

High Noon of Humanity

The quiet individual choice we make with global impact

by Bhashkar Perinchery

What makes us human beings *really human*, what allows us to live the humanness is, when we realise that we have the potential, the chance, and the capacity to observe, to watch, to witness what is taking place within ourselves, in the body and in the mind, without identifying with it.

It is the recognition of this capacity and the application of this ability, which will bring about a unique and decisive development in human life! This can reveal to us, that although on a certain level we are like every other animal or a robot, this capacity to consciously observe ourselves and thereby not remain trapped in the identification with the body - identification with the personality, identification with the conditionings - can bring about a tremendous difference. Until we recognize this capacity and apply it in our living, we are not yet fully living up to our human potential. As human beings, most often we are not living our capacities optimally, to live a life that can be deeply fulfilling, full of love, joy and playfulness.

Through the application of this potential we are able to *see* deeper, rather than just go on projecting through our conditionings. In our 'normal' perception as we're projecting through the conditionings - which is not really a seeing - it is more like a very subjective interpretation of what is!

Whatever be your cultural, religious, ethnic, or national background, these orientations can be practiced without coming in any conflict with it. The perspectives presented here are of deep and decisive significance for the individual and global reality. Read it carefully, consider it courageously and apply it in living wholeheartedly.....

Many of us tend to use the capacities that life has endowed us with, either in a blind, aggressive and forceful way or resign and close ourselves up! Both are more or less unconscious and automatic reactions. In both cases we react blindly and turn against life in such a way, that in effect it is ultimately self-destructive.

The recognition and the application of the capacity to observe oneself without identifying, is for us at first individually a very decisive factor. Now collectively and globally also, it is becoming a decisive factor, whether we really rise to recognise this potential and live on the basis of seeing what is real, or whether we let our conditioned, narrow perception of the reality to go on dominating our life that drag us in a self-destructive direction!!!

All of us who go about life with a narrow idea of ourselves do not often realise that such a perception of reality is not a perception in a true sense but just 'part of an initial survival kit'!

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It is comparable to a cancer cell, where the cell is no more considering itself as part of the whole body, but is just starting to function from a narrow idea of itself, multiplying without considering or consulting the actual requirement of the body. Going about itself in such an aggressive way, it does not realise what it is doing to itself and the whole organism. The result is clear, it becomes a deadly sickness - it becomes a self-destructive process! It is a similar process in a deeper level, when we human beings don't recognise this potential of consciousness in us and realise, that we don't exist separately from the whole - we are not only this personality, but we have a deeper basis!

Only through becoming conscious, that we are not just this conditioned idea of ourselves, are we able to allow the capacity of our deeper intelligence, the capacity of love, the capacity of imagination and fantasy, to enter our life in such a way, that our life becomes a playful, celebrative and wondrous development - valuable for oneself and for everyone else too!

One of the great mystics from the last century, George Gurdjieff, used to say provocatively, that we human beings have no soul; the soul has to be developed! What he is saying has to be considered deeply! Even though we have the potential of 'soul', like a seed, if we don't realise our responsibility and also recognise the urgency to help it to come into manifestation, it is like in the story of the beggar -

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who without recognising that he was sitting on a great treasure - lived and died miserably as a beggar! After the man's death it was found, that just below where he was sitting, there exists a great treasure, full of diamonds and gold! Unaware of it, sitting the whole life on this incredible treasure, he spent his life begging!

This parable is very valuable, because we are coming to a point in the life-process, individually and globally, where we need to really bring this capacity to look at ourselves and recognise our deeper possibilities and values. This will enable us to bring our inner treasures into manifestation, so that we need not go on - blindly in an aggressive way or blindly into a resignative state - towards self- destruction!

The Mayan calendar and the prophecies, which are around it, are making some point, which is also very valuable to consider.

If we human beings go on holding to an inner state which is like that of a robot and thus remain in an animal level, it won't become possible for us human beings to really respond to the tremendous challenges of the actual situations and act intelligently and sensitively according to the requirements!

It has to be very sincerely considered so that we can see the fact, that with all the destructive potential which we human beings have accumulated and the kind of insensibility with which we are going with nature - with the consequences which are arising from it - it cannot go on indefinitely like that! It doesn't need any great wisdom or any esoteric or spiritual power to see it; just from the common sense, looking honestly, one can see, that we need to wake up inside.

