

PLEASURE AND PAIN

You are programmed by God, the beyond to desire pleasure and to avoid pain. Unfortunately, they go together. The pursuit of pleasure enshrined in the United States' constitution leads inexorably to pain. Everyone has this experience. The only way out is In. That is why you are a seeker. Really, everyone wants to feel good. Your journey of self-discovery is a search for truth, bliss, love and freedom from suffering. All unenlightened people suffer from separation. All enlightened people enjoy wholeness. The journey is from separation to wholeness. Your separation has a beginning and an end. In between there are perhaps a hundred lives. When the time of your reunion comes closer, you often feel the Dark Night of the Soul. Do not despair. It is always darkest before dawn.



S I M P L I C I T Y

When you feel that God is everything, it means that God is in you, also in your friends and foes. God is in the birds and animals and the trees and rivers. God is in the ocean and the stars. When you feel that God is in all life, a reverence for life arises spontaneously. This reverence for life is the only morality that Source requires. When you have reverence for all life, violence disappears. Killing and eating birds, fish and animals is violence. Life has given you all pure vegetarian food to enjoy. And it is much better for your health. Most diseases are caused by eating animal products. Cow's milk and eggs are some of the most unhealthy food available today. Reverence for life means the end of all violence. Most non-violent crime is caused by private property and unequal distribution of wealth. When we all live together in communes in abundance, private property and crime will disappear.