

## WHAT EXACTLY IS ADDICTION AND IS REINCARNATION ITSELF AN ADDICTION?

ANSWER: Addiction is the compulsive giving of attention to a thing at the expense of being Self-aware. For those who are doing it repetitiously, Reincarnation is, indeed, an addiction. But not everyone reincarnates over and over and over again. Continue....

QUESTION: I had a lot of quiet time moving to the desert, and have come to see in myself, more and more of what I thought were one or two addictions, is not so. There are many. And one part of the question has to do with a way to distinguish between an addiction and a desire of manifestation of Being. And another part of the question has to do with release from when I see it's really an addiction of the ego. Is this enough of a question?

ANSWER: It is abundant. At the bottom line, as I said, addiction is the compulsive giving of attention to a thing at the expense of being Self-aware. Three-dimensionally speaking, it is called life. [some audience laughter] Because you forget that you are the Conscious Awareness in which all conscious experience is going on and you are not any one specific conscious experience. You depend almost completely, all of you, on the data of the five physical senses to tell you about life. And you define yourself as "the thing" having those senses, instead of the Awareness which is able to gather data from the five physical senses, as well as from your innate capacity to Know, with a capital "K"; your innate capacity as Consciousness to be the All-Knowing Presence from which nothing is withheld.

Because you depend heavily on the five physical senses, and define yourself as the body having those five physical senses, you overlook the fact that you are the Awareness in which the body is one conscious experience, and each of the physical senses of that body are various conscious experiences. And you lose the perspective, as an experience, of your Self as being infinite, and you lose your inclination and, let us say, temporarily your capacity to explore your Self as Consciousness. And you see yourself as within a universe, rather than seeing your Self as that within which the experience of Universe is being experienced. And you are hooked, because you have lost yourself in the appearance.

And the unfortunate thing is that in losing yourself in the appearance, you lose the capacity to experience all of the appearances as the Presence of God; the Presence of the infinite manifestation of divine Intelligence. And when you lose the experience of God, which really constitutes your own integrity and your own security and your own peace, you then must attempt to recreate that peace and integrity and security in this world of appearances. That is what you believe from that ignorant standpoint.

And to be very frank with you, whether it is money, or whether it is an unreasonable devotion to mate or family, or whether it is a devotion to beauty and order and harmony, you are in a state of addiction, because you seek for all of these things, whether they are apparently negative or positive, in order to reinstate a fundamental harmony and order and integrity and security that you have lost sight of. Don't feel particularly fortunate if your addictions go unnoticed because they tend to be positive. [some audience laughter] Devotion to family, devotion to career, devotion to success can be as imprisoning and as unpleasant as alcoholism or drug addiction, because at the bottom line, you are so busy attempting to create security for yourself that you do not have the intelligent perspective that is inherently yours to discern the fundamental Order of the Father's Self-Expression, which is what Life is and is what you're in the middle of. Addiction is the compulsive reaching for something which is already present as though it isn't present.

It doesn't matter how many various forms of addictions there are, there is only one solution, and that is to yield to your divinity, to yield to the experience of what you divinely Are, which is the infinite, the not-finite Conscious Experience of Being that you are. Rather than being a human being, you are the Conscious Experience of Being--and "Being" is a verb, not a noun. You are not "a being," you are Being. You are the Movement of Consciousness or Mind. The Father/God is the Movement of Mind. And as His image and likeness, you are the Movement of Mind. And the Mind that is the movement called you is the Father.

Now this is very important because there has been a great deal of talk in Christian theology of yielding to the Father's Will. Understand that the Father's Will that you are yielding to is your will, if you are not holding out for a will that is separate from Him--a private one that can accomplish; a private one that can get; a private one that can create security; a private one that can artificially induce a state of peace and

expansion, which has nothing to do with the Infiniteness of You that you can only access in its realness by yielding to the Will of the Father.

