

Illuminating



a

Way

to

presence

through

Steve Allat

as posted on Facebook

January 11, 2014 - December 31, 2014

January 11, 2014

On January 11th, as I was drifting off to sleep and thoughts drifted in and out of my mind, untethered . . . I felt compelled to get up and begin writing. I woke up . . . all the way up, and have been in a nice state of awareness ever since. And writing . . .

The eponymous book, 'Illuminating the Disconnect' was written over the course of a few days the week after, and I have been adding and editing ever since. It is near done and will be available soon.

I have a total of 7 books in the works now.

The other one nearing completion is 'The Now Te Ching', which will provide ways to quiet the dualistic mind, become more meditative and raise awareness through quieting of the self-conscious mind.

I look forward to sharing these, and more, along my journey.



February 2, 2014

This thing we call Love is complete and utter
acceptance of the moment and any thing in it.

Love IS Life, so simply Love Life



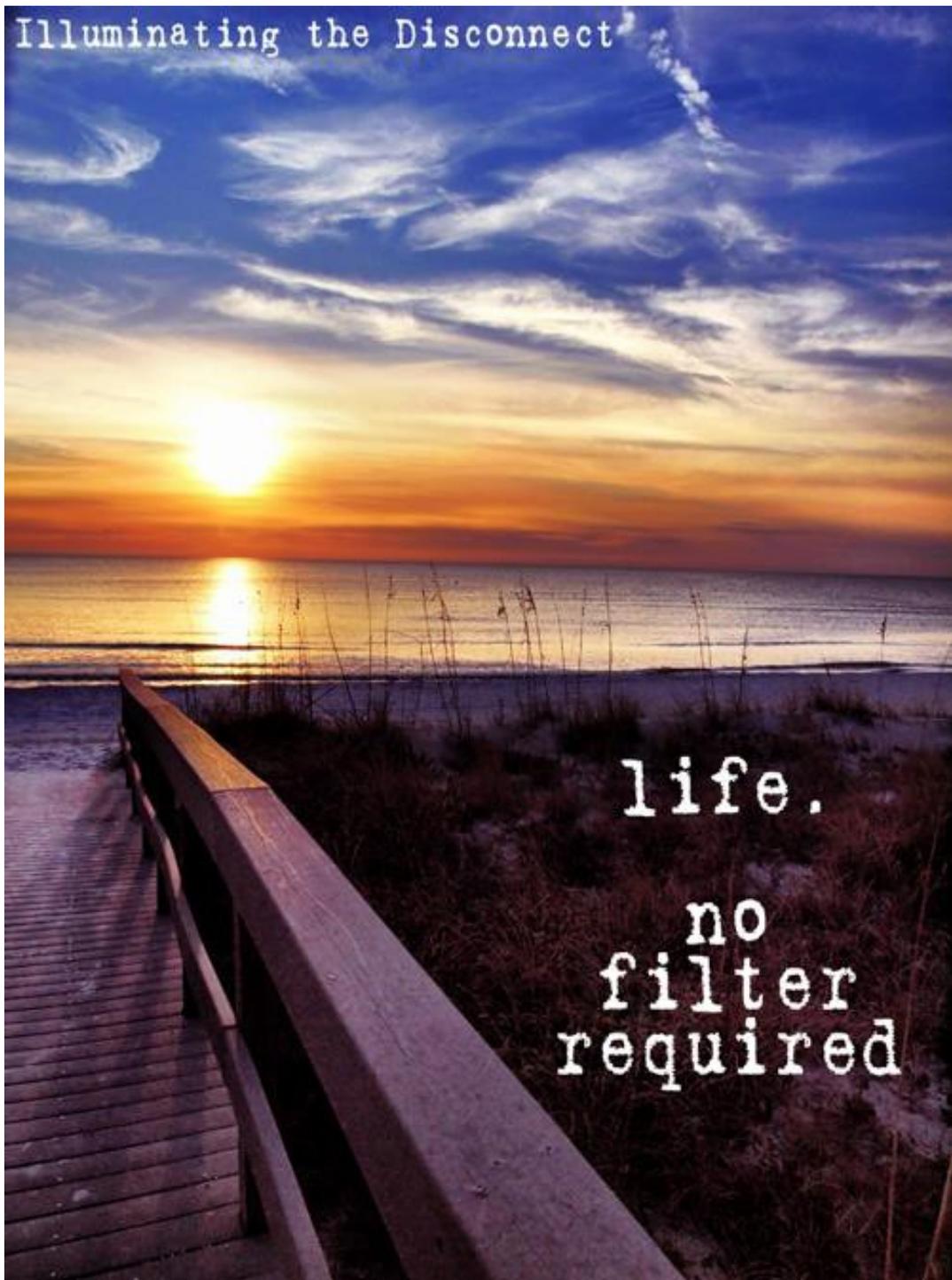
Illuminating the Disconnect

February 3, 2014

Illuminating the Disconnect

life.

no
filter
required



February 3, 2014

And there is ONE 'ism' to rule them all:

EGOISM

It is THE root cause - the self-serving mind
that is disconnected from life itself
and contributes to all suffering
as we know and label it.

It is a beautiful world.

Why are we uglying it in the name of these 'isms'?

Nothing in nature cries 'Look at me!' or
'Listen to me!'

We are far more beautiful
than we think we are, just like her.

DISCONNECT!

Illuminate the Disconnect

February 4, 2014

Here is how we know that EVERYTHING is conscious: evolution.
From single-celled organisms through to complex organisms such as ourselves or jellyfish or mushrooms or granite . . . every single physical expression of life is a product of reaction to it's environment, and no 2 of any of species (as we label them) are ever the same, as with 2 water drops, 2 ice crystals and so on.
So, you see . . . as every living thing is a product of it's environment, how could any evolution or change have EVER happened without awareness of the environment around the life form??
We may never understand the mechanism, but that is not important - acknowledging this fundamental truth about life is.

Life IS Consciousness

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Illuminating the Disconnect

February 4, 2014



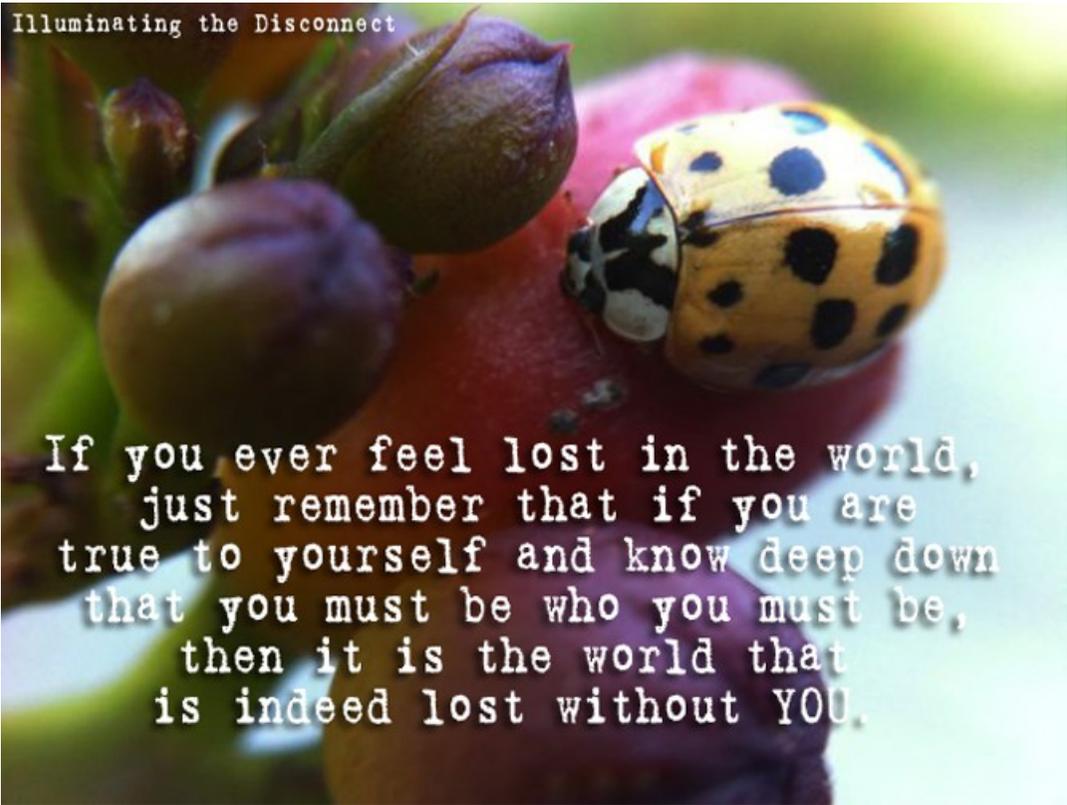
If not now, when?

Hillel the Elder

Illuminating the Disconnect

February 5, 2014

Illuminating the Disconnect



If you ever feel lost in the world,
just remember that if you are
true to yourself and know deep down
that you must be who you must be,
then it is the world that
is indeed lost without YOU.

February 6, 2014

Waiting for now to happen is like
planning your funeral the day you are born

Illuminating the Disconnect

February 7, 2014

Steve edit: He = That person

Illuminating the Disconnect

A photograph of a dense forest with sunlight filtering through the trees. The scene is filled with tall, thin trees and a thick canopy of green leaves. Sunlight creates bright patches and rays of light, illuminating the forest floor and the lower branches of the trees. The overall atmosphere is serene and natural.

He is richest who is content with the least,
for content is the wealth of nature.

Socrates

February 9, 2014

See the light?! Be the light.
I love you.



February 19. 2014

UNI-VERSE

Life is one song, with many unified verses

You are here to live your verse

in tune with the rest

Illuminating the Disconnect

February 19, 2014

Your 'music' can take the form of any true expression of self . . . it is the way you are much more than the things you do.

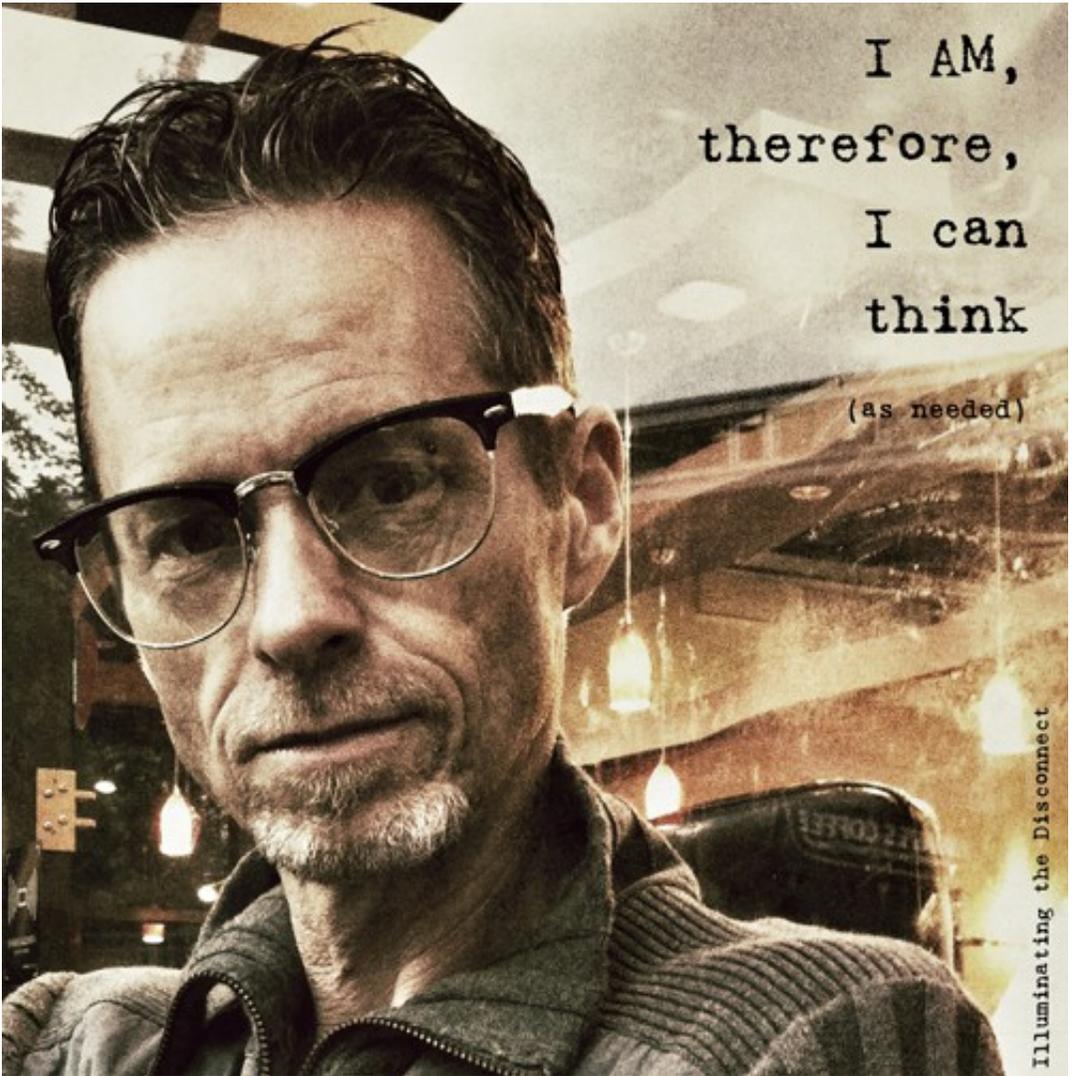
**Don't die with your music
still inside you**

Wayne Dyer



Illuminating the Disconnect

February 21, 2014



I AM,
therefore,
I can
think

(as needed)

Illuminating the Disconnect

February 23, 2014

LIFE, UNLIMITED

We live for a limited time.

We can only run so fast and jump so high.

We can only learn so much.

We can only go so long without food or drink.

We have physical and mental limits.

BUT

We can love every one
every thing
every moment

WITHOUT LIMIT.

And love echoes into eternity.

