

A New Year, A New Start?

PETER GREBOT - JANUARY 2021



A new year, a new start, is that right? Or is it still more of the same in a different disguise?

If you think about it, all those New Year resolutions are more or less coming from the same place, that sense of being a separate self and willfully being imposed upon the world, in the hope of making us happy-ever-after.

I'm wondering if the real choice is 'to be, or not to be' and if it's 'not to be' then carry on with your New Years' resolutions and maybe some things will work out, maybe they won't. The truth is we can give something our best shot but the outcome often has less to do with us and more to do with circumstance and opportunity.

We live in an interconnected world whether we like it or not, anyone in doubt of that just needs to look at the Covid 19 statistics.

So maybe the question we should be asking ourselves in all seriousness, is 'do I really want to be' and what that might look like if I went down that avenue.

After all, we are all seeking our true nature whether we're aware of it or not, it's called seeking happiness, we're just a little misguided as to where that happiness is to be found.

If I were to say that complete happiness CANNOT be found in the external world, you could either take that on trust, make a new belief or test it out for yourself in reality. The difference between experiential knowledge and theoretical knowledge is as different as chalk and cheese. In this area of self enquiry, nothing is more successful than failure in the apparent outside world! If you really knew that you probably wouldn't be making New Years resolutions!

And so, we look forward (so to speak) to enquiring along together and breaking free from our unconscious self imposed limitations into true freedom and love.

Here and Nowhere

Where are we, in time and space? Does space actually exist? Does time exist? Or are these mental abstractions that we super impose on our experience of reality in order to navigate and contain this immensity, this mystery? When we give a place a name it's only arbitrary, the map is not the territory, nor the actual experience, there is no north, south, east, west, no up or down to the infinite universe. So when we fully enter into the boundlessness of experience there's no way that we can 'know' where we are in the normal sense of knowing where we are, because in fact we are (in truth) nowhere and never have been! In the infinite there are no reference points only the knowing of experience and what knows that knowing of experience is knowing, knowing itself. Names and labels are just arbitrary lines drawn in the sands of consciousness, they are not the things in themselves, although they "appear"



to have taken on a life form of their own, they are very seductive. If we strip away all the arbitrary labels about ourselves who are we now in this moment, out of time but in eternity. Who, what, where? When we sit here quietly together, I suspect that our individual thinking is creating it's very own reality in this moment, so in fact, we are not sitting here quietly together! Equally, the so-called world is not really here but in our individual minds, the conflicts of the world are really projections of what's going on in our internal world and have very little to do with what we call the real world. The word 'world' is an abstraction superimposed on our direct experience and doesn't exist in our actual experience, just as the word 'water' doesn't make you wet!

**Our next online meeting will
be Sunday 24th January
at 14:00 GMT/15:00 CET**

Look out for further details from
Regis Pradal, Jana Joanna Milbou
or Maria Casale.