It doesn't mean much to talk about yielding to the Will of the Father if you don't understand that that means yielding to the already existing Integrity of You. The minute yielding to the Father becomes relevant to you in a real way, it will become more reasonable to you to yield to the Father's Will. If you as Conscious Being are the image and likeness of the Father, then yielding to the Father is to yield to your own Integrity, your own greater capacity to be aware, divinely speaking, with no more distortion fooling you into believing that if you can just manipulate a little bit better, you will be able to secure your success and your peace and an expanded conscious experience of being.

You wonder why it is difficult to wake up when you are already divine Being, and being awake is the most natural thing in the world. Because you are addicted to achieving personally. You are addicted to creating personally. If you are the image and likeness of God, it is said, and if God is infinite Intelligence, then you must be the manifestation of intelligence and it must be your fulfillment to be intelligent in a disorganized and conflicted environment, and thereby bring about order out of chaos. Well, you must be careful. That has become a metaphysical principle which is untrue.

The manifestation of the Father is not something separate from the Father. It is the Father expressed and expressing. But the spark of life, the motivation for the movement is always the Father, whether it looks like you, or whether it looks like me, or whether it looks like a tree. And so the Father over here, has not created you over here. The Father is infinite, and you are His Self-Expression. You are the Presence of the Father being the Movement of Creation.

And you are That before you as a puny little ego do one thing to try to be creative and intelligent. You are not here to bring intelligence to bear upon chaos. You are here to yield to the Intelligence that is you, that is the Orderliness of it all, so that the scales may fall from your eyes and you may see that you are in the middle of the Kingdom of Heaven. You are in the middle of the Kingdom of Heaven, and everything you are seeing is some aspect of Reality.

But when you see yourself as a personal ego with the personal responsibility to be a "true expression" of the Father, a "true expression" of intelligence, as though there is the Father being Intelligence and then there are little intelligences running around being intelligent [audience laughter], you are misguided and deluded. And your experience of Reality or the Kingdom of Heaven is not experienced as the Presence of God, but as exactly what you experience every day--a physical universe; one that is running down; one that is decaying. At least that is the wisdom of your greatest scientists at this point. And so in this loss of Integrity and Self-awareness, you engage with life as a personal little ego addicted to re-establishing the Order and Harmony of Being that you cannot totally forget because you are divine.

And the way you can tell that it is an addiction is that your experience, as general rule, is not supporting your return to Sanity. It says you do not have time to sit down in the middle of all the demands and become still enough to know what is appropriate and what is not. It tells you that you cannot dare to take the time to find the peace of your Being by becoming still, rather than taking a drug. It tells you that you cannot feel relaxed and secure if you do not have enough money to take care of your needs and to spare, sitting in the bank. It tells you, you cannot relax until you have a job that pays a certain income. It tells you that you cannot feel successful until you are making \$100,000 a year. And this distracts you from finding the security within you, and the joy and the peace that is within you, that will allow you to move in the Kingdom of Heaven, in the world, in a way that totally identifies success and security and peace and joy, and doesn't infringe upon anyone's freedom or step on anyone's toes.

Even when you discover how to become still and even when you realize that in that stillness you are connecting with your Being at a very deep level, the pull of the addiction to the thrill and excitement of the challenge of doing something you cannot possibly accomplish--creating order out of chaos--tends to get your attention, and you find that it's been a week or two weeks since you did your last meditation, since the last time you hesitated and took a deep breath and listened beyond your knee-jerk reactions.

When we're talking about waking up, we are talking about becoming free of the addiction of the three-dimensional frame of reference and the

limited data of the five physical senses, which are very stimulating, but which do not present you with the full experience of Reality. If you were not addicted to the three-dimensional frame of reference at this moment, you would wake up spontaneously. But you want one more fix; one more ride on the roller coaster of life [some audience laughter]; one more plummet off of the edge, as one of your amusement toys is called.