Illuminating the Disconnect

February 24, 2014



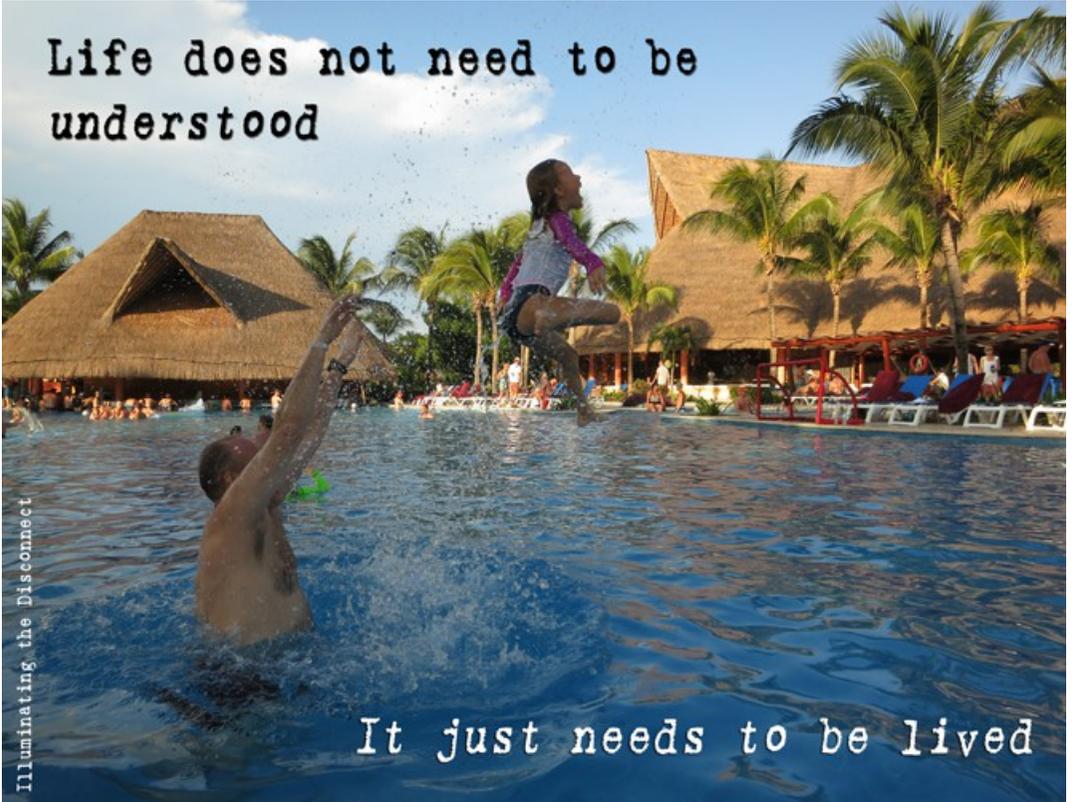
*Nature
Gives*

Good Nature

Illuminating the Disconnect

February 28, 2014

Of course, living true to our nature and within life on earth in balance and respect . . . which does not require understanding as much as it requires compassion, which is beyond understanding.



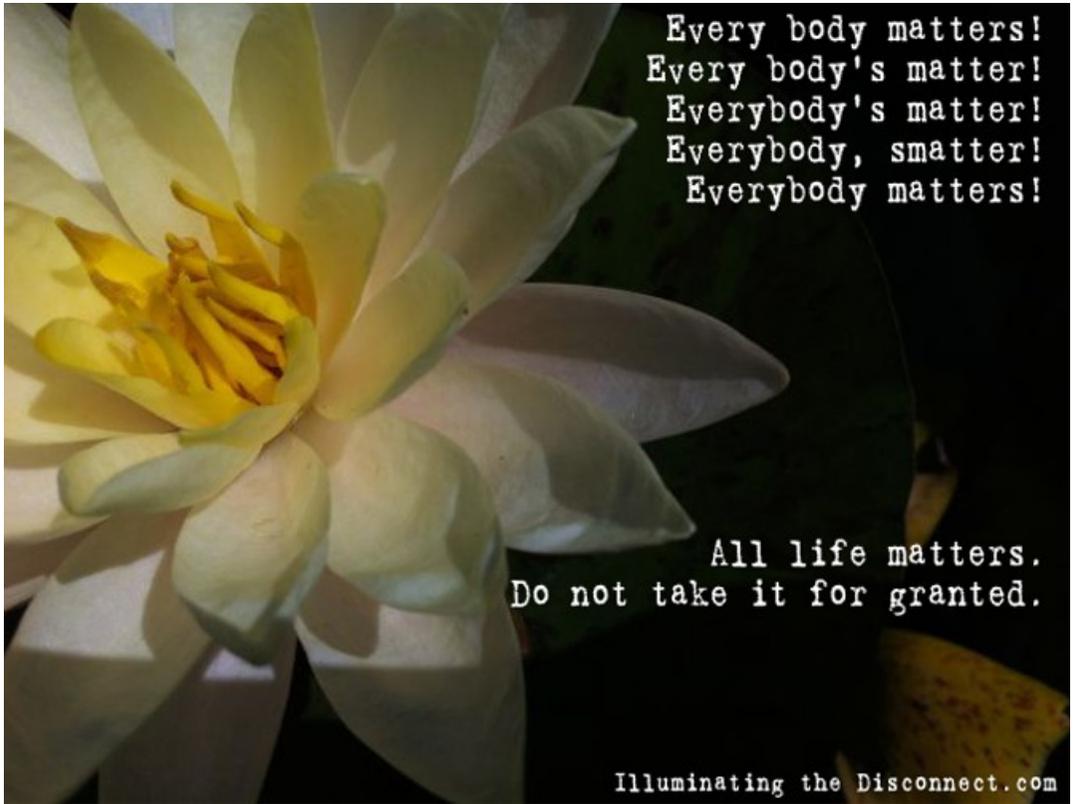
**Life does not need to be
understood**

It just needs to be lived

Illuminating the Disconnect

March 6, 2014

Makes today's matters matter.



Every body matters!
Every body's matter!
Everybody's matter!
Everybody, smatter!
Everybody matters!

All life matters.
Do not take it for granted.

Illuminating the Disconnect.com

March 12, 2014

HERE, FOR NOW

In this lifetime, you carry with you all that you are and all that you need . . . yet, many of us are unaware, uncertain or unconfident of this fact.

We will live, experiencing life, for a limited time.

So, what is important during that time?

What you have, what you own, or what you do?

OR Who you are and how you do what you do with that knowing?

There is no need to leave anything behind after you are gone, if you have left your heart with your life experiences along the way . . . in each and every moment.

Life remembers and passes it along . . .



March 12, 2014

LOVE IS . . .

Always feeling at home.

When you know your self, beyond ego . . . you are always home.

Home is not a time, a place, a circumstance or a particular relationship.

It is a state of knowing, of being and of loving and accepting who you are and where you are, right now.

Bring your self home, to stay.

I promise . . . this is where life is, perpetually.



Love

Is . . .

*Always feeling
at home*

Illuminating the Disconnect

March 13, 2014

EXPECT NOTHING . . .

We are conditioned into thinking that we deserve this or that, that we want this or that . . . even that we need this or that.

But truly, to not only survive but to THRIVE we do not need much, and receiving what we do actually need is life's gift to us:

love, support and acceptance for who we are as we uncover our true selves.

How we receive does not need to be known, so if you do not expect the 'how' or the form in which life appears to serve your experiences here, then you cannot ever be disappointed.

Life then, is all wonder . . . and I trust life, in whatever form it takes.



March 14, 2014

ON BRILLIANCE

Someone commented to me recently that humans must be brilliant, what with all the things we've invented, the way we've figured out how to make use of nature and our environment, and so on. I do understand where he is coming from, but it also takes some attachment to ego-consciousness (not saying 'good' or 'bad') to say this. But truly, what is this brilliance?

A monarch butterfly is brilliant, for knowing and trusting it's journey.

A spider is brilliant, for engineering a web using only it's senses and not complaining when it is destroyed, but instead getting back to it.

A male praying mantis is brilliant for knowing it must mate and that through mating it will die.

The entire earth is brilliant, for constantly balancing, re-balancing and compensating for our interruption into natural cycles.

Humans are very many things, and we can use adjectives created by our own ego's that were created by our disconnect from our selves in the first place to describe our selves.

But, the way I see it, everything outside of ourselves has ALL been about trying to be fully human and yet not knowing exactly what that is – so we build, we destroy, we create, we divide, we control, we dominate, we play and enjoy, we pray, we adapt, and so on . . . all in search of living truly meaningful human lives. When we become aware, and question our very lives without ego, but instead learn who we are so that we can enjoy this life, within the scope of all other life . . . then, we may just be able to call ourselves 'brilliant', although . . . once there, we likely won't have to say anything at all. We can finally all just . . . live.



March 14, 2014



Illuminating

the Disconnect

Shedding light on the origin of,
manifestation of and proliferation of the
'ego' in the human species.

Defining the ego's use, misuse, identification and
processes that will allow our species to live
in the moment, experiencing life as it is,
while being a responsible species within the
field of life on this planet.

For Answers, Inquire WITHIN . . .

March 27, 2014

REFLECTIONS

Looking at you without self-consciousness, due to being the aware presence in this moment, I look not to want any thing from you, but simply to know you.

I see life, expressed.

We are life, expressed.

No words are needed to know this, to see the uniqueness of life, the subtle beauty.

Practice looking without thought, simply being aware that life IS – it does not need our words, our labels, our definitions to exist.

Know life just to know it, not for any personal reasons such as to use it, to objectify it or to understand it even.

Look at life all around with all your senses and just to appreciate it, as it is.

You ARE life, without there needing to be anything else to it.



March 19, 2014

You did not come into this world, you came out of it
You do not have a life, you are life
Know it. Live it. Love it.

You did not come into this world

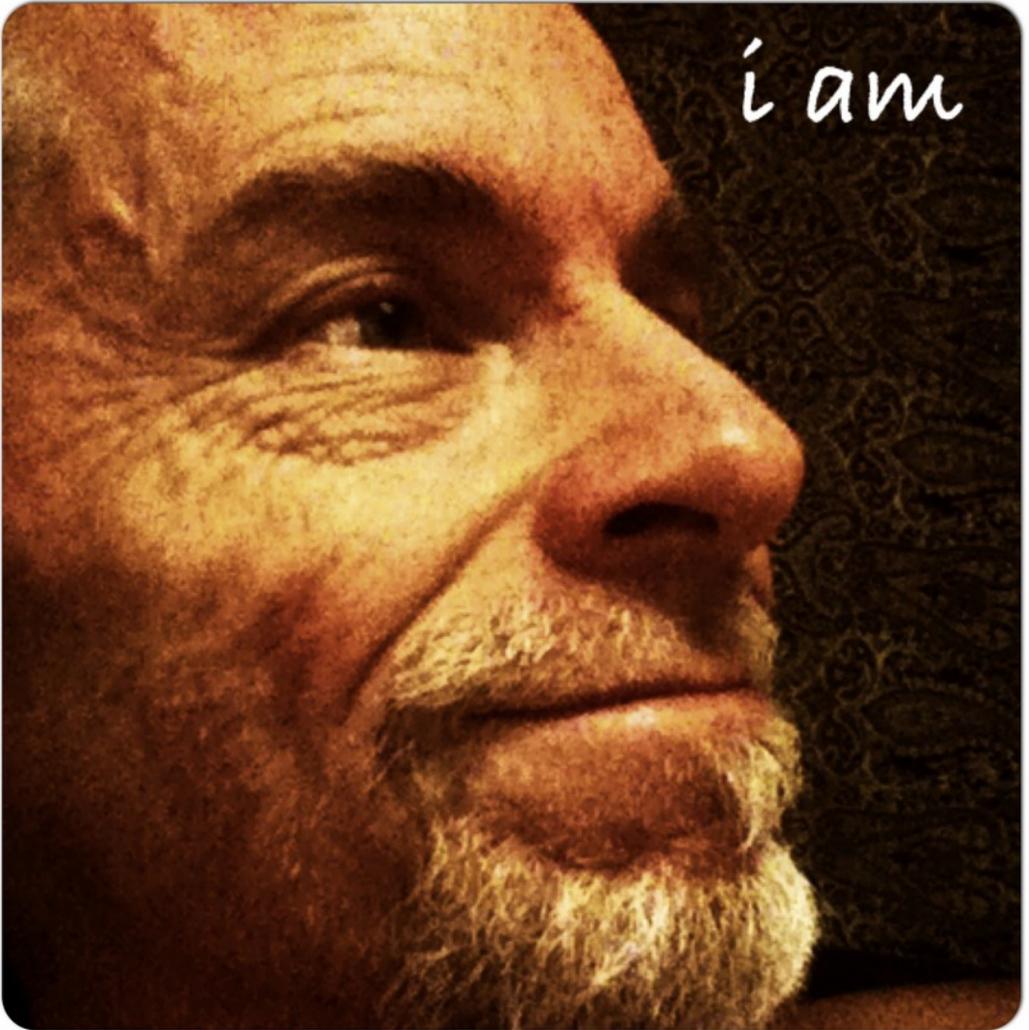


You came out of it

Illuminating the Disconnect

March 23, 2014

I AM
And so are YOU.
Understood from beyond the ego-conscious mind, this is an acknowledgment that life is, was and always will be.
And so, life IS.
We are each here to be an expression of life, thus we ARE.
So, the 'best' option is to simply join life in the present moment and BE.



March 24, 2014

BE NATURAL

Be your Self by knowing your Self.

Give yourself permission to be so much yourself that you do not feel the need to self-assess, to analyze thought of what others think, to bring false pretense or ulterior motive to any one or any situation.

Let thoughts fall away and the voice in your head quiet completely, so that all that is left is YOU.

That is the natural you, the one you came here as and have been trying to get back to since you have been layered with conditioning about how else to be, who else to be and how to 'act' in this world to get along. But, if you are acting, then you aren't as real as you could be, and you cannot get any more real than your true nature.

Stop giving in to the hype of all the stresses of society and allow yourself to simply let go . . . be yourself . . . and know that that is enough.

From there, you will live your life more naturally . . . naturally.



March 25, 2014

LIFE, UNFILTERED

Even though most of us are experiencing life day to day at some variety of levels, I am here to tell you there is more.

There is life . . . unfiltered.

Perceiving life through self/ego-consciousness gives us a unique perspective, but we need to begin to realize that it is just that - A perspective, not THE perspective.

The ego, which came into being eons ago for good reason, to aide a life form at survival, serves a purpose. The trouble now is, that the ego is almost completely self-serving - it is the 'ghost in the machine', the inmate that is running the asylum. It's goal has become so focused on the individual that it takes our attention away from seeing life and experiencing life as it is, as it is happening, and from feeling and acknowledging the energetic connection that holds us all together.

While the image through the rainy windshield certainly has a beauty, just as life already does when we experience those moments, the experience of life as perceived with our entire being through the senses (which our entire being IS doing at all times) is one of constant contentment, without the ego judging, labeling, separating and comparing before we even get a chance to just be there with whatever is happening.

To disconnect, watch your thoughts and ask yourself when they occur, what value do they have? Do they add to the situation or do they diminish it? Most often, we do not need any thought at all to be in a situation and experience it, reacting naturally and trusting our selves with who we are and what we know at this point in time to react and act in ways that honour life.



Please consider this page (and me) here for you - inquire if you have any questions, experiences to share, insights to offer . . . we are all in this together, and it is my pleasure to shed any light possible on you being all YOU, all the time.

