

TAKEOFF

HOLISTIC HEALTH

ROCKET RELATIONSHIPS

The most important relationship is with:

- a) your best friend
 - b) your spouse/significant other
 - c) your parents/caregivers
 - d) your coworkers/bosses/colleagues
 - e) your self and your Self
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THE RELATIONSHIP BENEATH ALL RELATIONSHIPS

The most important relationship is the one between your self and your Self. The verse “Love thy neighbor” is not about baking chocolate chip cookies for the guy who lives 2 houses down, but is a metaphor for loving the voice in your head, the “neighbor” that is always commenting on experience. The voice that judges, that victimizes, or just incessantly speaks without your consent. We can also call it the ego-mind, the lower mind, or the lower-case self, the psyche, the concept of you that believes it is separate, that believes there's problems that need to be solved. The self believes it has a past, a predictable future, and survives off of duality. It compares, competes, places others above or below us, & feeds off of incessant thinking & identification with mind. It is not that this personality is evil, destined for eternal damnation; or is full of sin. Rather, it needs to remember it is not in control, it never has been, nor can it ever be. When we continuously surrender, returning to the seat of Awareness, the greatest disturbances cannot penetrate or touch the core of our being. There is another way, but the psyche resists; it clings to what is comfortable and familiar. But the psyche has no control. Continuing to believe we are a personality is the basis for all problems, because all problems are created by the psyche.

THE ILLUSION OF SEPARATION

The true you, however, knows there's no separation, that things “out there” are a clever illusion the neighbor projects so it can stay hidden, in control, & survive. But all the neighbor needs is unconditional love. The moment we remember our true, ambiguous nature, we perceive others as that same essence within us. The separation ends, and we merge with all that is. We remember who we've always been, are, and will be: Spirit, soul, *Atman*, the witness, the observer, Awareness, Christ Consciousness, Krsna Consciousness, Buddha. All One in the same. The moment this shift in perception occurs, the boundaries that the ego bolstered dissolve. The “other” no longer exists; the universal One is revealed.

The moment the essence of you is revealed, even for an infinitesimal snippet of time, you are free. You are boundless. You are no longer in the vice grip of separateness, of comparison, of survival. The world reflects your state of consciousness; therefore, we can say outer relationships reflect the inner relationship of self with Self. If reconciled, peace will be given and received. If in turmoil & conflict within, relationships will reflect conflict & turmoil. It is really this simple.

ONE IS ALL, ALL IS ONE

Because, at the deepest level, what we call “others” are ourselves. In essence, one is all & all is one.

■ LAUNCHPAD TIP

Your intellect — that is, your thinking mind, cannot grasp this information. In fact, it is probably rejecting it and doubting it as you read this document. Whether or not you believe it, the month of February still rolls around each year. If you are finding these ideas difficult to accept or believe, go inside and discover who is the one that is rejecting. Separateness only arises when we forget who we are. That is why it is essential to meditate; to allow one's psyche to run its course and see what lies beyond it.

WHEN SELF AND SELF ARE ONE

Imagine every thought, every emotion, every sensation embraced with the vast ocean of unconditional love. That is your nature. That is the true you, the eternal Self that dwells deep within all beings. The Self is always accessible, always available, and always giving. It is the self, the psyche, the ego-mind personality that puts walls up and blocks the constant flow of love that is always abundant, always available to us. When the self & Self are felt as one, unity is experienced, peace is all-encompassing, bliss is basked in. When the self & Self are separate (when the self perceives itself as cut off from the source/Self), the ego-mind dominates, restlessness arises, disturbance is felt.

THE OUTER REFLECTS THE INNER

The moment we see the perfection within, all becomes perfect without. The outer reflects the inner. The quality of our relationships reflect our inner state. If we are a vessel of peace, all that we touch, all that we interact with in the physical world will reflect peace back to us. Can you see the perfect, eternal being that you are? Can you also recognize this perfection in others?

ROCKET RELATIONSHIPS HEAL NATURALLY

Once the relationship between self & Self is reconciled, outer relationships heal naturally & are nurtured, because the illusion of separation has been transcended. There is no longer a concern for how others perceive you. There is no longer identification with the psyche that seeks approval, validation, and acceptance from others, because one knows and has found all that is needed within. The self & Self become One; & the self no longer needs to seek outside for anything; it has found everything it needs within. One realizes there is no self or other, me & them, us & them; a universal perspective arises. The essence of every being is seen & felt, the eternal energy flow is restored & received, & peace is emanated from the core of Being.

"Because he accepts himself, the whole world accepts him."

— Tao Te Ching, verse 30 (trans. Stephen Mitchell)

REFLECTION PROMPTS

1. What is most important to you in a relationship?

2. When you imagine your current relationships, what thoughts and feelings arise?

3. The person I admire/look up to the most is:

4. How have your relationships shaped your personality (who you think you are)?

■ HAVE PATIENCE, YOUNG ASTRONAUTS

When you can be at ease with yourself — when you learn to simply *be* without identifying with the psyche, you are free. All that is needed is to accept this moment — to accept you as you are, to love your neighbor. & when you notice you are identifying with your neighbor — return gracefully to the conscious seat of Awareness & unconditionally love once again. This is a practice; have patience, young astronauts.

Your Life is Ready for Takeoff