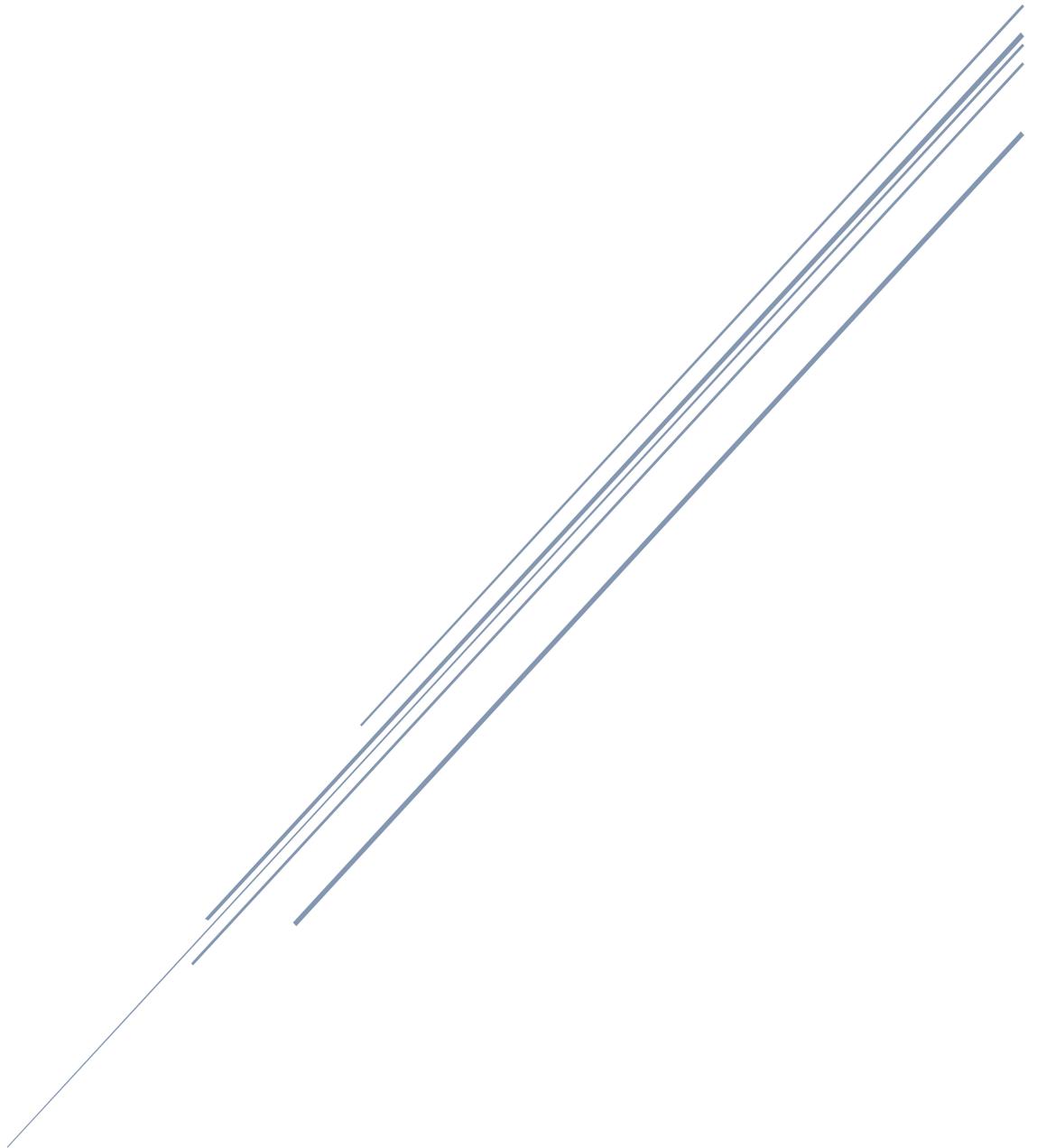


FREE FROM FORMS

Tales From the Self



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FREE YOURSELF FROM:

- *Form*
- *Attachment*
- *Resistance*
- *Suffering*
- *Ego*



Free from the “FARSE” of illusion.

Go beyond the play of duality and instead, start playing with duality as if it were a piece of clay. Deforming it. Transforming it. Reforming it. Making all kinds of shapes and forms, realizing it is not the shape, nor the form that defines who you truly are.

I sat there, listening to the resonance of my own voice, quiet and subliminal to whatever was unfolding for me. Uncovering, discovering and even so, recovering from the forms and ‘reality’ that I *thought* were holding me back. And then, in slight bit of a moment, I returned... Back to the timelessness of this very moment and of who I was becoming by the mere awareness that was unfolding through me. And I suddenly felt this awkward urge “*to cut reality into pieces*” and to see what’s beyond.