We should not live in fear, with stress or anxiety, questioning our very selves and our existence . . . and so we don't have to. We have the power of choice in any situation - and that is the power to live beyond thought and also to choose our thoughts as needed, which affect how we experience anything and everything.

March 26, 2014

What If?

I have said this one before, but I will say it again because it is so profound:
Pain is inevitable. Suffering is optional.

If you want any proof, read Viktor Frankl's book "Man's Search for Meaning", wherein he describes with great humanity and humility just how to get at the root of being in charge of one's outlook in any situation - for him, and others, it was in Nazi concentration camps during WW2. He found a way and counselled others along the way, not knowing each day if that would be his last, right to the end.

So, ask yourself this, until you really, really get it, beyond thought:

What if you stopped believing in your suffering?

Further to that, what if you have the choice in every moment, in every circumstance, to feel free?

Because you do . . . through complete acceptance of what is happening, even if you cannot control the what, the how or the why.

As thoughts arise, notice which ones automatically become 'problems', complaints, comparisons, disappointments, judgments or are tainted with jealousy or envy.

These are just a few examples of how the ego jumps in and takes over the simple act of observing and turns thoughts of mere observations or actions into more than they are . . .



What if you stopped believing
in your suffering?

March 27, 2014

UNIVERSALITY

It was never just about me.

It may have looked that way at times, as I went inside and then looked outside at many philosophies, religions, civilizations past and present, people who seemed to have insights into life and so on.

Interestingly, after I shifted awareness to completely beyond self-consciousness, I was able to reflect upon my journey with a clean perspective -fascinating, how you can look back and see past events in the now as though you have been without connection to ego the whole time, while still being able to clearly identify when and how it was there.

I now know that, amongst other practices such as watching thought, detaching from material things, deep breathing and meditation (I was never an avid 'classic' meditator), one of the most important aspects of my past search, research, conversations, and interests in peace and healing was that I was never looking for an answer unless it was UNIVERSAL – in other words, unless it applied to our species or to life across the spectrum. This is fundamentally important, and looking back it was key for me in finally letting go completely, because I never had a vested interest in ever finding answers that were just for me – and this makes perfect sense, because in order to see things as they are, as truth, beyond ego-awareness there should be . . . no ego!

So, while my ego always did intercept and taint the perspective I was seeing to a degree, I was growing in awareness all along, and was not so self-focused that I could ever be content with an answer that was not a good answer for everyone or for all of life.

I am relating this because I do not think that others in the past who have attempted to speak from a place of awareness have gone into enough depth in trying to relate how it was experienced along the way (Eckhart Tolle is pardoned, his awakening was instant and complete), and as a social species, I know that we love to see how other humans are living and doing things. I always did and still do!

I still thoroughly enjoy reading inspirational life stories, watching people doing exceptional things, going into nature to refresh my very being and observing random acts of kindness.

Still, in reading of most philosophies and 'enlightened' people, it is often very difficult to relate when the truth is pointed to, alluded to, and stated as being obvious truth without enough insight into how it feels to be on either side of attachment to ego. I truly would be content to bridge this gap, as simply and humbly as possible, and to relate that we all have the same capacities, the same basic 'problem' of having this self-consciousness that has the capability to keep us from knowing ourselves and living a full life, true to our nature without needlessly causing harm outside of ourselves.

I cannot state emphatically enough, that in order to find truth, you must 'see' with a

mind that does not always make what you are seeing instantly about you. Surely, you will find answers to life's challenges that do pertain to you in your exact circumstance, but it is also true that as we are ONE SPECIES, the truths that apply to what we are, how we function and how to live aligned to truth are the same for everyone.

This does not diminish any one person's life or experiences, but it does tie us together with real bonds so that we can deal with each other in truth, without the ego that creates all the problems we see in the world – conflict, drama, suffering – that stem from our own internal battle that creates the same within us first. So, try to be aware when you are looking into life and love, health and healing, thought and actions. Ask yourself if what you are thinking or feeling applies just to you or if it could apply to others or to any life form . . . and you will instantly begin to open your awareness.

Once your awareness opens outwardly, you have also opened the door to life knowing that you are actively involved, and if in an altruistic way, life will support you back.

Get used to listening for the 'voice' in your head to quickly respond with thoughts of comparison, greed, need, want and such, then take a breath and question those thoughts before continuing. Once again, have no expectations, no thought of reward or of deserving . . . just begin to be

aware that this life is about more than you.

Your life is about more than you. Even 'your' problems are about more than you. Your 'successes' are also about more than you. Always has been, always will be. Because that IS life, one energy interconnected throughout the universe, with manifest forms all around us here on Earth.

Seeing life as it truly is is an amazing experience that we can all have, continually.

Namaste, my friends.



March 28, 2014

TO KNOW NOTHING is EVERYTHING

This is a very humbling meditation and will put you in an aware state, because if you accept that you know nothing . . . then you are everything that you are, and that is enough in this moment.

I first read of this notion in one of my very favourite books, “The One Straw Revolution”, by Masanobu Fukuoka. It was a life changer, containing profound insights into the nature of human nature - it is one of few books I would recommend everyone read to learn about nature, human nature, and life.

We actually do not have to 'know', with our minds, all that much.

We are taken care of by parents and society as we grow up, are shown the ropes for getting along in life and we simply make most of this subconscious and integrate it into our being.

But, take away most of what you think you know, over and above survival and communication (verbal and otherwise) and examine what is left. TRULY examine your self, because what is left is YOU.

If you had only your 'wits', your personality, your character and way of being, how would you now experience life?

Of course, since the inception of self-consciousness and the thoughts that happen in this space, we have been living anywhere but here and now, and even though it looks like humans have accomplished much (and it does fascinate me, the

way in which we have used our minds to create 'things'), what meaning is there if we do not live openly, honestly and compassionately?

You can know things, but do not become overly attached to what you know, or thinking about what you think you know.

I recommend looking at what you think you know, who you think you are based on identities and roles and questioning it all . . . and when you can discard the thoughts of having to know or be those things, then what is left is YOU.

And that is enough.



March 30, 2014

*Love
Is*

Light

Illuminating the Disconnect

April 6, 2014

THE GREATEST TEACHERS

My mother is one of my greatest teachers
My father was one of my greatest teachers
My brother is one of my greatest teachers
My sister is one of my greatest teachers
DO you see?

My cat Pasha was one of my greatest teachers
My friend Mary was one of my greatest teachers
My third grade teacher was one of my greatest teachers
My childhood friend Matt was one of my greatest teachers
Do YOU see?

My shyness was one of my greatest teachers.
My sensitivity is one of my greatest teachers.
Your indifference is one of my greatest teachers.
Your argument is one of my greatest teachers.
Do you SEE?

War is one of our greatest teachers.
Non-violent resistance is one of our greatest teachers.
Suffering is one of our greatest teachers.
Liberation is one of our greatest teachers.

Nature is the greatest teacher.
Life is the greatest teacher.
Death is the greatest teacher.
Not knowing is the greatest
teacher.
Do you FEEL it?
Love is the greatest.
Now.
What or who has taught you?



April 7, 2014

YOUR BODY of LIFE: Not a Prison Cell

Your skin replaces itself once a month, your stomach lining every 5 days, your liver every 6 weeks and your skeleton every 3 months.

In other words, your body isn't just keeping your existing cells alive. At the same time it is also completely rebuilding new cells. Millions of them.

In fact, your body makes between 11 and 13 million new cells every second or nearly 100 million new cells in the time it took you to read this sentence.

You are constantly regenerating yourself. Your skin regenerates itself every 4 weeks, your blood every 16 weeks. Even your bones completely regenerate themselves.

And in accordance with the physical form . . . you can also change your thoughts in any moment.

You can choose to be without thought, reacting from your human instincts and trust.

Our true thoughts are consciousness organized and the ego is consciousness disorganized.

All the matter that there is is in the universe. It moves around, it implodes and explodes, it breathes in and out, it arranges and re-arranges and forms rise and fall. Constantly.

No part of the universe is ever not in motion. It cannot be.

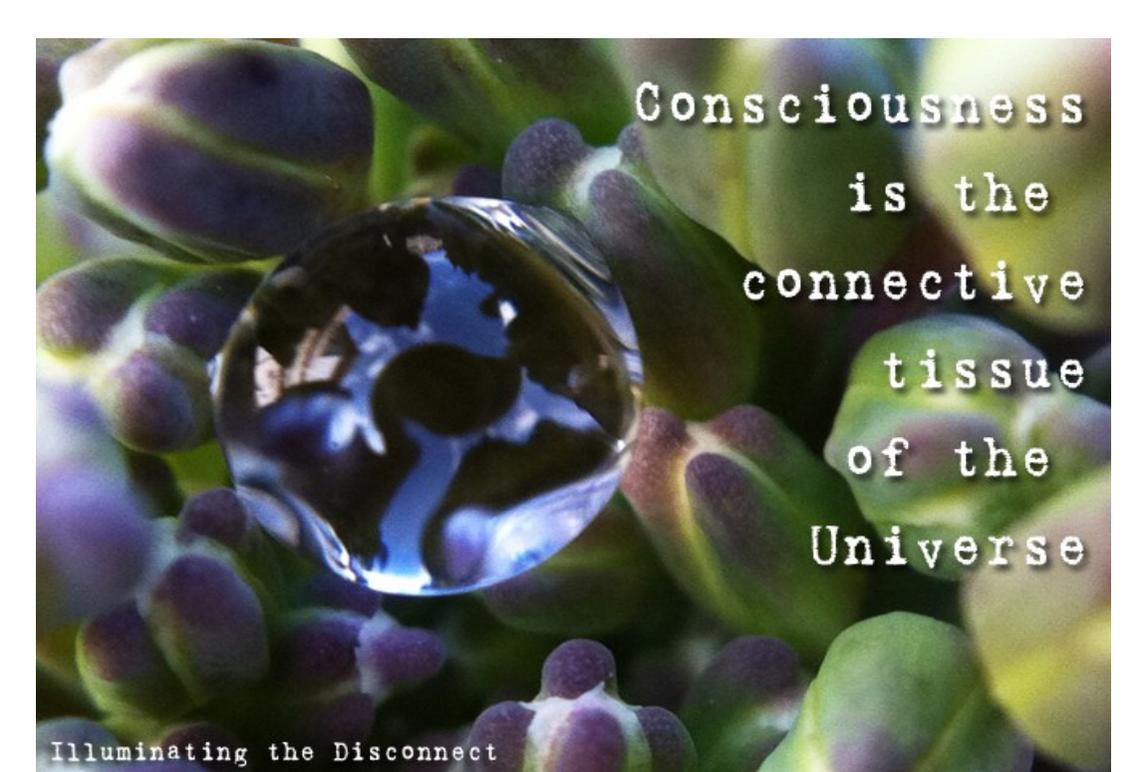
A rock may be in a rock form for millions of years, not losing any atoms from its mass in its current state and location, then something changes – temperature, velocity, surrounding elements, and it breaks down, meaning some of its mass is taken away and incorporated into something else – on earth, air or water or magma are likely candidates. The elements move, flow, settle and become part of something else, continually . . . even us! If you take a tissue analysis of a human, we are made of a plethora of elements. Yet we are impermanent, because everything is.

Consciousness is the tie that binds, the connecting force.

So, thoughts are life, the life force organizing itself based on perceptions of the rest of the organism, KNOWING it is part of the environment and the universe.

What we call the ego are thoughts that are closer to the individual organism, having a gravitational field that gives the illusion of this consciousness being of benefit solely for its host organism and for humans, its host species as experienced through the morphic field of the collective unconsciousness.

You can tell the moments that matter, that have meaning, because they make you FEEL . . . and the feeling of being connected transcends time and space and ego boundaries . . . and ego.



Consciousness
is the
connective
tissue
of the
Universe

Illuminating the Disconnect

April 7, 2014

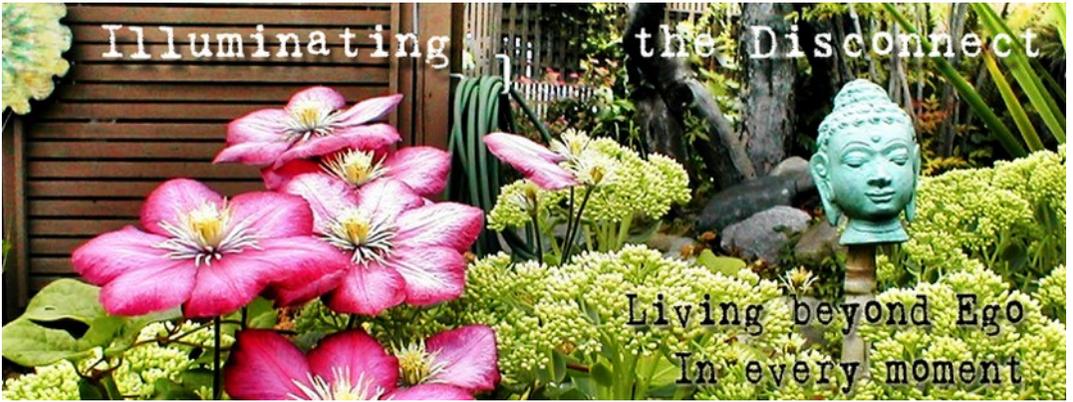
Love

Is . . .

*Enjoying
Life*

Illuminating the Disconnect

April 9, 2014



Illuminating the Disconnect

Living beyond Ego
In every moment

April 10, 2014

The Power of Perspective

You can choose which 'eyes' to see and live life through in any moment . . . which way will you empower?



