

# Awareness

January 14, 2008 – TN

- What was the first thing you learnt when you came to MEL? You learnt to meditate. You inhaled and exhaled 3 times before you meditated. This exercise allowed you to get rid of all toxic in your body. The first time you meditated was actually the first time you learnt about awareness. In that quiet state, weren't you surprised to notice how many thoughts came into your mind? They came one after the other like an infinitely long train. Once you separated the thoughts, that is, created a gap between them, you became better at listening to your own body. You could hear your heart beat, and the sound of your breathing. You realized how precious it is to have a healthy body. Continuing looking deeper inside, you became aware of another path which you have long forgotten about. It is the spiritual path.
- Do you remember after completing the Basic level class, you worried about whether you would have anyone to treat? And Master said when you are ready, there will be more people coming to you. Until now, many people have appeared in front of you but you sometimes don't realize that they seek out your help. They approach you in many different ways, directly and indirectly. Do you remember to transfer energy when you see an ambulance or a fire truck passing by? Do you transfer energy to a disaster area when you see it on the news? Did you transfer energy to the person who fainted in front of you? Or you are not even aware of their needs. Be aware of what is happening around you. Things happen for a reason. Get ready and just do it.
- Be conscious of what the mind is telling you. It tells you to discriminate against this person because he has different belief. It tells you Northern and Southern people don't get along with each other because they have different accents. These thinking are caused by the lower brains. They are restricted by Tradition, Culture, Family and Society. We all are HUMAN KIND. We live on the same planet Earth. We drink from the same source of fresh water. We breathe the same air. Then why are we different from the other? When you realize all of these, then stop being fooled by your own constraints and let your Soul be the Light guiding you out of the darkness.
- Human has bottomless greediness. We don't know when it is enough materially. We want bigger houses, more money, and better cars. We want to climb up the ladder to have more power over others. We think we have freedom, but we are imprisoned in the circle of greed, resentment, and lust that we create for ourselves. We burst out in emotional storms when we are not satisfied with our wants. We abuse natural resources and environment. We struggle with political conflicts and wars. To have a peaceful life, we need to recognize when it is enough and set the bar for it. Be sensitive toward the world around us, and feel the impact of our actions on other people. We were taught to share our toys when we were little. Let us apply this lesson again and turn our desire into "live is to give and to be given".
- Awareness is consciousness: always being in the middle of the two spectrums of time: the past and the future: this middle which we know as the Present moment or the Now. Being

aware always and in all ways takes practice. Be conscious of this very moment even as you read this article. Remember Master's simple approach to bring all awareness to the Present, to Now, to help us clear the toxics of the past and the future, to clear worries, is to just apply the techniques at whatever level you are in the MEL program. Practice makes perfect: be aware.