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We need to realise that we have the option, either to go on reacting habitually, blindly, unconsciously as if we are just a robot, an animal, going about as if we can not do anything about it, or realise, that we need to allow this potential, allow this capacity of ‘consciousness’ to observe ourselves, to witness the body, to witness the mind, the inner feelings and the energy-process and begin to live from a deeper insight and responsibility. It is this individual step, which is going to make a real difference also in the world.

Just changing things from the periphery, trying to manage things politically without an inner basis for it - without recognising the deeper roots of it - we will not be able to bring about the real transformations, which are required. We need to become deeply conscious of this blessing, which we have -to be in a human body, to be in this planet, to have all that what is required to live a life of joy and fulfilment. We need to wake up to the ‘reality’ and see, that the paradise, which is being dreamt about is not somewhere far away to be sought, but it is here! It requires of us only that we deliberately become more attentive and wake up to see that the foundation of the paradise is here; we only have to recognise and live it with the right remembrance and attentiveness. This awareness has to be brought in.

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In the ‘Upanishads’ there is a saying TATWAM ASI, which points to the innermost reality. It means ‘you are that’. It is not just a theoretical explanation of anything, it is a poetic indication. It reminds us something very very significant - that our reality is deeply interwoven and non-dualistic. Bringing it into actual consideration can open our vision to deeper dimensions of our reality. You are the one who can see it all - you are the one who is capable not to go blindly and not react in any of the automatic negative patterns. You are the one who can witness it all and thereby see not only what the mind is projecting, but be in touch with the wholeness of the moment - that what is coming from outside and that what is happening inside oneself - the wholeness of the situation!

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It is this capacity, which helps one also to realise very clearly and deeply, that we can make our life into a ‘blessing’ or follow the automatism and make it a ‘curse’!

Nature has given us certain freedom, but along with freedom also a responsibility. Freedom, that we can wake up and become open and rise to our humanity, but is also freedom to withhold by blindly holding onto the known and the familiar blindly and not really looking honestly and courageously to what the reality is, continuing merely at a robot or an animal-level.

The following two reminders will help to bring our capacity to turn the attention also to include that what is taking place in oneself, into daily practice and go about the day to day living in such a way, that you can realise the tremendous potential in yourself, which is waiting to come into flowering.

It is there like a seed, that requires your initiative to free it out of it’s enclosed state, so that it can come in touch with the earth, with the right warmth and wetness, to become a plant, flower and ultimately bear fruits!

In a similar sense each human being -who begins to apply this potential becomes a blessing to oneself and to the world - flowering in love, with deep gratitude to life, recognising how wondrous, how sacred everything is and living a quality of joy and freedom.

It is this awakening to our reality, which will help us to live with the diversity of life, respecting oneself and each other, recognising the uniqueness and also realise, that behind the unique manifestations it is an undivided ‘oneness’ of reality.

The first reminder is: In all moments when any kind of negative feelings are arising in you, where your energy is getting pulled into a negative process - whether it is a gross manifestation of negativity or a subtle process - bring your attention to it and see, that you can observe this phenomena without identifying with it. Through observing these phenomena and bringing the attention to all that what is with it and behind it, we are able to allow some space for our intelligence, for the sensibility of

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the heart, for our fantasy. Thus an answer can arise within oneself which is not based on the negative and blind reaction - which is not just a mechanical way of going about life nor reacting like an animal which cannot see more than what is apparent - but allowing our human potential to be in touch with the situation, with the moment wakefully and deeply! In this way we can see that we need not be trapped in negative states, nor get overtaken by blind, unloving and uncreative reactions.

Even if at times one does not remember to observe and is getting overtaken by the emotions, it is necessary and valuable without giving up nor taking it hard, to continue with the orientations and practice further.

In deliberately connecting to the capacity of sensibility to the deeper reality, to the potential of intelligence - we are able to respond to the situations in life in a more fulfilling, rightly intelligent and healthy way - which is very valuable. This has to become our inner orientation and decision, since this is where we begin to take responsibility for ourselves as a human being and not go about as if we are just a helpless automatism, which cannot go differently about life.

When we ignore our capacity of awareness and do not allow this inner potential which we have to manifest in our living inwardly, we are dying as a human being - we're reducing our life into a robot like existence, which can not be fulfilling nor liberating!

We can easily miss the true beauty and fragrance of love and not realise that in fact this life is a great blessing!

Only when we put this subtle potential of turning the attention inward into practice, are we able to see, if it is really so as it is mentioned here! Do remember that it is not just trying to figure out what is happening from the head through analysing and labelling - it is simply being wakefully open and be with the whole situation in a non-interfering way - thus allowing a response to arise from the inner clarity and peacefulness.

