

Enlightenment

By Neale Donald Walsch

Let us discuss a favorite topic of this day and age: Enlightenment—that elusive magical mystical experience for which everyone seems to be searching.

Masters of every shape and size have been creating a way to be Enlightened for millennia. Paramahansa Yogananda said that he knew a way to Enlightenment. The Buddha said that he found a way. Jesus the Christ and Muhammad said that they knew the way.

Now the interesting thing here is that the followers of these and other Masters have insisted that their way was the best way, the fastest way, and, therefore, you needed to take that way.

There was a great urgency. You needed to join this group or do that process or read this book or be baptized or be un-baptized or do whatever it is that you believe is the fastest, quickest way for you to get to the place called “enlightenment,”

“awareness,” “higher consciousness,” or “vibrational harmony.”

The brain is now the latest path, the latest route, everyone is talking about. It is about moving your energy, your focus, your awareness, your presence, your essence, the vibration of Who You Are, from the brain stem to the frontal lobe.

Many people are teaching this now. Many people are talking about actual science, physical science, brain chemistry, as a path to this thing we call Enlightenment.

Human beings who are truly enlightened, truly aware (and there are many of them), experience at a deep level that most of us are operating from a place of pain, extreme suffering, emotional turmoil, physical dis-ease, and are, as a result, creating an entire world like that. Yet Masters know that none of this is necessary.

You can overcome it, create yourself and your world in a new way. But first, you have to know Who You Are.

God says, “No one calls to Me who is not answered.” The promise here is that each of us will be answered in the way which most effectively responds to the vibration that we hold and create and carry in the center of our being.

We spoke of The Buddha earlier. It is good to tell the whole story.

His name was Siddhartha Gautama. His father was the ruler of a large area who wanted to protect Siddhartha from any knowledge of the outside world. Siddhartha was kept on the grounds of the family compound, but one day he ventured beyond the walls because he wished to learn more of life. He gave up his riches and his whole family, left his wife and children and disappeared, to embark on his search for what was true.

Immediately he encountered people who were enduring much suffering. There was poverty. There was disease. There was cruelty. Siddhartha was stunned, and he knew, he just knew, that life was not meant to be like that. But what, then, was the truth? What was the path?

One day Siddhartha Gautama said, "I have tried everything. I have done all the physical disciplines, all the trainings, all the exercise, all the starvation, all the diets, all the fasting, and all the meditation. Now I am just going to sit here beneath this tree and I am not getting up until I am Enlightened."

There he sat, doing nothing. No exercises, no meditations, no fasting, no nothing. Now that is hard for many of us to do, because we think there is something we are suppose to be doing in order to be Enlightened. Suddenly Siddhartha said with a start: "I am Enlightened." People came to him and cried out, "You have become the Buddha, the Enlightened One. What is the secret? What did you do?" The Buddha said something quite extraordinary: "There is nothing that you have to be, do, or have."

Imagine, after the life he had lived, with luxury and then all the self-denial...after all that time, he realized it was not about doing or having anything. It was about the middle way. It was about just living life, non-attached to anything in particular. Not attached to your luxuries and joys, and not attached to your poverty and tragedies. It can be if you want it to be. It can be if

that is your path, but it is not necessary to be, do, or have anything in particular. The Buddha said, in effect, "I am Enlightened because I have realized that Enlightenment is knowing that there is nothing you have to do to be Enlightened." Is that not interesting? Think of all the effort that people are putting in, with years-long programs and trainings, only to find out that Enlightenment requires nothing at all!

Suddenly you will start acting not like a Master at all, but like someone who is under a terrific amount of pressure and stress, because it will suddenly matter to you whether I "get" what you are trying to tell me. Enlightenment, when it is all said and done, has nothing to do with what you do with your body or your mind. It has to do with what you do with your soul. If you learn to love yourself and everyone else, and life, unconditionally, you will be aware, you will be Enlightened.

So this moment is the moment of your liberation. You can be liberated from your life-long search for Enlightenment. You can be released from any thought that it has to look like this...no, no, it has to look like that. You may still do those things if you choose to, but if you feel stressed about them, if you feel pressured by them, then how could they be a path to Enlightenment? So set yourself free today. Stop working so hard on yourself that you do not even enjoy life anymore. Do what works for you, but make sure it brings you joy. Enlightenment is EnJOYment. It is the pouring of joy into Life. Now here is

what I know will bring you joy. Spend the rest of your life giving people back to themselves, that they might love themselves, and know that there is nothing they are lacking, nothing they are missing, nothing they need, nothing they are not.

A sure way for you to experience that you are enlightened is to cause others to know that they are. That is the message and that will be the teaching of the New Spirituality. That is why Namaste' has become such a powerful, such a meaningful and special, exchange of energy: "The God in me sees the God in you." There is nothing more to be done if we really mean that. Of course, if we are saying that because it sounds good, then there is a great deal more to be done. But if, when we say that, we really mean that...then the struggle is finished, the search is over, and Enlightenment is ours at last.



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