

The Wonder of you!



By Burt Harding

What does it mean ‘being 100% responsible?’

In your booklet “There is only YOU!” you mentioned that the secret of awakening-clarity is being 100% responsible. I am a little confused about this, could you elaborate?”

This has been mentioned many times by sages and wise men throughout the ages but it still remains unclear because we believe we are the personal self (ego). Ramesh Balsekar says that his one teaching is this, “*There is only the Will of God!*” but it has been greatly misunderstood. In Advaita teachings we say, “*There is no doer.*” It sounds contradictory, as words always will, but the meaning is always the same. Our left brain looks at words uttered in a book and then concludes with its own understanding.

I am using words also, but, I shall try to make it simpler to grasp mentally. Let’s start with the obvious knowing of felt-sense of ‘I’. Focus on this knowing of ‘I am.’ If I asked you, “*Who are you?*” you will probably say “*I am John, a businessman...*” in other words, you refer yourself to this ‘I’ sense. We cannot escape this ‘I’ sense and it goes wherever we are. We are always taking this felt-sense wherever we go.

Wherever you go, whatever you do or think or feel or experience, it is always ‘you.’ This ‘you’ is the felt-sense of ‘I.’ You are all you ever experience wherever you are.

This felt-sense of ‘I’ carries with it the belief that it is the body-mind of ‘me’ and it doesn’t even question it. In fact, this belief is the strongest belief inherent in humanity. Why? Simply because it is the first stage of being spiritual. It is the first rung of the ladder. It is often called ego or self.

If I ask you, “*What is it that you want most?*” You’ll start thinking and then probably say, “*I want to be famous*” or “*I want to be wealthy*” or “*I want to be rich or powerful*” “*I want to be enlightened*” and so on and on. But the truth of the matter should be obvious, which is this – “*who wants these things and for whom?*” and the obvious reply is, “*for me.*”

One time a woman, upon asking this question, said that what she truly wants is her son’s happiness and well-being. Then I asked her, “*Do you wish this for every son on earth?*” and she replied, “*No, just my son.*” She failed to see that this felt-sense is an ‘I’ that focuses totally on ‘me’ and ‘mine.’

This felt-sense is taken for granted and hardly ever questioned and is known in spiritual parlance as “*being asleep.*” This is why Bhagavan Ramana Maharshi used to say, “Ask ‘*who am I?*’ and eventually you’ll discover the ultimate truth of Being.”

Now, if this felt-sense is established in you and you see its obviousness we can go to step #2 in our understanding. This second step will lead us further into the obvious Reality. The question is this, *“Isn’t everyone the same in this felt-sense?”* In other words, *“Doesn’t everyone feel and respond as ‘I’?”* Of course, it is obvious when it is pointed out. Please **remember that Reality is simply SEEING what is obvious.** Krishnamurti made it clear that we do not see what is obvious until someone points it out simply. Waking up is seeing the obvious in Life. It often entails shaking our preconceived hardcore beliefs to see what is in front of our eyes all the time.

This low-level ego self cannot even grasp that NOW is all time and is itself timeless. Yet, if we were to be still in the moment we would see it clearly that nothing happens outside of NOW. And, in the NOW itself, we are beyond time. It is like when we are so absorbed in something that ‘time flies.’ You are literally this NOW itself.

This ‘I’ that you have taken to be this personal ‘you’ is believed by everyone you practically see. Practically every human being on this earth believes the same thing except for some exceptional beings that have realized the obvious truth and live free.

Since everyone is the same like you, that is, believing they are this felt-sense of ‘I’, then we automatically move into a very profound recognition and it is this, *“we are all the same underneath the appearance of body.”*

“WOW!! This is really something!!” was the exclamation of a few people that recognized this simple truth. And, further focus on it brought a very high level of seeing that enthused the spirit even further. It was this – **if all people are the same underneath the form then there is only one spirit animating every living human being.** That’s right! We are all ONE! Let’s see what this implies in our understanding...

“If I hurt you then I carry the sting of that feeling in me.”

“If I resent someone then that resentment is in me.”