That is why to be rooted in the consciousness from where one can observe all that what is, is making the difference! It is an approach, which has to be combined with a quality of patience.

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Often we react immediately without looking what really is, and go into blind reactions without seeing that this impatience is also part of that automatism.

But as you realise, that this blind and automatic reaction is not the answer; instead one has to stay with it and be in touch with all the undercurrent reactions, which are automatically arising in us. Without a conscious observation of our reactions, the energy gets dissipated!

Following the automatic reactions we are entangling the energy in one fixed direction. But, by seeing it, and not following it blindly, nor suppressing it blindly, it becomes a process of disentangling the energy from the inner automatism and that is what gives us the capacity to go with the energy in a different way.

It can become truly very creative!

In all the moments, where negative reactions - on a subtle level or gross level - are arising, remember inside, that you are not going to follow it blindly nor will try to suppress it blindly. Just stay present, observing all that what is taking place. Do not try to justify the negative, nor try to cover it up; do not indulge in it. It is not seeking a political kind of approach to justify that one's negative reactions are o.k. because it seems that many others are also agreeing with it - no, it's not a question of going with some calculations and explanations and following the automatism like that! It has to do with really seeing, that we have the capacity to answer and respond to the challenges - which we normally call problems - in such a way, that we can go about it lovingly, intelligently, gracefully. Thus it becomes a flowering not only for oneself, but also a support for the flowering of all the others, who are beginning to recognise this possibility and begin to allow it into their life.

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The second reminder is to bring deliberately and directly this possibility of non-identification on various moments during the day - for example just as the clock is ringing a full hour, use the ringing of the clock, or just the observation of the full hour, to be a reminder to allow a way of 'being' without identifying with all that what is taking place with the body or the mind. Allowing the remembrance that you are the one to whom all these experiences is happening; you are the one who can see it all and you don't need to identify blindly with the body nor the mind nor be overtaken by it in an unconscious and mechanical way.

It has to do with allowing our human potential. It is simply allowing our deeper capacity, by not identifying with the obvious in an unconscious and blind way, but being rooted in the one who is experiencing it all - to whom all these experiencing is taking place.

Every full hour, when you hear either the ring of the clock or just notice it, take some moments to be with yourself, without identifying with the body and the mind. Bring your awareness to the one in you to whom all these experiences are taking place, allowing a rootedness in the one to whom it is all happening.

That is also the bridge finally to the recognition, that this one is the foundation of our reality. This one is the one who is in oneself and in the other; this one is the mysterious, the wondrous, from which all life process is emanating! Allow it to be your own experience! It is not enough, if one is just agreeing or disagreeing with anybody about all these things. When you bring these reminders into practice, you will come to realise on your own, what is really meant with it...

Let it become your recognition.

We are all choosing - whether we want to choose or not - our energy is moving always in one direction or the other. Looking more deeply, one can see each of us is making a choice.

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It is high time to really recognise, that we can either let the automatism go in such a way, that it becomes a destructive process or we take the responsibility, go wakefully in our life and allow the human potential to come into manifestation in our living.

The fact is, if we don't consciously choose to allow a positive direction for our energy and thereby allow love and creativity to be our orientation, unconsciously and automatically our energy moves in such a way as if we have chosen to move towards darkness and self-destruction! We have to come in terms with the dynamism of our energy-process.

To put it more directly and candidly, if we follow our conditionings blindly without applying our 'human' capacity to look at ourselves without identifying with the programme in us, it is as if we are letting a 'suicidal-programme' to continue to determine our future!

It is high time to really recognise, that we can either let the automatism go in such a way, that it becomes a destructive process or we take the responsibility, go wakefully in our life and allow the human potential to come into manifestation in our living.

That is how we can really be human beings in a deep sense, in a true sense and experience the divinity, which is in everyone - which is behind all the manifestation! Let yourself recognise how sacred this life process is, how valuable and beautiful it is; how much intelligence and sensibility, care and playfulness has been brought into this manifestation of life. Take these reminders to heart and bring it into practice; it is very valuable.

The further text is that what was given for the one hour sitting that followed:

When we sit now, stay wakefully with the remembrance, that you are the observer of all what is taking place, you are the one to whom all this is happening as an experience. Be rooted in the one who is observing it all, without identifying with the body, without identifying with the neither thoughts nor feelings. Without trying to force any change nor trying to control anything, while sitting, remember that you are just sitting to become familiar and to be rooted in this consciousness from where you can mirror and see everything and all what is there in you right now. With such an orientation we sit the next hour.

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