Recently, with the summer heating in, I had been feeling exhaustion with the many projects on my plate and with less than the usual amount of sleep, feeling even farther away from my *own sacred space of nothingness*. I felt irritable and impatient. I would *talk* more than *ask* and *listen*. I would *seek to be liked* than *to be of service*. I would count the hours till the end of the day... And through this, I wouldn’t enjoy myself *in the moment* – something which felt “*so not me*”... I got myself craving for my ‘sweet spot’ – the *empty space* I like to retreat from time to time, to recharge and reshape myself. And the more I was craving for my silent retreat and the subtlety of my inner nothingness, the more I attracted all those ‘outer’ noises and buzzing, and rattling that made me crazy and even furious at times.

I knew that all those noises in the ‘outer world’ were coming from nowhere else but me. I knew it, but I still fought the full realization of it. Until the other day, when I decided to talk about it with my coach – committed to finding a simple and elegant way to get through the next month of hard work, by *regaining my inner power* and returning to *being fully present in the moment*.

And I did. It came in as a flash, right after I opened myself to this new dimension that is *beyond word or thought*, funnily enough with the words: *“I want to cut reality into pieces and see what’s in there.”* The moment I said it, I burst out in laughter. Laughter coming from the place of pure and genuine joy, triggered by the mere fact of awareness spurring in this moment. I laughed at myself, at the ridicule of thought, and at how simple it was to take full ownership, to submit to the unwillingness to accept, and *to surrender in the hands of life itself*. It’s hard to explain the feeling of this realization – of the inseparable link and interconnectedness *between the ‘inner’ and the ‘outer’ world*, and of the huge power it brings to oneself when one takes full ownership of both realms. But I’ll give it a try and point out to something deeper than the thought, larger than the mind, and simpler than anything ‘out’ there.

THE WORLD OF MIRRORS

Give the reflection a conscious reflection and this will bring you back to the ‘Zero’ and closer to your inner wisdom and your True Infinite Self.

Everything in the ‘outer’ world is a reflection of our inner world.

Let’s make a quick exercise. Get yourself a mirror and look at your reflection in it for a while... What do you notice? Are you smiling? Are you frowning? Or maybe keeping a straight face? Or are you, by any chance, quizzing this exercise...?

Now as you’re looking at your reflection in the mirror, try to change it – by manipulating the reflection itself, right there on the surface of the mirror. Is it working? Of course, not. How could it?! The only way to change it is by changing yourself – then and only then, the reflection will follow.

As you continue looking at your reflection in the mirror, notice... How do you look? Are you truly, genuinely smiling? Or is it a fake smile? Or a fake frown, for that matter? And how would you know if it was fake?

Now, reflect upon the following...

Whenever you are experiencing any kind of negative emotions, what are the thoughts associated with it? Do you tend to blame ‘this person’ or ‘that person’? Or perhaps you blame yourself? What exactly are you telling yourself at such instances?

Now notice, *where* exactly are you experiencing these emotions? Is it inside or is it outside of yourself? Most probably you'd notice that you're only experiencing them inside. And if it is inside yourself, how is it possible for this person or the other to temper with your thoughts and emotions and tell them where to go and how to be? **Isn't everything that you experience happening within yourself and nothing ever happens outside of yourself?** Not just the 'negative' emotions, but any kind of emotion, any kind of thought, and any kind of urge or need, or desire...

Once we take full ownership of what is inside of us, we become powerful beyond measure. We become the Rulers of our Realities, and the Masters of our Life. Isn't it far more liberating to know that we are the ones responsible for anything in our life – *both on the inside and on the outside* – than to credit it to the others 'out there'?

THE WORLD OF SHADOWS

Imagine yourself walking in a park in the daytime... While you're walking, slowly shift your focus from the objects and the people around you and onto your body moving... continue to slide your focus to your arms, your chest, your feet stepping on the ground in a diligent order and rhythm. While you continue walking, feel this repetitive rhythm and surrender to it. Become one with it... Now start sifting through the noises around you (if you haven't done so yet) and focus your hearing on the sound that your footsteps are making when they're touching the ground. Turn up the volume of this sound until you isolate it and start hearing only it...

Now let go of attention and focus... and notice the shadows cast by the trees... or the people around you... or the birds... or your own shadow, moving along with you...

What are the shadows?

These are reflections of the shapes, projected onto the surface of the Earth. The 2D print of a 3D form onto any surface ~ cast by the interplay of light and what we call 'matter'.

But what are they really? Are they real? Depends. It seems they're '*real*' to the eye of the man looking at the reflection on the surface. However, they are only a grey, vague reflection of the object. No life in it, except for the life of the object that is casting it. *Is it fair to say that what shadows are to the man, so is the moon to the sun? I wonder...*

If we look around, there are shadows everywhere..., so long as there is light present. Even if the light is artificial, there'd still be shadows. We are indeed living in a world of shadows. And worst is when we get to *be* the Shadow, instead of the Light.

What if we become the Light that we are, in its full spectrum? There'd be no trace of shadows. Only radiance and life. But how to get rid of our shadows? Or even better – how to melt down the shadows that we've created and claim back our own light?

Why are the shadows?

Shadows are here to remind us of the transient and temporal existence in the world of mirrors. To remind us that in each moment, where there is light, there is also movement of the shadow, hence movement of it all ~ that is *the change of all things*. To remind us that if we focus too much on the shadow that is cast on the surface, we'd miss on the essence of life that is beyond and above the shadows. To remind us that everything in this world of shapes and forms is but an illusion. A transient, moving illusion.

