

10,000-Foot-Tall-Ego-Practice

Just this one practice, composed of 9 words, if you do it with FEELING, can bring you all the way 'home'. You may remain living here, but the door will open to the totality of your being.

One of the key things that Platonic Surrealism teaches, is how to rebuild your ego to be constructed from nonverbal elements and the exercise of pure awareness.

The average person bases their egos on random flotsam and jetsam from culture, and identifies with certain ideas from that source, largely as a way to process suffering.

If someone 'pushes at a word/conceptual based ego, that ego feels under attack, and if their 'accidental system' is overwhelmed somehow, they might collapse and have a 'dark night of the soul'. As a metaphor.

But a person who does '10,000-foot-tall practice' becomes largely immune to societal influences and suffering based on a battering of their 'flotsam and jetsam ego', as they don't have nearly as much of one of those anymore, though some remainder is inevitable.

Some of those 'powerful spiritual or charismatic people' you run across? They know 'the secret'.

It's very easy.

Just to get you started.

Say

"I AM UNBOUND AWARENESS".

Then FEEL that.

Just practice feeling that.

After you KNOW that's what you are, just by doing the practice of that feeling, then you can go,

"I ALSO WATCH THAT MOVIE".

Anything that happens is a movie... whether it's good or bad or neither.

WE ARE AWARENESS THAT WATCHES ALL THE MOVIES of infinite space and time, and well beyond mere infinite space and time.

Just remind yourself of these two things.

"I AM UNBOUND AWARENESS", until you never need say it again, as you FEEL IT in every last cell of your body, then you KNOW IT.

Then say, "I ALSO WATCH THAT MOVIE".

Keep doing that in response to anything in this life, or any hypothetical scenario that comes your way, about your being, about reality, about 'God'.

Your social persona AND religion AND spirituality AND politics ---
just another movie to watch.

I ALSO WATCH THAT MOVIE.

Once that becomes a habit, once it is part of your flesh and every cell,
then there is nothing else to do.

Just LIVE.

Life will unfold like it always was going to unfold anyway,
but now you know the truth of it, and your suffering radically decreases.

No meditation or other spiritual bull shit required.

Now, here's the 'other part of the story' as the old dude "Paul Harvey" used to say:

as you unfold into the depths of who and WHAT you actually are, who and WHAT we all actually are, YOU MUST SURRENDER TO YOUR OWN INCREASING WHOLENESS and if you don't, the words will largely be empty.

You don't surrender to 'God' (though it may feel like that), or to some BEING, no, that's not the thing either.

You SURRENDER UNCONDITIONALLY to your own SELF, the unbound AWARENESS, the UNBOUND LOVE that YOU ALREADY ARE in WHOLENESS, and not in this place of self-imposed limitation, that is a learning and growing experience for the WHOLE that needs all that learning and growing, but the WHOLENESS 'cheats' as it gets all the feedback from all the little lives ATEMPORALLY, even while you are experiencing it 'here and now'.

It's quite a thing.

But this is why 'I AM' or meditation movements from the past failed --- you have to know all these elements, or you get confused and don't finish the lesson.

Just aping the words helps, just feeling the words very much helps, but if you don't live it, then you 'never got it'.