

You exist in love.

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You are made of sound and sound comes first in the universe. Your body is a temple. It is the physical dwelling place and extension of your Authentic or Always Self, which is the essence of your being. As you go through life you forget about your Always Self. But, it is always with you and it is always you.

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You are a projection of love. You exist in love. Love all that sustains and surrounds you. Love the Earth, love the Air, love the Water and love the Fire. Love the part of Self that is of the ethers.

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There is only eternity, knowledge and bliss, but you are terrified this might not be true. Your fear is ego at work and ego keeps you from being free. Yet, you want to experience and ego makes it possible. So, don't curse the ego. Neither should you fear desire. This is why you're here, to taste and live. Approach your life as an array of choices, experiences and desires, and know that you are already liberated. Remember, there is no right or wrong path; there is only the path that you choose. Whatever path you choose, you will always have opportunities to grow and expand.

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If you feel stuck for a period of time, this is given unto you by your soul as a resting place. Don't judge it as being stuck, see it as transition. You are meant to be the Watcher. Instead of judging, just see.