are automatically answered.

The difference between awareness and thought will not be explained further so that we leave it up to you to discover its immense and unlimited knowing through your own intuitive heart.

The exercises here are very simple and even pleasant. Continual practice will bring about inner knowing – a gradual process admittedly but well worth every effort. These exercises merely go beyond mind and into the intuitive heart and that’s how recognition starts.

What is the difference between release and forgiveness? They are ultimately the same. Quantum forgiveness is seeing clearly that there’s nothing to forgive. Release exercises help you to forgive naturally without any attempt at ‘trying’ to forgive which doesn’t work. However, true forgiveness (or quantum forgiveness) is the only quick way to the realization of your true nature through the dropping of the ego’s resistance and fears.

By following the exercises described here you’ll come to know every single thing discussed here in this booklet first-hand through your own inner knowing.

We all want freedom but freedom can only be released from within when our so-called problems are seen for what they are. Most of us have become very good at finding problems and limitations. Some people are so conditioned to limitation that in every sentence there is some worry or complaint or argument or negative response. This is the loss of freedom and natural joy of spirit. We are experts at the quest for limitation because of our habit of looking for our problems when they are not here. In fact, if we only knew that here-now is always fresh new and alive.

The freedom that we inherently are is closer than our next thought. The reason we miss our freedom is that we jump from thought to thought, from familiar perception to familiar perception, missing totally what’s truly here and now.

Welcome to the following exercises in three parts. First part is learning to LISTEN to sounds and silence. The second part is LISTENING to sights and silence and the third part is LISTENING to sensations.

1. Allow yourself to sit quietly and become aware of your sensory perceptions. Let's begin with your sense of hearing.
LISTEN to all sounds around you welcoming every sound without judgment. Do not compare sounds as good or bad. See how many sounds you can hear. *Could you allow yourself to listen and welcome whatever is being heard in this moment?* Having done so and experienced a relaxed state, go to the second one.
While allowing yourself to continue focusing on hearing: *Could you also allow yourself to welcome the silence that surrounds and interpenetrates whatever is being heard?*

For a few moments, switch back and forth between listening to what is being heard and not heard, including your thoughts.

2. When you feel ready, allow yourself to focus on what is being seen. *Could you allow yourself to welcome whatever is being seen, as best you can?*
Then, could you allow yourself also to welcome or notice the space or emptiness, that surrounds every picture or object, including (for example) the white space between the writing on this page?
Alternate between the two perceptions for a few moments.
3. Focus on whatever sensations are arising in the moment.
Could you allow yourself to welcome whatever sensation is being perceived in this moment?

Then, could you allow yourself to welcome the space, or the absence of sensation, that surrounds every sensation?

Easily switch back and forth between the two ways of perceiving.

Now, that you have practiced the above for a few weeks daily you are ready for the following advanced seeing and listening.

Focus on a recent problem or emotional pain and allow yourself to focus on it the same way you did before to impersonal objects. This is regarded more advanced because it is created by your ego and considered personal. *Could you welcome that memory with all the pictures, sounds, sensations, thoughts and feelings that are associated with it?*

Could you allow yourself to notice how most of your experience happens apart from this particular problem?

And, could you allow yourself to welcome at least the possibility that this problem is not as all-consuming as it seemed?

Switch back and forth between welcoming the problem and all its associated perceptions, and then noticing and welcoming what is actually here-now.

As you do the above daily for a few weeks, you'll find yourself gradually gaining a new sense of clarity and being about your supposed problems and fears also noticing the exquisiteness of what is already here and now.

I hope that this booklet has brought you greater clarity into your true nature. If after experiencing its beneficial effects you feel like giving a donation, it would be greatly appreciated.

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