

SOUL LIGHT - Fifty Two

AWAKE MY LOVE

Dearest Friends,

This is the third article, first distributed years ago, taken from my first series on Love.

I trust you will enjoy it; and gain fresh insights from it.

My new series starts later this month.

Love,

Les

To be the love we already are requires awareness.

This awareness is of the inner Presence.

The more time we spend in this awareness, the deeper our experience of it.

The deeper our experience, the greater our yearning to surrender entirely to it.

The greater our yearning, the more focussed our intention.

The more focussed our intention, the more profound our consciousness becomes.

The more profound our consciousness, the more time we choose to spend in this awareness.....

and thus the cycle flows with ever-increasing commitment, ever deepening understanding and ever sharper clarity and focus.

To experience this awareness requires our awakening.

For most of us, life starts off as a sleepwalking exercise: we breathe, we eat, we move, we mate.

We react to all the people, places and things we find in our path.

We respond to all the cues we recognize (or are shown).

We learn what we are taught; and we teach others those things we have learnt.

We live by these teachings, regardless of their morality, validity, sanity, virtue, sense, worth or ethics.

We express our inner being, if at all, in the most superficial ways.

We live carefully, trying to avoid as many jolts (physical, mental and emotional) as possible which might otherwise disturb our sleep.

We experience both delightful dreams and terrible nightmares along with many simply confusing scenarios in which we seem to have no control: we recognize that we are a jumble of heroes, victims and involuntary players of these visions.

We claim to seek more delights and fewer nightmares; but generally do little other than allow each dream scene to unfold, albeit against our passive protestations.

As much as anything else we try not to cry out for fear we may wake others and incur their displeasure (or even wrath).

We exist as best we think we can.....many of us until our dream ends – and we pass on.

It is this dream we awaken from.

We do so, act by act, step by step, second by second, moment to moment – until all our moments turn into a stream of living consciousness.

We do so by consciously and continuously asking ourself this one question: What would love do now?

We achieve awakening by consciously and continuously living the answers that arise from within, outside the dream.

And we do so until we are consciously and continuously being both the question and the answers at the same time.

Thus, our Love awakes – and the Presence within is accessed.

Contemplate this consciously and continuously throughout the week: Have I been truly awake over the last half hour? How asleep was I?

Much love,

Les