If the moment is challenging . . .
change your perspective

you always have
the choice

Illuminating the Disconnect

April 10, 2014

Love is Acceptance is Now is Eternity is Truth is Consciousness is Life IS

Love

Is . . .

forever

Illuminating the Disconnect

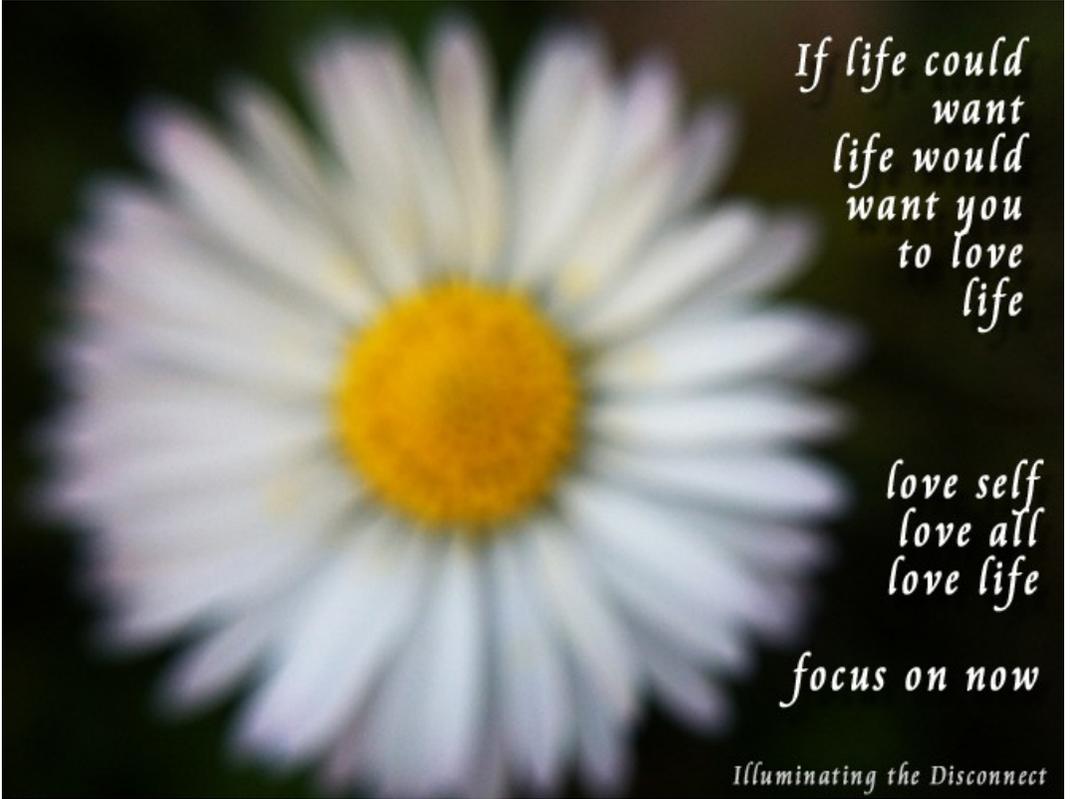
April 14, 2014

Life is aware of all other life, keeping the balance - restoring, destroying, creating. It does not choose favourites and all life is precious.

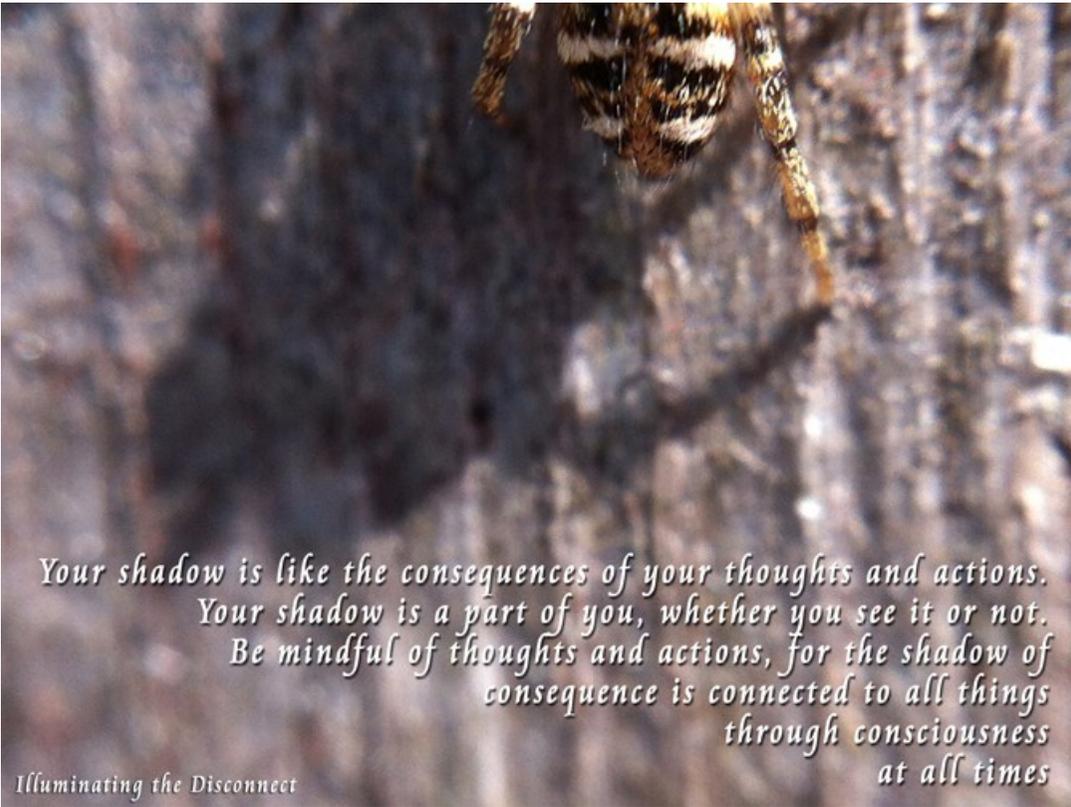
As a human, you have the choice to love = your self, your life, your disposition, your situation, and much more.

Loving the moment, meaning accepting the moment, is the starting point to loving all of the possibilities.

Slow down thought, realize that all you need is all you are and begin there . . . it is never too late, because it is always now.



April 15, 2014



*Your shadow is like the consequences of your thoughts and actions.
Your shadow is a part of you, whether you see it or not.
Be mindful of thoughts and actions, for the shadow of
consequence is connected to all things
through consciousness
at all times*

Illuminating the Disconnect

April 20, 2014

On this day of significance within certain belief systems, I'd like to offer the following for a new paradigm of living . . .

The only thing that needs resurrecting in this world, something a certain Jesus pointed to most often, is our true selves . . . but even he did not make it clear enough just who and what we are as a species in order to find that true self. Thus, I am Illuminating the Disconnect as it pertains to that 'missing' link of information so that we can live from our true nature, WITH our reflective mind but not from it . . . to live in harmony with our selves, our nature, and life around us. If there was ever a 'second coming' (that's what she said!) . . . then it is this – resurrecting our awareness, our senses, our perceptions to include all life.

Let's go!

We do not need to live forever or follow anyone's rules while we are here to know well enough, deep inside what is 'right' and 'wrong', and that kindness and compassion are always strong choices.



April 20, 2014

PAY ATTENTION, WALTER MITTY! ;)

There is a moment in 'The Secret Life of Walter Mitty' that relates very nicely to the present moment.

When Walter visits the photographer in the Himalayas, who has his camera set up in a spot where he knows a Snow Leopard is living, there comes a moment when the beautiful animal shows herself and the photographer watches, gets Walter to look through the camera for a closer look, but does not take a shot.

Walter asks him when he is going to, and the photographer relates that often he simply takes the time to appreciate the moment first and perhaps without ever getting to the camera.

It reminds me of a definitive point in my life and a step forward in my 'non-thinking', regarding photography.

I always enjoyed taking photos growing up, and into my early adulthood. I even had a photo on the cover of a calendar here in B.C. In the 1990's, so I knew I had a bit of an eye.

Well, after becoming vegetarian, and then vegan I discovered that gelatin (an animal product derived from hooves) was used in the film, so I easily decided to get rid of my camera and to begin taking 'pictures' with my mind. I resolved that if something was worth my attention, then I would give it my attention, consciously paying attention and 'snapping' a photo in my mind while simply enjoying the experience. I realize now that this was one of my first steps at detaching from having to have something later to remember a moment now.

After many years, digital cameras came along, and I did purchase one in the early 2000's, but with the caveat for myself that I would still always enjoy the moment first, take the picture after, if necessary.

I do not ever put myself out, put nature out or put the subject matter in any danger or discomfort simply to have a photo to show people or for myself to like later.

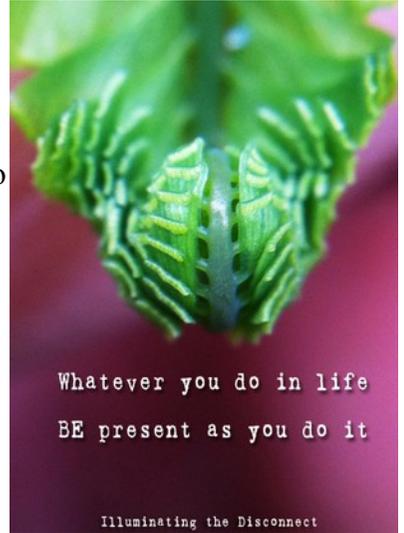
The moment, right now, is to be IN and to be appreciated fully as it is . . . not half-aware, because you took a picture that you could look at later. For as good as a photo is, and as much as I enjoy the photos I take (to share and to use as you can see), I could easily ditch my camera tomorrow and carry on.

Being in the moment already, things like this become secondary, as they should be .

...

That perfect 'shot' that you didn't take, that you lost when your computer crashed or that you lost in a move one time . . . well, it does not matter.

Life is one perfect 'shot' after another, if you pay attention.



April 26, 2014

If a thought arises that does not serve you in the moment, 'leave' it alone.



April 29, 2014

Now and Forever

We use this phrase, likely without realizing that these 2 words point to the same place, even though with our mental concept of 'time' we think of them differently. Try contemplating the nature of things instead of using the thinking mind to try to figure things out . . . you likely never will and it really does not matter.

The ego-conscious mind would have us believe that we have to think long and hard about important matters such as life and death, what is the meaning of life, why are we here, and so on . . . but all of these are answered by simply ignoring the very voice that is asking the question.

Because, the ego-mind is limited. It cannot see beyond itself because it is just a fragment of your whole mind, your consciousness that is connected to life.

So, when you make a decision now, you are making it forever . . . until another now happens in which you make another choice.

Do not be hard on yourself, do not think you will one day know everything you think you need to know, it really isn't ever going to happen and it doesn't matter.

You can do the Now and Forever justice by simply living in the moment with loving presence, respectful of your life and all life around you.

Contemplate that and your existence until you know yourself beyond your thinking mind.



May 8, 2014

Never A Victim

It may sound extreme, but no matter what the circumstance, you can choose how you think about it . . . and in this, we have 'free will' and the ability to transcend whatever is happening, especially when we already think or believe that we are controlled by our circumstance in the first place.

It is wise to practice and achieve being able to watch your thoughts so that when challenged in life, you will always understand that YOU are beyond the circumstance you are in and that you can make it through as you choose.



Even when you think you cannot
change your circumstance,
you can change your self in the
circumstance by
changing your
thoughts

Illuminating the Disconnect

May 10, 2014

LIFE, WITHOUT FILTERS

The very idea of religion - whose goal was originally to reconnect humans to source, to 'god' or whatever you prefer to call that which pervades everything and animates life – has itself gotten in the way of a direct experience of life. The idea has become the religions which have all grown to become more than they ever needed to be.

From the first time we wondered that anything outside of ourselves was responsible for life, for our life or for any meaning to life, we have already taken ourselves away from our selves, through the ego-conscious mind. This did not need to become all that it has, but as we have not been aware that we are unaware for so long, the fact that we have such a powerful thinking mind has become thought of (by ego, of course) as now being part of the human condition, as if it was always there.

Through the ego, ALL of the systems humans have created to live by, to search for meaning and to purport to search for peace have done more harm than good in the way of actually allowing us each to know our selves and choose to pursue how we express it within human society, within life on Earth.

Peace and the feeling of living free are only accessible in the moment, right now, as you quiet the thinking mind (without dismissing it) in order to allow your self to be, to trust your instincts and to understand the simple truth that living and experiencing life IS the very meaning of it.

As a species we bear a huge responsibility now due to the ego-conscious mind having 'taken over' to such a degree that our species is now in debt to the rest of nature, for having created such fake systems as economics and politics which do not reflect in reality that which is needed in life: balance.

Through these systems we have created life stories full of stuff, but severely lacking in meaningful experience in the moment. We have leveraged the thought of a better tomorrow against using up resources today that cause harm to ourselves and the very environment we rely on.

How else can an entire planet be \$40 trillion dollars in debt to . . . who??? This situation is actually insane until you look at it from the point of view of the ego as an energy that has thought up things like religion, politics and economics as though they actually connect us, make us happy, give us what we need to not only survive, but to thrive and pursue our lives in relative peace. Via this ego, a thought equates to real-world resources, so of course there has to be an imbalance, and it shows up not only within our ecosystems it also shows up within ourselves as we battle increased disease and suffering across the species. We are the only species to experience such mass self-induced sufferings, such as: diabetes, heart disease, cancers, obesity, depression, anxiety, war, mental illness and hundreds of others either diet-related or due to dysfunctional human systems.

We can do much better than this and it begins by simplifying everything.

We need to know our selves, without the ego's opinion.

We need to learn to know our instincts about living and trust them.

We are compassion. We are connected. We are life. We are not alone.

LIFE WITHOUT FILTERS



We could easily have humanity
without religions.

But religions could never exist
without humanity.

Disconnect from ego-conscious thought.

Connect to life, directly.

Live free.

Simple.

illuminating the disconnect

May 13, 2014

and of course, do not think about it . . . live it.
imagination is thought, set free.



Imagine being so aware
that you live
not just
one moment
at a time,

but between
the moments
as well.

illuminating the disconnect

May 22, 2014

ELECT to GOVERN YOUR SELF

We are governed by many natural processes, which are beyond our conscious control.

Remember that even though we have an individual identity as a physical life form, we are really a collective of organisms, working cooperatively together so that 'you' can function everyday.

Think of the miracle of life that is at work with and for you every second!

All of the cells of your body work together and you do not even have to THINK about: breathing, digesting, growing new cells, attacking viruses and pathogens, how your senses perceive the world, how your brain functions and so on . . . BUT 'you' can control the big picture of what all these cells do and how they go about living a life. YOU can choose to know your self, the energy that has harmonized within these cells to animate the collective and express itself as YOU!

We are governed by forces we need not understand, allowing implicit trust to work with and within us in order that we live this life.

We CAN and are supposed to govern our thoughts and the subsequent actions that make us who we are and define our selves collectively as a species, which is where we need to transcend the conditioned thoughts of ego-consciousness so that we are aware of our responsibility to live in balance with nature, that which not only provides what we need, but which IS us – we come from nature, we will return our physical form to nature.