Now that you have found out that you are all addicts [audience laughter], I will balance out the picture by sharing with you that there is a movement in all of you--a Movement of Awakening--a movement of the reassertion of your Sanity, of your divinity, because it is greater than the tiny little part of you that holds itself apart from the Totality of What You Are, and also because you are not alone. You are part of a whole called the Brotherhood of Man--the infinite Self-Expression of the Father. And if I may put it this way, more of the Brotherhood is Awake and free of addiction than those who are still addicted to the partial sense of life. And as a result, there is not, shall I say, the immoral support that you had when there were more of you who were asleep. And without that support, your slumber, your dreams are becoming weak, unstable, less able to maintain themselves.

And because of this, if there is just the slightest inclination on your part to shift your means of self-identification from a human being to Conscious Being, if there is the slightest willingness to be curious to discern Reality or the Kingdom of Heaven right where a physical world has seemed to be all there is to life, you will experience a supporting energy, supporting the fulfillment of that curiosity and that desire. And your progress quote "on your spiritual path" unquote will seem to be smoother and facilitated, helped, because there is a conscious willingness on your part from a three-dimensional standpoint to become congruent with your Integrity, with Who You Really Are; to become congruent with the Totality of You, the infinity of your Self, that your addiction has blinded you to. And that willingness to be congruent allows the integrity and power of your Being to assert itself within the ego frame of reference in terms of dissolving the limits of that frame of reference.

The only reason addiction is experienced, is because lack of Integrity is being experienced through ignorance. And because Integrity is your Birthright, there is the spontaneous attempt to establish it, but since the establishing of it is coming from a limited perception of yourself, it keeps

you distracted from letting yourself, allowing yourself, to relax into the underlying Integrity of your Being that is there, even when you believe it is not. Control is an ego dynamic, which is part of the compulsiveness of the addiction, and that is why it is so hard to let go of control.

I could go on for hours. And in one way or another, this is what we will be talking about all weekend.

QUESTION: Thank you. And a lot of this that you're saying, I realize is sort of sitting with this empty house with no furniture, not recreating my job or my practice, waiting for this movement. And yet, even in coming here I had to run to the furniture store. So I'm not at all... I'm very aware of this total compulsive, controlling addiction in myself. I would like to know personally where I am in my process; how you see that coming out. And personal guidance to get back to that space where I was several times when you asked me to remember--remember this space. I don't think I'm there right now. And can you just help me personally on that? Thank you.

ANSWER: It is appropriate for you to be comfortable. It is appropriate for you and everyone to experience beauty in your home, in your life, in your body, in your dress, et cetera. If you will just remind yourself that you are not personally responsible for the presence of beauty and harmony in your living experience, and then become open to being aware of it coming forth, becoming open to observing it happening in your life, this will provide you with a very meaningful relaxation process, you might say, where you can become allowing of the unfoldment of the furniture that you need; the furniture that will identify harmony and enjoyment in your environment.

There is one other thing. Don't any of you waste any time feeling guilty for your addiction--that will simply deepen the addiction. Why do you want order? Why do you want furniture? Why do you want satisfaction? Because it is inherent in existence itself; it is inherent in Being. It is that in you which is divine which desires security and peace and fulfillment. It is when you don't think it is rightfully yours, when you don't think it is inherent in you and therefore not something you have to get possession of, that you compulsively reach outside of yourself to obtain it, and control your environment to keep it in your experience. The motivation comes from the part of you that remembers the Truth. So do not feel guilty for the desire, but learn what steps actually provide you with the

experience of that security and that integrity--and what doesn't. But don't waste your time with guilt, else you will call into question the very desire itself, which, as I said, comes from an uncovered remembrance of Truth.

So you came and you checked out some furniture along with taking care of your spiritual path. It's okay. That's the end of the answer.

~excerpt from Gathering with Raj/JESUS, Pacific Palisades, Ca 1988

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