

Preparation of Exploration

The title, as everything else that can be written or talked about, is merely a concept, or rather a play of concepts. For fun, this is the ideal entertainment, endless variety, depth, possibility to infinite exploration, the ultimate experience and overwhelming sensation of reality - amazing and truly perfect.

In the midst of the drama, the only thing to keep us from the full extent of enjoyment is the belief that we cannot. We are really convinced that something has to be done to reach that state. Thought and talk about it most often only perpetuate this... That level of awareness is restricted to concepts, symbols, theory and these are only toys, through which that beyond flows into the playground.

What if we let the paradox be, a joke, who needs preparation if everything already is perfect? See the idea of time drift away, welcome a world that exceeds the restrictions of thought. Include the infinite dimensions of this awesome rollercoaster. The valleys would not be without hills as are we flat lined without "the beyond" – that which is behind all, before birth and after death, through love and true will...

If you wish, play with the notes below, flow with them. The paradox of preparation might become clear, as we begin to trust ourselves - or rather see there is no split - and "become" one.

Life is at stake all the time, why try to control it? It is effortless to see there is no need to. One preparation-note accumulated.

- Put all at stake; the image of you (who you think you are), your worldview, physical life, everything. In any case this is done every day, the difference is our futile attempt to control it.

What if we could enjoy all feelings, as stimulated by a movie? They are already there and your choice is to take the stands of; resentment or gratitude, to what already is! A second note...

- Feel feelings. They will change! As you let them out, go through them. You will feel more! Be sure to remember, as always, to go with it, into, surrender, cease the struggle, stop saying "no".

If this was your last day, what would you do? This is a helper to see what will is at the moment and to follow it. No matter what people may think! "Last day..." Increase the amount of notes to three.

- Follow will. This is the key! There will be no doubt in you. Let the thoughts scream in fear. If it is something you can do right now, just do it! Step over the threshold, see what happens...

What happens inside you? For now, skip the thoughts, likes, dislikes, judgments etc. Share feeling, sensation, will, lack, vision, what happens within. Right now, experiencing. A fourth note gathered.

- Share. Answer "How are you?" past "Good". Grateful for stimulus and aware of, your interpretation form what you experience. Forget games like, right and wrong, should, must. Just share...

Change of will comes when a genuine connection is present (or at expression of will, or at the brink of it), outside roles, past concepts. A contact of empathy, through to the beyond. Notes are five.

- Let change come. It will, by itself. In and around you, in others and especially if we explore these notes. The change is for fun, as everything else in the overwhelming play of life.