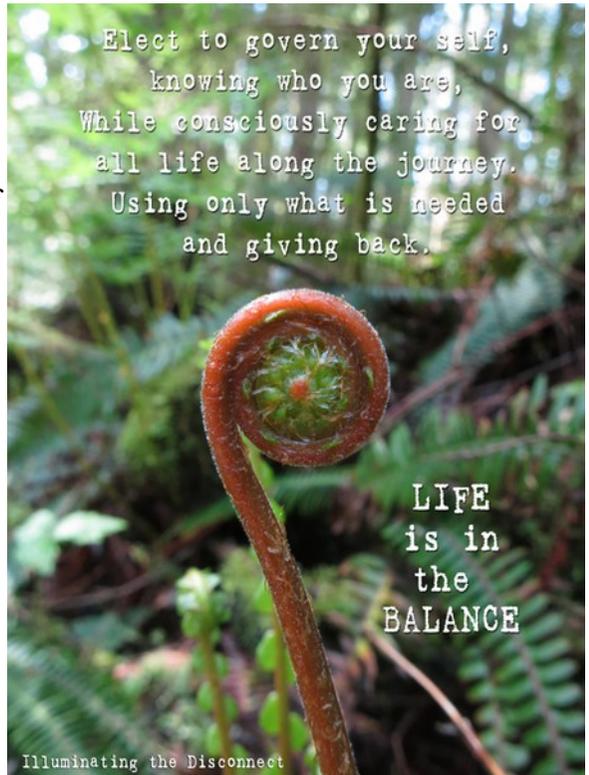
So, just as we are a collective of organisms working together, so is human society just that and so is humans society within the rest of life on Earth.

To become aware of this is our primary purpose, and it has been bestowed upon us only because we have become disconnected from the one life force of consciousness that pervades all.

Know your self.

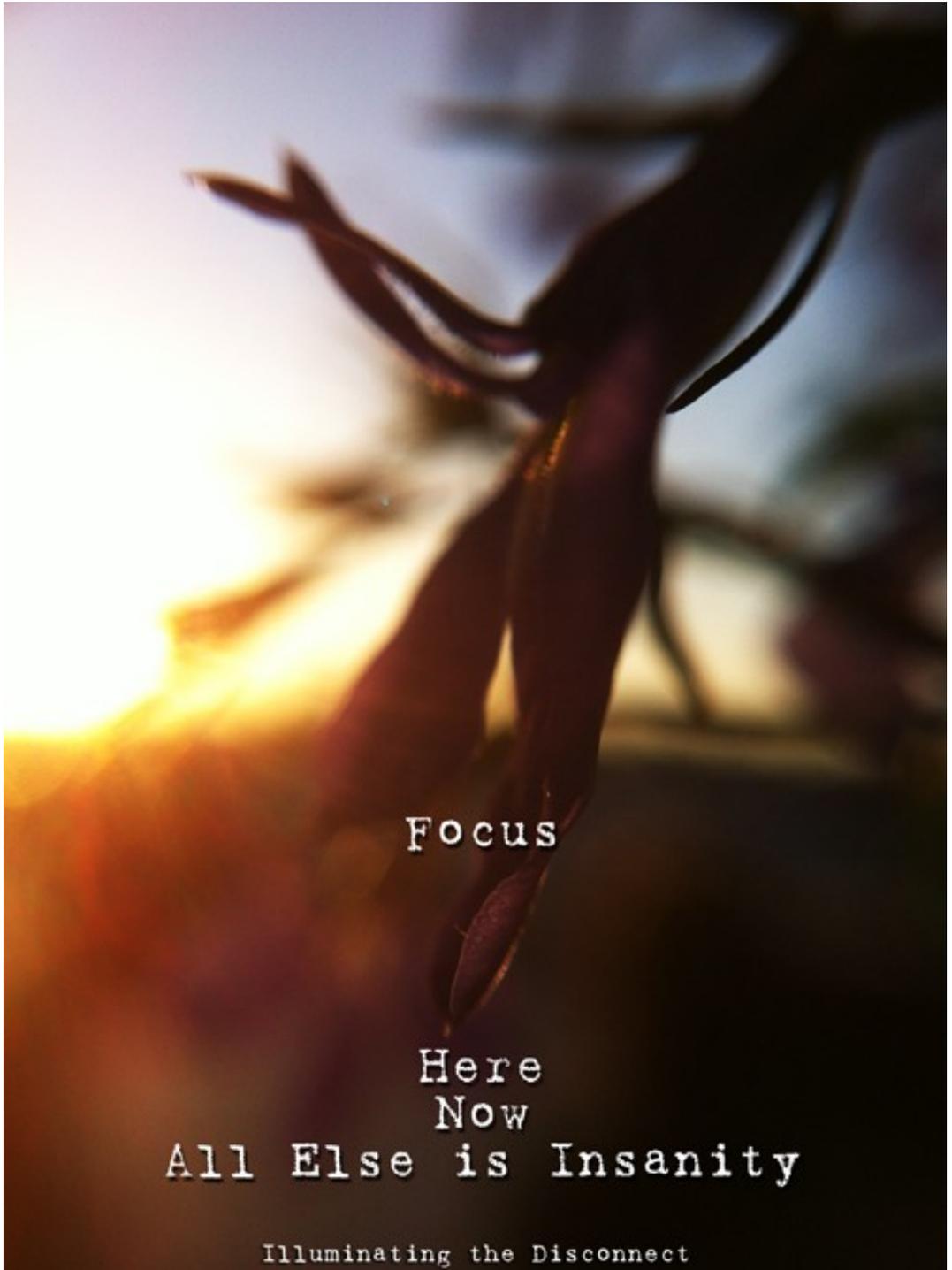
Love your self.

Govern your self.



June 2, 2014

my constant reminder to you . . . the moment is all there is, so be there.
while you are there, be your self.



Focus

Here
Now

All Else is Insanity

Illuminating the Disconnect

June 8, 2014

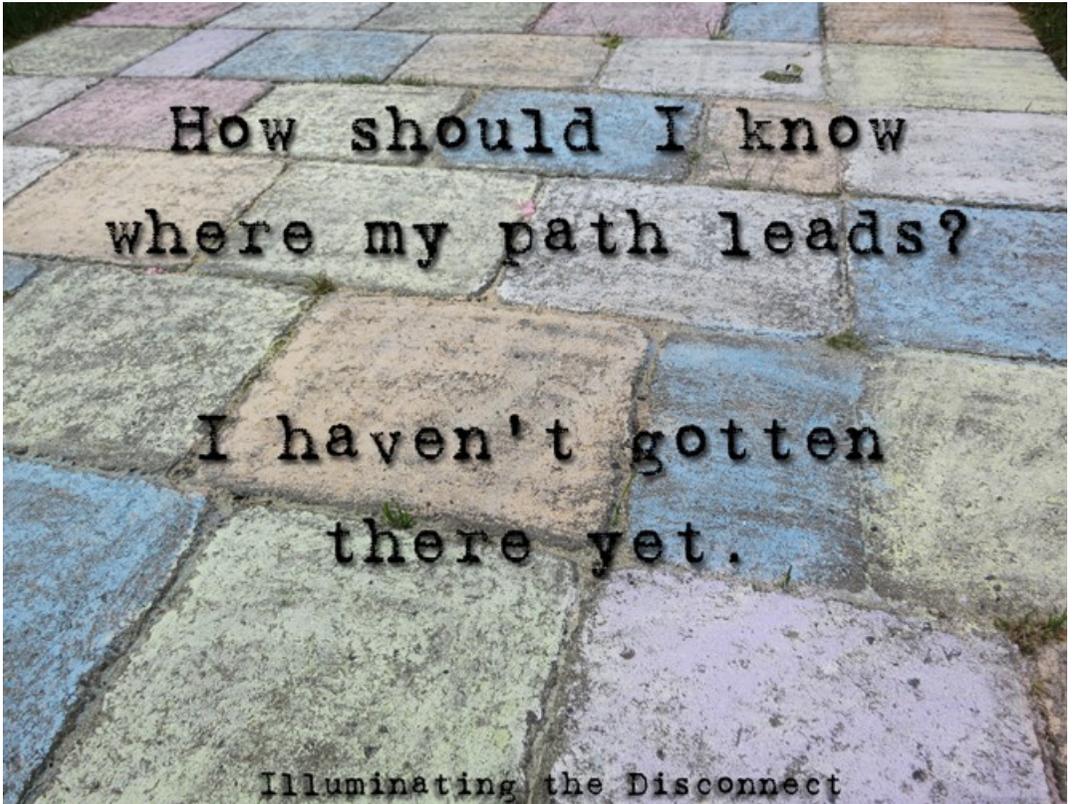
All Paths Lead to Here

Because we have thought time into 'being', we give it a lot of weight, when truly it does not exist at all.

Imagine knowing your self fully, beyond ego . . . and trusting yourself fully to live in the moment, KNOWING that this thing called 'future', these things called 'goals' will take care of themselves should you live your truth all along the way.

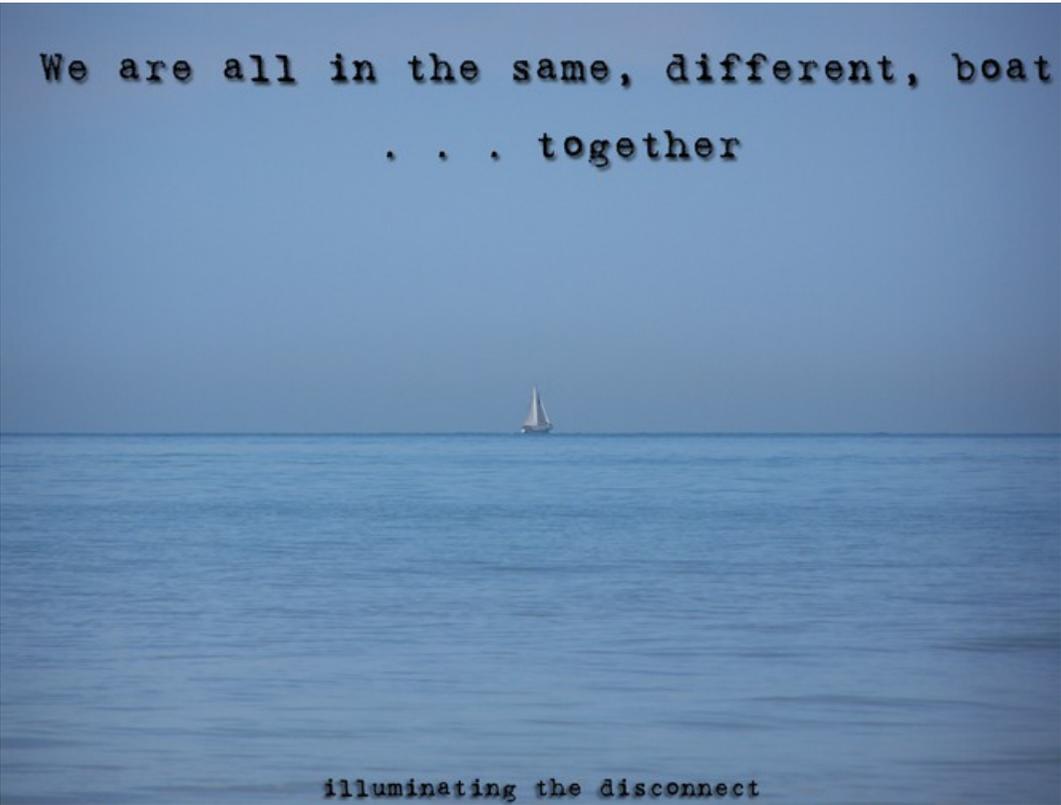
After all, if you are living your truth all along, then I would say that the goal of life is already being fulfilled, while the fun of having goals for your life story may or may not come to fruition, which is always true. No one knows what the next moment may bring, so do not count on it.

Instead, count on yourself in the moment and let go of expectation for any future thoughts, even though it is okay to have them - as long as they do not usurp the present moment so much that you are missing your life along the way.



June 12, 2014

We are all in the same, different, boat
. . . together



illuminating the disconnect

June 24, 2014

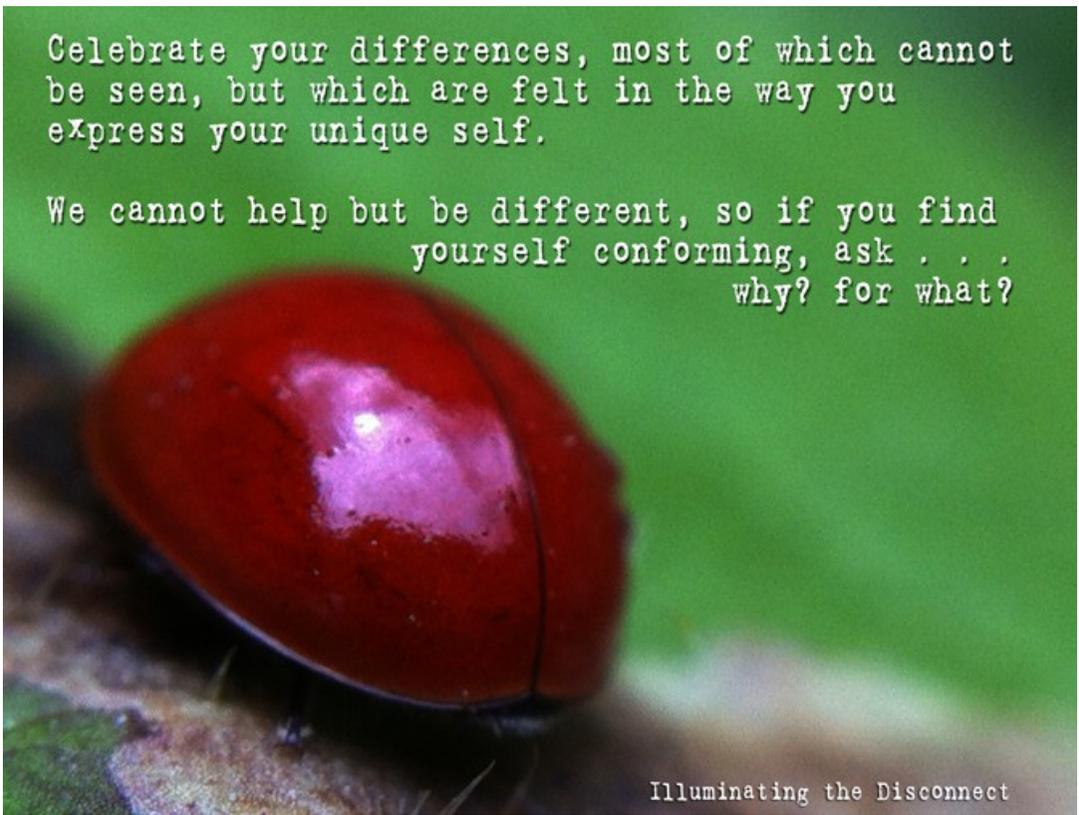
Celebrate . . . being YOU!

There is only one you. The consciousness of the universe takes form as each life form completely uniquely only once.

Each 'species' shares a high percentage of very similar traits as a species, but within that species, each one is and has no way of being anything other than a unique expression.

Across species we still share many things in common, as we all come from one consciousness, one life force, and in general we live interconnectedly for the benefit of the big picture of life, while attempting to live and enjoy our individual lives.

This is why I stress to know YOUR self, and express it while KNOWING that you are a part of something more, and have a responsibility to know that and act compassionately for knowing it.



