

TWO WORLDS, TWO LINES.

Introduction.

One could say that there are three versions of each of us walking about the street everyday.

There is that which we think we are.

There is that which people see of us at any given moment.

And there is that which we really are.

Our work is to seek liberation, how could we liberate three versions of the personality ? neveralone one, knowing how much work is involved ?

Self observation.

So how do we self observe whilst being involved in daily matters ?

This is of course a difficult thing for modern man seeing as this ability has so much atrophied in the current situation. And he is so concerned with the outside world that he barely recognises an internal world at all ! and then it would mostly be only at a superficial biologikle level , which he is only just grasping at an understaing of.

We need to distance ouselves from day to day mundane existence, to give us time to self observe in an as efficient way as possible.

To see ourselves in situations , how we act, how we react.

What emotions are activated and our response to them.

Are we on automatik, or, are we conciouss and in controll of the situation?

Have we fallen prey to a negative ego or not ?

For example is the person driving in front of us driving to slow ? are we getting angry, or are we thinking that at least we won't be getting a speeding fine. And , maybe just trying to remember ouselves at that particular point. Self observe in relation to whats going on.

Separate to a higher conciouness.

I know that I've been saved a few times from potential speeding fines by just taking it calmly , sitting behind the slow driver (who by the

way usually is not really that slow, just us ego maniacs in a rush to get someplace) and trying to observe my actions , re-actions and thoughts. Just what ego is trying to dominate.
Sometimes you can actually physically feel the presence of these ego's ! that's the power they have over us.

Also observing others and comparing them to myself in what I could just as easily lapse into behaving like, or perhaps just have

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This is the important thing to remember here.

That life is purely mechanicle.

So we must break these automatik tendencies and be conciouss of, and aware of our situation and actions.

As our actions are usually governed by which ego is most powerfull at any given time.

For example when we are feeling a little tired or overwhelmed, we can observe ourselves being rather short or curt with people over the mechanix of life that we really should understand and transcend, as, these things will be there regardless.

So we can see life rather like a film running in a horizontal fashion. Continuing on regardless of how much or little we allow ourselves to be governed by it.

At this point we should be able to command our conciousness to separate from the material plane , and in a detached way , observe from a higher elevation.

Slowly we will get better at catching the ego imposter at work.

The more we practice this the better we will get, of course all work we do on our internal world is accumulative , granting us further insights into the internal world. Giving us more power.

Liberating the being.

This then is the second line of life to which we refer.

The verticle internal.

Upwards Inwards Owards.