*“All the world's a stage,
And all the men and women merely players;
They have their exits and their entrances,
And one man in his time plays many parts,
His acts being seven ages.” – Shakespeare*

The shadows or masks we wear in life are those images that we create for ourselves – to look smarter, to make ourselves feel better, to be liked and what not. However, they are usually **created out of comparison**. Comparison between the image of “who I *want* to be” and who I **am being in the present moment**. Or comparison between *yourself* and *others*. Those images are just this – images in a crooked mirror, the mirror of illusion. They are not ‘true’, although they might *seem* real or to some – even *feel* real.

*The more we give **life** to the Shadow, the more we deprive ourselves of **life** itself.*

*The more we give **light** to the Shadow, the thicker it gets and **the darker** we get.*

If you identify yourself with the mask (or the shadow), it's like playing a role in a theatre.

You are *being* the role, blending with it, feeling it and acting it from within, living it on stage. Professional actors do this for 2 hours until the show is over and then they get back to their ‘*own*

self, disconnecting with the role, detaching from it. Some people are playing a role their whole life as if on a theatre stage – thinking and feeling as the ‘image’ they have created, and associating with this image so much, that they become a pawn, pushed by the waters of life here and there – with no direction, no true purpose or meaning.

But if you manage to break through the mask, **you get to define** *what your role is* and *how to play your part* in the Game of Life. You start searching for a meaning and purpose transcending beyond the forms and shapes. You get to outgrow the role and become both the *lead actor of your life* and the *director of the play*. And when you do that, *life starts to unfold through you* in its many manifestations – none of which permanent. **And then the chances of you leaving a footprint into the world, rather than casting a shadow onto the surface of life, are far greater...**

WHAT IS THEN THE MEANING OF LIFE? I ASKED MYSELF...

And I got this answer:

The meaning of life is meaningless.

Is the meaning of life meaningless? Or is *searching for the meaning* of life meaningless? I guess, both.

That’s what it is – **it’s the art of bringing meaning with ‘less’**. Less effort, less suffering, less resistance, less of everything... Until it becomes ‘nothing’. It’s about finding meaning in the emptiness, in the nothingness – the source of all things.

Emptiness is light in its pure form... from within and without.

Imagine an object which doesn’t cast any shadow in any part of the day. How would you describe this object? Empty? Transparent? Invisible? That is exactly right – it would be ‘trans-parent’ (*beyond the parent of all things*) and it would be ‘in-visible’ (*visible only from the inside*).

What do you need to be – to not cast any shadow in the wake of a day?

You need to be the light itself. Emanating from within and into the openness – into the emptiness – void of all matter. And when you become the light, you become transparent – with no shadow hanging around you, or shadow to hang yourself on to. You become one with the endless source of life and life itself – coming into being in the here and now and unfolding into the emptiness and then back in it. Because nothing is what it *seems* to be. Neither the shadows, nor the forms that cast them.

Your thoughts and emotions dissolve with the speed of light and no trace of them is left behind. But pure consciousness. The source of life. You become pure energy... as in Einstein's famous formula herewith gaining a different read:

$$E=mc^2$$

where *E* (energy), *m* (matter), *c* (consciousness)

Consciousness can melt down any form of matter and bring it back to its pure source of energy. I haven't got there yet for the most part of my life, but I know I will. One day. When I'm brave enough to let go of anything I hold on to – that is anything I *'know'*, anything I *think* I know, and any and all shadows that I let my mind cast over me, blurring my consciousness and making me blind *to what actually is*.

"When you let go of who you are, you become what you might be." – Lao Dzu

REGAIN CONSCIOUSNESS

Now lean back, close your eyes and relax... Surrender to the emptiness... to the nothingness. Connect with that which is *unchangeable*. That which is *infinite*. That which never has been and never will be, *simply because it always is*. Let your Higher Self *know* and guide you through... Become ONE with the Source. One with life. One with everything... *And in that just remember – YOU ARE THE ONE ~ you are ONE with LIFE, and you are THE ONE experiencing life, in both its illusion and conscious awakening.*

MANTRA FOR LIGHT

I don't need to know. I already know.

I don't need to search. I'm already found.

I don't need to achieve. I already have.

I don't need to have more. I already have enough.

I don't need to earn. I'm already whole.

I don't need to go anywhere. I'm already here.

I don't need to do. I already am.

~ In all that I am here and now ~

I AM complete.



Post Scriptum



*Когато Слънце през очите ти гори,
Сърцето топли, а Душата ти трепти,
тогава Истинското Аз се проявява
през сенките в огледалата на Дуала.*

*When the Sun is shining through your eyes,
Your Heart is warm and your Soul pulsates,
Then your True Self manifests itself through
The shadows in the mirrors of the Dualistic Realm.*



*Yours truly,
Gery Pavlova*

My inspiration for this story:

- *Life's happenings, and*
- *This video ~ <https://www.youtube.com/watch?v=Bw9zSMsKevk>*