Celebrate your differences, most of which cannot be seen, but which are felt in the way you express your unique self.

We cannot help but be different, so if you find yourself conforming, ask . . . why? for what?

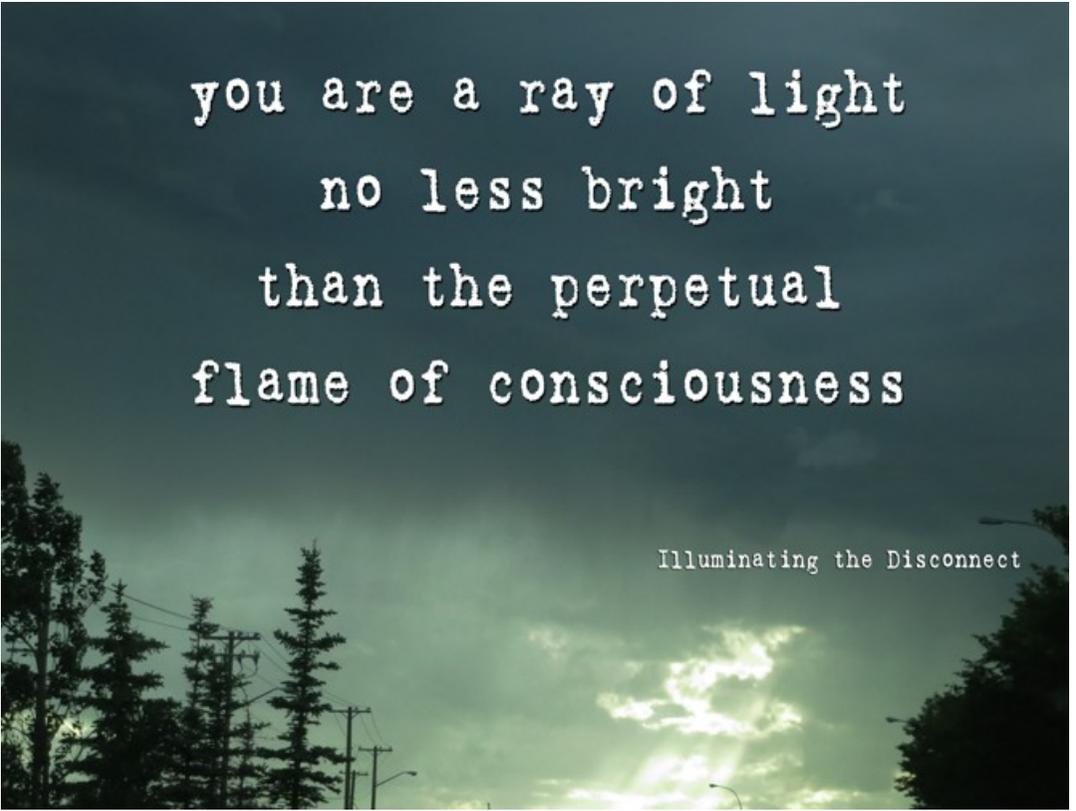
Illuminating the Disconnect

June 27, 2014

You . . . light up my life as I light up mine own.

you are a ray of light
no less bright
than the perpetual
flame of consciousness

Illuminating the Disconnect



June 27, 2014

Becoming aware of the disconnects to become . . . connected.

ILLUMINATING THE DISCONNECT



Do not just hang in there,
realize that you are tethered to the universe,
to all life
and that you alone choose your life story
and life experiences with the shared life that is
CONSCIOUSNESS

From July to September 3, 2014

The return of the self-conscious identity

This is where my journey took a very unexpected turn, which eventually turned into a spiral.

Hang on and listen closely, for within this journey is the key to truly letting go, where I finally learned who I am and why I am here.

True story, just like everything I write. No edits, no shame, no worries because . . . no ego.

I love to share because life is sharing, and when it is honest, I can always live with that, as you will read.

So, I need to back up a few months to give you the full picture of my life at this time.

As you have read in these pages, and will read more in depth in the upcoming book 'Illuminating the Disconnect', I had a very amazing experience on January 11th, 2014. On that evening, my self-conscious mind completely let go and I was left just being. And being more than content, just being.

Walking around that evening and the days and weeks that followed, I was looking at a world without a voice in my head adding a layer of thought to the world around me. I knew what everything was, who all the people in my life were, and what situations were about . . . but none of it had a label or a need for one.

I actually tried to invoke the voice in my head on more than one occasion, and laughed and giggled so often, realizing that it was only 'I' that was now here.

I knew what Eckhart Tolle had experienced.

I understood Jesus' core teachings in an instant.

I felt a kinship with Buddha and his 'aha' moment under the Bodhi tree.

It is all so simple, as I had always felt life should be.

Just be here. No commentary required.

And, as you have been reading, I began writing.

I felt compelled, every day – not to write for the sake of writing, but to SHARE.

It is what life does when it is in love with life. We all share things we love (whether from ego or beyond) with people around us.

I have written something every single day since that day, something I could not will myself to do previously because the loving compulsion wasn't there, the idea to do it was not enough of a driving force for me.

As you can read, this writing may be 'my' unique words and way of expressing, because I am one point of perspective here on this Earth, but I do not consider anything that I am saying to be unique at all. That would be an affront to

consciousness, which is here, there and everywhere already – doing its job of giving us what we need to live and thrive and enjoy this life.

The deepest truth of consciousness are universal, and no one has anything truly unique to say about it in the end.

That is what I had intellectually understood years before after reading of most of the world's religious texts and from philosophers and masters, past and present.

That is why I am happy to share this with you, as it is, and as it was written.

I am not even re-reading these entries before publishing this, because it really doesn't matter. I trust that I wrote what I did from the heart, from an open consciousness in the first place and would do the same again today, even if the words changed slightly.

We all know the truth, in our heart, it just gets expressed and heard in different ways depending on how strongly the mind filters or changes it.

Back to the story, though.

When this experience happened on January 11th, I was forever changed.

My life story, however, was in the midst of it's own trajectory.

That trajectory included a relationship and of course a career.

These were both something I was feeling in a new light and they brought new thoughts to light from this new perspective.

You see, I did not feel compelled to DO very much for a while – and not out of the procrastination that I had been prone to previously. It was because the idea of DOING when you are 100% content just BEING seemed silly. It really did.

The main things I had to push myself to think about was the reality of the situation as it affected my actual life and that of those around me.

I had been deeply contemplating ending the relationship I was in since about the September previous (2013). It made my sad for that time, because on many levels it was the best relationship I had experienced to date and was mostly satisfying, but in a comfortable way that left me feeling uneasy about the depth of the feelings.

In fact, in November of that year, she had asked me to marry her (on my birthday, no less), and my honest reaction was to softly say 'No' and to talk about what I felt was a wall between our feelings and my uncertainty about how we could go deeper. I didn't have any answers myself, I just knew that I felt a separation that was the last bit of connection that I thought I need to commit.

As far as career goes, I did what work I needed to survive – meaning to pay the bills so we could eat and have a home to sleep in.

Even with this, however, I continued to think of how I could communicate that I was done with the relationship. So, after a few weeks of trying to find the right place – which was ironic considering my general state of mind – I brought it up one evening, and that was that.

I knew that I was doing the right thing, for both of us, and was still blissful every

day about life, despite the situation.

We lived together, in separate rooms, for a while because the suite we were in was being sold and a move was going to be imminent anyways, whether we had been together still or not.

All went along pretty well and we segued into a nice friendship, which I was not surprised about. She told me later that she realized it was a good thing, too, even though it was rough at first, which I also felt and understood.

That summer, in June, I travelled to my brother's home in Calgary, to do some landscaping work for him and his new wife. They needed to make some big changes, and put in a new garden, and I was more than happy to go.

While there, I did not communicate much with my ex, except that I had some feelings come back unexpectedly after she told me she had moved and was starting to date again.

This should not have come as a surprise, even though I had no such feelings at all. I knew I did not want to be with her and yet I also was not interested in pursuing anyone at all. I enjoyed life, as it was happening.

This is when my self-conscious mind returned.

Started thinking.

Thoughts of the past, of how much it must have hurt her for me to have rejected her proposal on that day really started to challenge me.

I had reacted completely honestly, from my feelings, and yet now it was my thoughts that were thinking about my feelings and giving me a hard time.

I did not realize it at the time (of course, or I would have been able to get past it fairly quickly), but one of my deepest identities in life has been that of a 'nice' person. Ask anyone, and they will almost all tell you that Steve is a very nice person. A nice guy. A kind being.

True, I sure was and sure am.

But, I never needed to think about it to be it.

Yet, that is what crept back in.

And it was very much from my ego, as expressed through feelings of pride, of shame and of questioning my very self.

Trouble is, I did not realize at the time that if 'I' was questioning my 'self', then who was this 'self' that had hurt someone?

It had not been on purpose. I cannot recall doing that to her or to anyone, with intent, in this lifetime. I should have known that, and yet my mind was really trying to make me feel bad for having questioned the relationship, the heart-breaks (which I now know only the ego can create).

With those thoughts, I spiralled.

I had lost the bigger picture perspectiveness that living without the self-conscious

mind had given me for all those months.

I thought about it too much, which kept surprising me, because I was still able to tap into my heart and bigger mind and explain things about life that are universal. And yet, I did not share much for those months, because of the thought that if it isn't as honest and pure (and beyond ego) as it could be, I did not feel comfortable putting it out into the world.

Our friendship became estranged, mostly due to my pursuit of wanting to really discuss this with her.

I was truly excited to be open and to include her in my understanding, my process of healing.

Then I realized that my ego just wanted to be told that it was ok. That she knew I hadn't don't anything wrong or harmful on purpose (which I now think she knew all along, she was and is a very nice person herself).

The dialogue wasn't needed, but my ego wanted to press on.

This is what our minds do with anything that is important to it.

It is all related to identities that we build up of ourselves, which may or may not be harmful, but which all still separate us from the feeling of who we truly are, deep down.

However, I got to the point of having suicidal thoughts.

Something I thought was impossible for me to have at this time.

(of course, it wasn't 'me' that was having them, it was only that part of my mind that thought it was me).

I thought of a scenario in which to hang myself up in my little apartment.

I thought of and wrote a note.

I got into the position of actually doing it . . . and then I let go.

I swayed, a rope around my neck for about 15 seconds . . . then I reached up and pulled myself up (something I thought I had made impossible for me to do by the way I had tied the ropes).

Then, I truly let go.

I got down, more calm than I had ever been in my life.

I cleaned up.

I eventually spoke with her, and my mother and a friend who had heard what had happened.

And everything was fine.

The voice, that one last voice which was my deepest identity, was gone.

And I was still, and still am . . . a nice person.

September 4, 2014

The Prophet by Khalil Gibran.

One of my go-to texts about life and truth, very philosophical and zen. I have recommended or given this book often, along with a few others that are paradigm changing:

The Power of Now - Eckhart Tolle

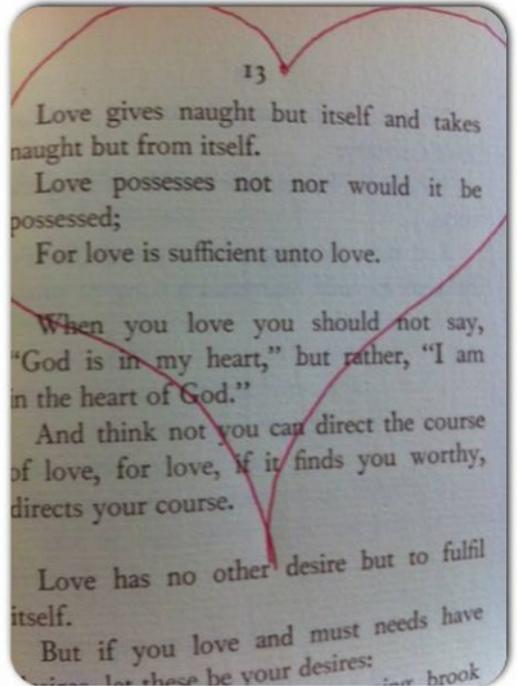
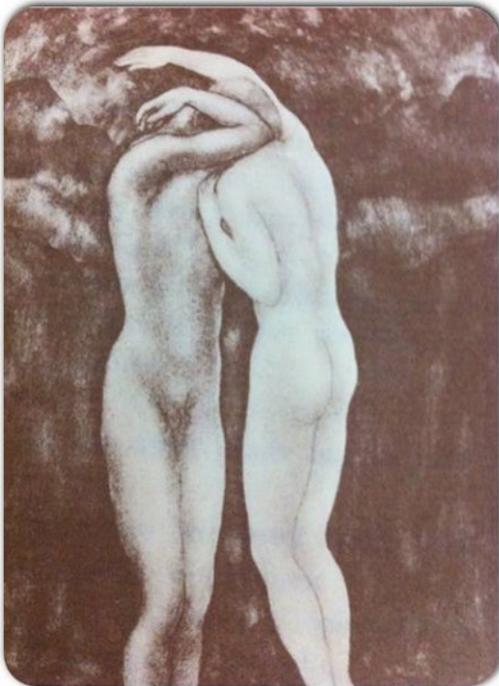
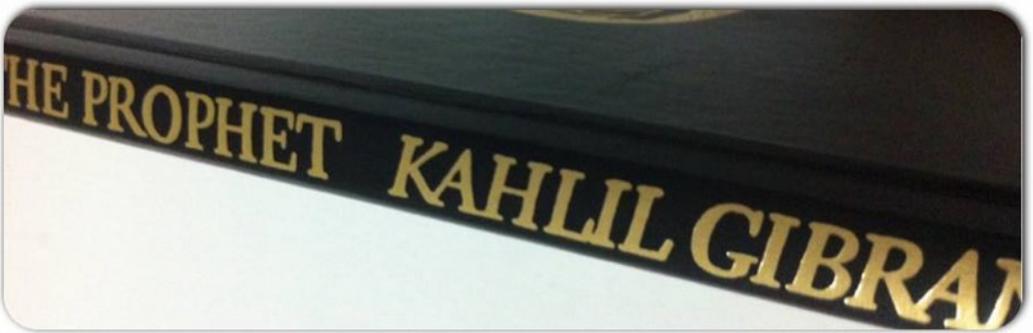
The Tao Te Ching - Lao Tzu

The One Straw Revolution - Masanobu Fukuoka

Man's Search for Meaning - Viktor Frankl

Read 'em, but don't think too much on' em . . . let the space breath and simply create awareness and more space.

Peace



September 8, 2014

What You Appreciate, Appreciates

Put your conscious thought on right now - who you are, what you are, what you have, what you are doing, how you are doing.
Appreciate the moment as you make the moment your own, living the life you are passionate about.



Illuminating the Disconnect

October 14, 2014

Be still . . . shhhhhh.