“If I am angry at anything that I feel, it made me the way I am feeling, it is me who is carrying the burden.”

“If I think less of you then I don’t feel comfortable when I am with you. My discomfort is my own responsibility.”

“If I don’t like what you did to me then that ‘not liking’ is in me.”

Of course we can go on and on forever stating that whatever we feel, emote or experience is what 'I' am feeling, emoting or experiencing. When we are upset, we blame something or someone for causing it without realizing that our upsetness is self-created. The *Course in Miracles* says, "*We are never upset for the reason we think.*" Fear, guilt, shame, anger and so on are ways in which we blame another or ourselves for the 'happening.'

Blaming is an escape from looking at what is obvious. The moment our mind judges something according to its religious upbringing or childhood conditioning and says, "*This is wrong*" it automatically creates negative thoughts which result in blame, fear, anger, depression, anxiety or any negative feeling. And yet we do not see the obvious self-creation. When we do see that it was self-created then we blame ourselves, which compounds guilt and feelings of insecurity. In other words, we fail to see what is obvious.

Now, if we have understood the above, we are ready to move deeper still into the Reality of Being; into this 'felt-sense' of 'I.' And, the next step is this – we are all One. "*WOW!! What a recognition this is!*" "*I am blown away by this recognition!*" And rightly so, because there is no personal 'I,' which was just the kindergarten stage of seeing. There are no 'others' either. There is no 'me' at all – there is only this 'I' that keeps my heart beating, that maintains my body that moves the earth, which created this world and it seems as if it is 'me' when in truth it is this Infinite Cosmic 'I.'

When Adyashanti said something like this, "*You believe it is the personal you who is seeing but in truth it is God looking through your eyes.*" It was a revelation to many who were ready to hear it.

There has never been and never will be a personal egoic 'I', but only the Universal Being (LIFE) acting in human form to experience and recognize itself.

If you begin to see this glorious truth, then gratitude arises -- the recognition of unconditional love and freedom of spirit in YOU! Now you start to see that what you experience in thoughts, feelings and emotions are your responsibility – 100% your responsibility!! You are this felt-sense of 'I' that seems to be 'you' (ego), but in truth is Infinite Spirit with a name and form. Therefore, you are 100% responsible even when you see a cripple in front of you, because the very seeing creates limitation in 'you' and therefore you are responsible for that feeling and seeing.

One that recognizes the truth of being does not see the surface self but the resident Spirit. Any judgment based on appearance is a self-judgment, believe it or not. In fact, check your energy level when you see something you don't like and you'll recognize the loss of physical power. Sometimes we can lose as much as 50% of our energy by detesting or hating something.

"I am beginning to understand now!" If you said this, then congratulations, because it is clear you are ready for this 'knowing.' And now we move into this next step, which brings healing, abundance, peace, love and joy in our life. It is to 'practice' this all-knowing 'felt-sense' of 'I'. This 'felt-sense' of 'I' is now the recognition that we are God, Oneness, Infinite and Creators of our Life and destiny. No more escapes or excuses. We are 100% responsible.

This is how you proceed...

1. A few minutes a day, just pause, then from your heartfelt knowing that you are love (and how else can it be?), say *"I love you"* to the Infinite Space of all-that-Is! Say it a few times.
2. Having expressed the LOVE you are (oneness – others are you) then continue by saying, *"Forgive me for the limitations I have caused my body/mind to suffer fear or anxiety or old age, etc."* You apply this forgiveness throughout the day every time you judge others or yourself (because there's only oneness). You forgive yourself every time you lie, cheat, resent, dislike, or feel limited.
3. Finally, you say, "Thank you, thank you" to the All-That-Is, and gratitude will start awakening in you.

This 'practice' will become such a normal part of you that you will find yourself doing it every morning upon waking, every noon and mealtime and every night upon going to bed. It will enrich you beyond words, and that's a guarantee.

Now that you have read this and recognized its Truth, start this very moment to say "I love you" to the Infinite Self and start feeling the sense of aliveness and oneness, love and peace. You will soon begin to FEEL how grand and free you are!!