

# The exclusive fascination with the drama of experience.

PETER GREBOT - JUNE 2021



**Why exclusive, you may ask? Because it's not only that we are caught up in the drama of experience but exclusively at the expense, and ignoring of, any other possibility which keeps us trapped in a prison of our own making.**

That covers most of us, doesn't it? We still believe that the answer is "out there" somewhere. The "if only" syndrome that *my life would then be complete*. And this is perfectly understandable, given that religions have let us down and western ideologies including materialism has also played its part, making fairytale promises that are rarely met, and all projected in the future, never here, never right now, a bit like Christianity, if you play your cards right there might be something waiting for you in heaven!

But this is a hard belief to break, most people are in the same race to nowhere. Have you ever noticed at airports, for example, how people are rushing to get out of the place they're in and it's virtually impossible just to go at your own pace without getting caught up in the rush as well? Well it's the same collective madness but on a global scale, perhaps we should be thanking Covid-19 for small mercies!

But seriously though, what is it going to take to break this destructive pattern of behavior so that we might step off the hamster wheel (Buddhists call it the wheel of life) for a moment and reflect deeply on our situation? We don't need to start a new philosophy or religion but we do need to slow down enough to notice from our EXPERIENCE what actually works and what doesn't. Because this isn't working is it? Suffering is doing it's best to point us in the right direction but will we listen or will we carry on blaming the outer situation for all of our problems?

It's possible that the human race might reach a critical tipping point and see through this unconscious level of belief, but for that to happen we all need to play our part to bring that about. Are you ready to stop blaming and truly engage in meaningful change for everyone?



# Unconditional love

or 'big love' as I like to call it, transcends what most people consider love to be. Our perception of love is often misguided unfortunately, due to conditioning from parenting and what we experience in the wider world. Love becomes distorted, sensationalised, a misconception for many, something we think needs to be achieved or deserving of. *Love is not available to everyone. Love is only available to the lucky ones...*this is the gravest illusion of all. I grew up thinking 'I am not loved' why is this so important? Am I just feeling sorry for myself? Am I caught up in a story that I think is my life?

This has been my journey of exploration for several years. Being attached to this suffering has consumed me at times. Every sad moment I can recall as a child and young adult had a feeling linked to it and a sense of longing, yearning for something I believed I was deprived of, this emptiness, a void constantly needing to be filled, which in turn translated to 'I am not loved' ...and yet I have come to see, through a deep sense of knowing, that love has always been available (is always here), I didn't realise for a long time because it was hidden, disguised in misguided perceptions, beliefs and conditioning. all I had to do was switch on the light!

To me, unconditional love is freedom from emotional suffering, an overwhelming feeling of joy through a deeper sense of awareness and being. Once I came to realise I have nothing to gain, no terms to adhere to, no judgement, no right or wrong, that offence doesn't need to be taken, and that no opinion of mine is ever that important, what presented itself was compassion.

This is liberation from suffering, this is big love. The path is always the same, regardless of 'the story', to seek without knowing, to enquire and to be curious. To meet oneself in Truth takes courage but it's always available, the only question that remains is; do you really want to go there? Remember this is a healing universe.

By Maria Casale



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