<http://instagram.com/p/uKKmeykx3I/>

*candle flame burning and being still after a few seconds

October 27, 2014

No Names

Do you know the names of things . . . or do you KNOW the things?

Have you taken the time to breathe, to really see and really listen and really experience a person, a situation, some thing?

To start with, do you know your self?

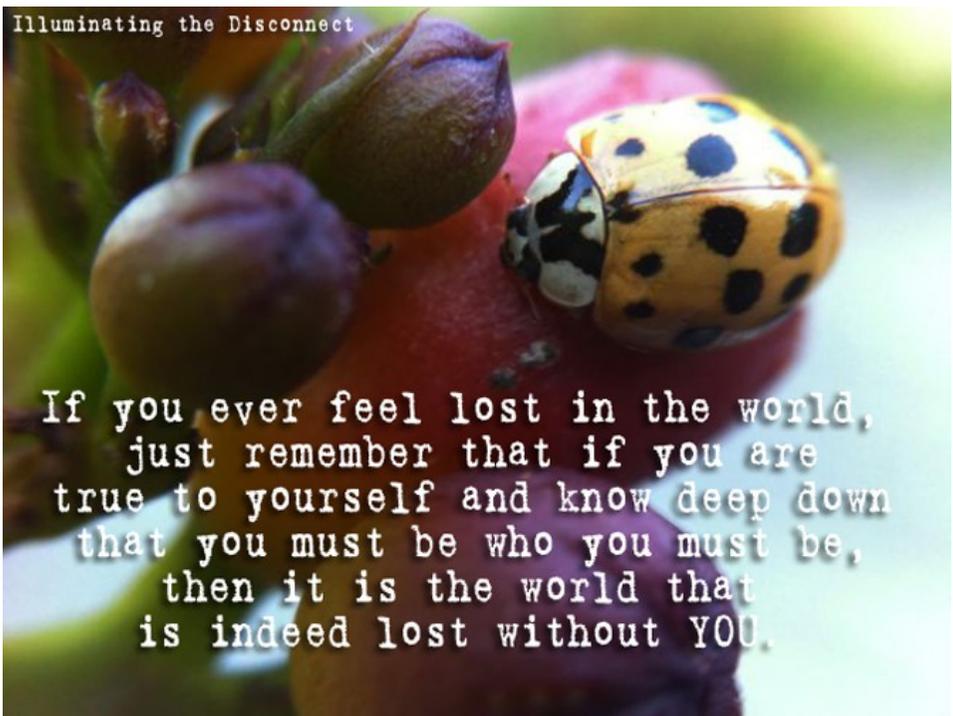
Your very essence, the unique qualities and characteristics and energies that are YOU?

Take your time and meditate, contemplate and allow your self to learn who you are . . . it is what you are here to experience and also is HOW you will experience this life authentically.

You are not your name(s), ultimately . . . there is nothing 'wrong' with them, just know the truth about it..

heart emoticon

(photo has been used previously, but is one of my faves - if you haven't scroll back and spend some time getting to know the page . . . and your self)



October 19, 2014

I wear my heart on the outside

For all to see and

For me to feel more directly

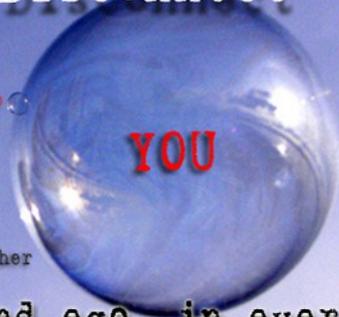
Do not be scared to be vulnerable . . . it may just set you free and save your life.



October 27, 2014

Illuminating the Disconnect

we are all in this together
consciousness is cooperative
we are all in this together **your ego**
everything is connected
we are all in this together
love thy nature
we are all in this together
experience life directly
we are all in this together



Ego is one
aspect of You
It is not You

Know
WHAT we are
WHO You are

Love it
Live it
Passionately

Living beyond ego, in every moment

October 28, 2014

Rise . . . and SHINE!

It is a rainy day here in Vancouver, but that is no reason to let your thoughts drown as they pour down inside your mind.

By learning to watch YOUR thoughts, you are able to take conscious control over your reaction to thought and subsequent actions.

This is a practice, an awareness to nurture until it IS your everyday awareness.

Thoughts will continually rise up in you - that is natural, it is the mind's job to consolidate the body's perceptions (physical and non-physical) of the world around.

Once inside the mind, the self-conscious mind tries to take it's turn at filtering what good the thought is and how it could be put to use. This is where thoughts become limited and limit us, should we be unaware and follow through on them, either habitually or ignorantly.

But you are responsible for your thoughts, even if you were not responsible for instilling the thought patterns and thought reactions that were conditioned early in life and now seem to be a part of who you are and how your function in the world.

Do not begrudge what is - accept it, learn what it is and change it.

Rise above thoughts that do not serve both you and the greater good.

For you ARE the greater good.

Your light can shine any where, any time - no matter the circumstances around you.

In fact, you can light up your circumstances and those around you, by rising above thought and acting from the heart with a smile, with understanding, with silence, with non-reaction, with compassion.

Every moment, you can choose to Rise to the occasion . . . and Shine your inner light.



October 29, 2014

A Process . . . Life

What disconnects are you recognizing within your selves?

I say selves, because there is YOU and then there are the identities of you that your self-conscious mind has created in order for you to deal with the world on the level of form and ego, which it has had a role in creating. Yes, it is ironic – the ego IS playing a role within your mind and yet has created so many roles that you may identify your self and many aspects of life and this world through it's creations. Remember, these are thought patterns, and nothing more. They are yours. Take ownership of them and responsibility for them.

The ego was borne out of a need to survive, and today it still thinks and acts as a reaction to the very environment it has created. It appears as though it is very smart, clever and adept at keeping you alive in this world, as the human you are in the society you live in.

But, really, life is not all that. It is much simpler, and on many levels, so are you. You are alive, start there.

To begin removing any fear-based thoughts and reactions from life, relax and contemplate your thoughts before you act on them.

Ask your self who you truly are and in what ways should you live to authentically express that.

The thought patterns that may bother you, limit you, make you anxious or depressed have been there for a long time. They were not all put there by you, as they started from before birth in the vibrations that you parents and society live day in and day out, reinforcing a way of being human that gets passed on from generation to generation, through the energies seen and unseen (genetics, memetics).

We have learned a way of being, as a society, in reaction to the environment we live in, and as that environment has been mostly created by the self-conscious mind at this point in our evolution, it seems vital that we live this way.

And yet . . . I know how many of us are frustrated daily by challenges of living, of being, that seem to go against our 'nature'. "I just want to be me!", I hear people say. "Why can't I just be happy!"

As those are your primary reasons for being here, any thoughts that take you away from knowing your self have the potential to cause fear and it's offspring: anxiety, anger, depression, pride, and so on.

Be patient and be kind with yourself, but be accountable.

Look through your past, your upbringing and contemplate who you are and how you are, without any judgment. Remember, that good or bad, everyone along the way has done what they can with what they've got, and are likely unaware of destructive patterns within themselves that they act upon and perhaps introduced to or reinforced in you.

Forgive every one and every thing. Including your past self.

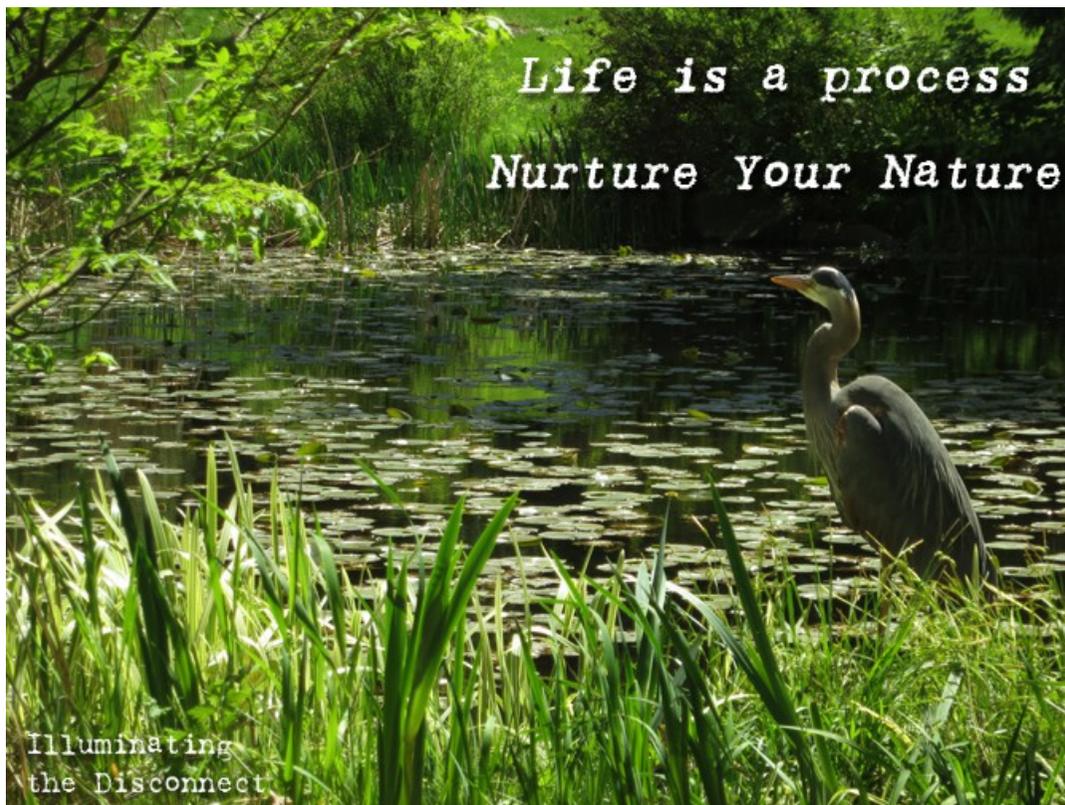
Start here. Start now.

You deserve to be all you, all the time.

Please share your thoughts on how you feel you are disconnected from being you.

We are all in this together.

With love, it is much easier.



October 29, 2014

Owning Up.

What if everything we think and do is remembered in time and space?
Passed on from life form to life form, to deal with as it incarnates and lives a life.
I often think, as I think and act . . . as if everything I think and do is known by everyone instantly.

How would you act? What would you think, being this exposed?

What is their to hide if you can accept your life as it is, in every moment.

I can, after having put myself through these things, contemplating my existence and the person that I have been and that I am now. Knowing, that I am still growing, learning, experiencing, loving.

There is nothing from my life story that I will not share because I have accepted it all fully my self.

Through and past the emotions and feelings of guilt, shame, embarrassment, pride and more, I find myself at a place of peace for knowing who I truly am and how I act. I still do things that are not exemplary at all times, but I recognize them very quickly and deal with the consequences accordingly and hopefully, compassionately.

I am still 'waiting' (in theory, not in practice) for that person to step up and admit something that they really have done, after having been accused of it. What an exemplar this person would be.

The celebrity who was violent towards others.

The superstar athlete who really did dope just to win races or medals

The president who was influenced by power and industry to make choices

The parent that did abuse their child.

The murderer that got away with it.

The inventor whose invention really caused more harm than good.

The healer that could not truly heal.

Our society gives us all a way out, excuses, ways to blame things that happen on anything else except for taking responsibility for our actions. And we let it, so that we can also be allowed that same consideration. Sure, the scope and scale varies, but we have all hidden behind stories or deflections at some point.

No matter what you do in this life, IT WILL BE KNOWN. Guaranteed.

Life knows.

Consciousness knows.

And never forgets.

YOU know what you've done in this life, because not matter who you do, YOU are always there.

Just because no one else knows now, is not excuse.

Thoughts and actions that cause suffering will continue to recycle in the energy of life until they are resolved or transmuted back into the fold.

Raising your own awareness, to match that of life itself, will compel you to act in

accordance with your conscience. A clear conscience has no story to tell other than the truth, and resonates with heart-felt intentions.

If you have something to get off your chest, do it. To your self first, if that is all you can muster.

Life is too precious to let the self-conscious mind tell stories, create identities and keep secrets that need to be remembered in order to keep your life story appearing one way, while the person you really are is another.

Mark Twain once said, "If you always tell the truth, you don't have to remember anything."

This is EXTREMELY profound. Imagine not having to have anything on your mind, because you and your life story are completely aligned? Because your actions and reactions come straight from your conscious self and from the heart, tempered only by your mind as needed?

Contemplate that . . . without actually thinking too deeply about it.

Know your self.

Live it.

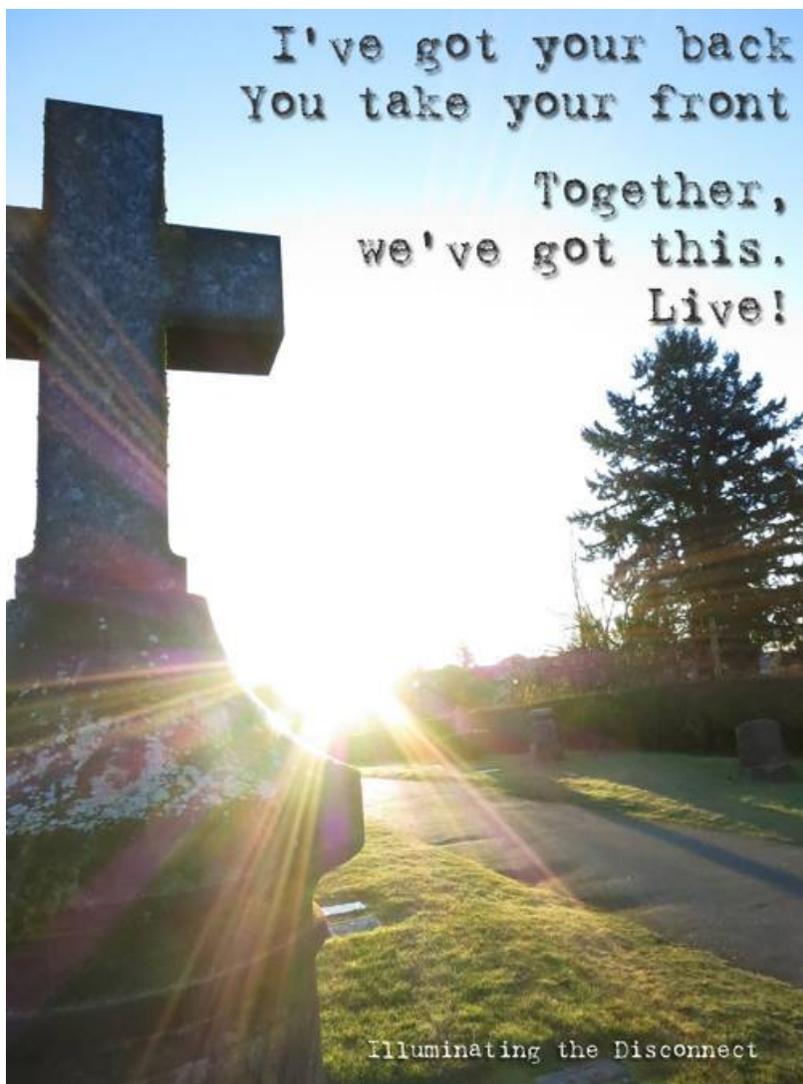
Love it.

And, before you judge others too harshly, remember that we each have our conditioned patterns (not an excuse), our challenges, our ego-borne life stories . . . and remember your own.

We do need to hold each other accountable, and the best start to that end is to hold your self accountable.

I've got your back . . .
. . . and I trust you to try your best to have your front wink emoticon

Love.



October 29, 2014

Seeing Beauty

How you see the world is up to you.

Your mind can filter with preconceived notions unless you focus conscious attention on what is in your perception at this moment.

Beauty is, indeed, in the eye of the beholder: the ego-less eye, free from judgment. So is Ugly, in the same way.

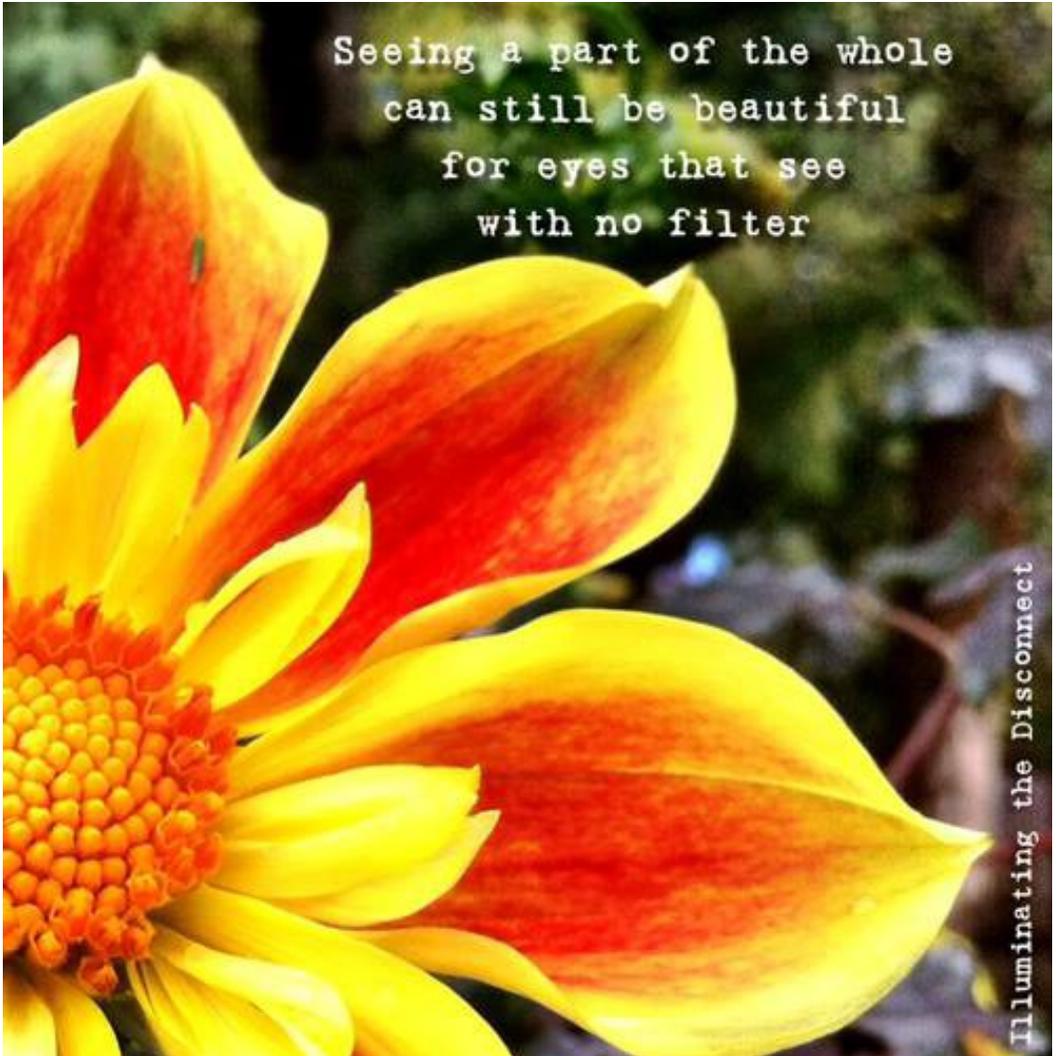
We do not have to look at the world completely subjectively, but if we choose, we can see much more beauty than we have become accustomed to.

Stop. And look.

At the parts. At the details. At the very big picture.

Look up. Look sideways. Look under.

Enjoy!



November 3, 2014

Into the Infinite

I had the pleasure of spending time with a new friend over the last 3 days, and this tattoo emerged spontaneously after we had a very open-hearted talk and time together.

You are the infinite in finite form . . . here to experience as exactly YOU for a limited time, and that is alright.

That is also why it is imperative that you know yourself, beyond ego, and honour life by living that self and experience as authentically as possible who you uniquely are.

Never worry about when your 'time' may end . . . no one knows anyways, which is why the sooner you become aware of who you are, the more life you have to experience life in awareness.

This is your birthright and your primary reason for being here.

The amount of 'time' we have here is immaterial (does not 'matter'), because time is infinite, and literally doesn't turn into matter. It IS.

We are within it.

So, bring yourself and your awareness to now, this moment, and you will always be on time, in time.

When you are gone from physical form, the energy that composes you will live on, because that is what consciousness does . . . so the more positively you live, the more life will benefit from the energy you return to it for other life forms to inhabit.

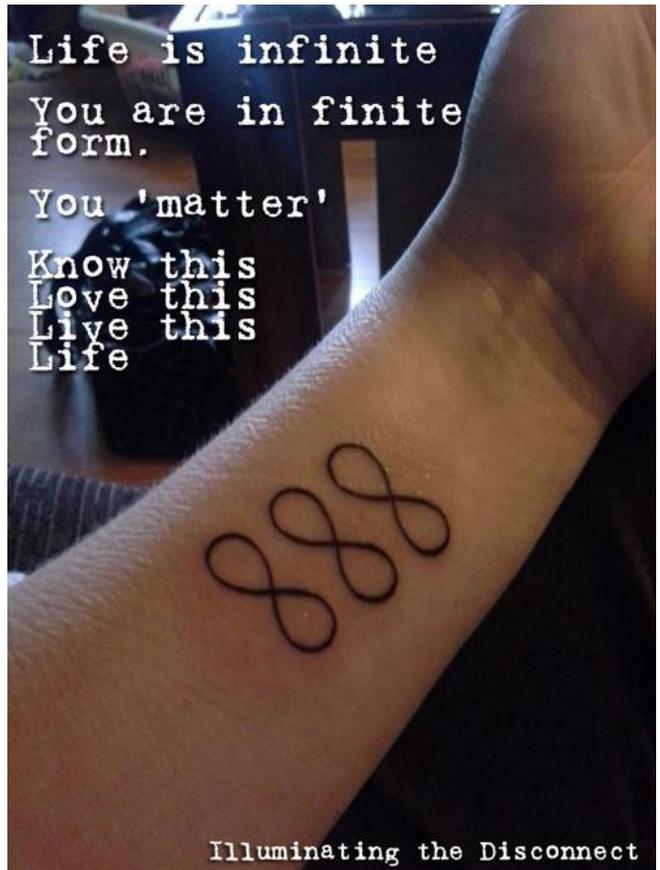
We are not only all in this together, we are literally all one.

Know your self.

Live it.

Love it.

Passionately.



November 6, 2014

Love Unlimited

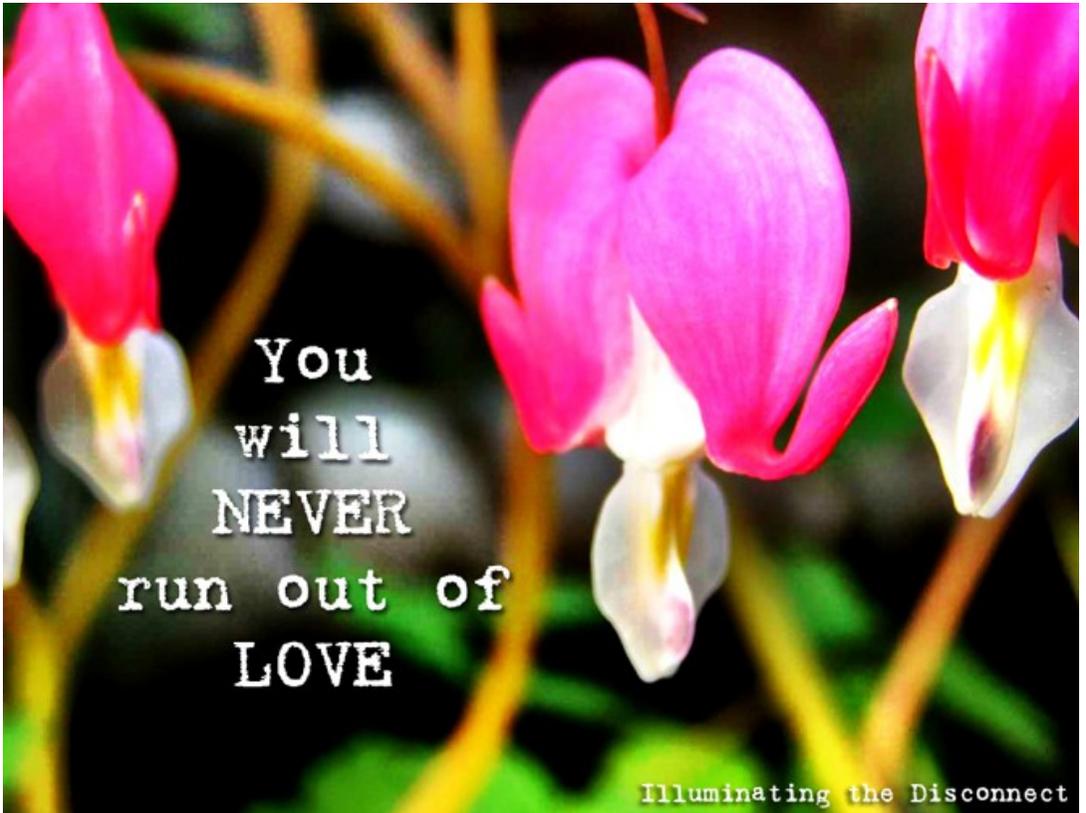
You can give love, be love, live a life of love as much as you want to, without fear. Love is compassion is consciousness is gratitude is forgiveness is the connective tissue of the universe.

Do you think that life does not provide what is necessary for the continuation of life? Of course it does . . .

Inhabit your true self, be in love with yourself and then give yourself away continually.

Without expectations, because they are not necessary, for the love the gives of itself is already the reward and you carry that feeling within you.

We are all in this together - let's do so, IN LOVE.



Illuminating the Disconnect

November 10, 2014

We Are Here For One Moment . . . that never ends

Life and Time are one, they will always go on.

Within life, we come into being, settling into form in order to experience a slice of time, as such.

Just as the invisible moisture becomes dense and falls into form on a frosty fall morning.

For a few moments, making it's beautiful impression on the world, according to the laws of consciousness, of the universe, a unique patterning to be temporarily displayed and never repeated, but worthy all the same.

Hours later, the moisture back in the atmosphere, remixed and part of another form, but not lost or forgotten.

From the smallest strings of energy to the largest galaxy, this is the way of our universe, without

beginning or ending,

but with a perpetual

NOW in which we

experience our being.

This is the only

settling you should do

- the being here, and

KNOWING it, so that

you experience as

much as possible, and

show us who you are

as we work together

to weave a beautiful

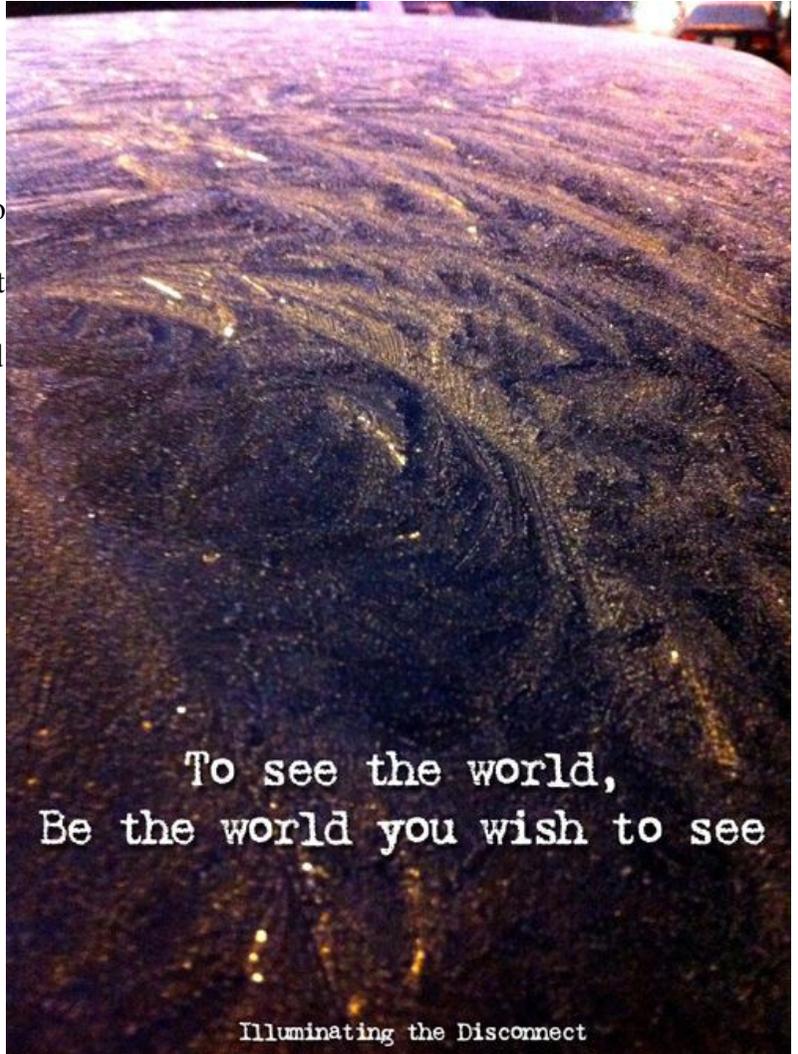
human tapestry on

this planet.

Know your self.

Live it, with love.

Now.

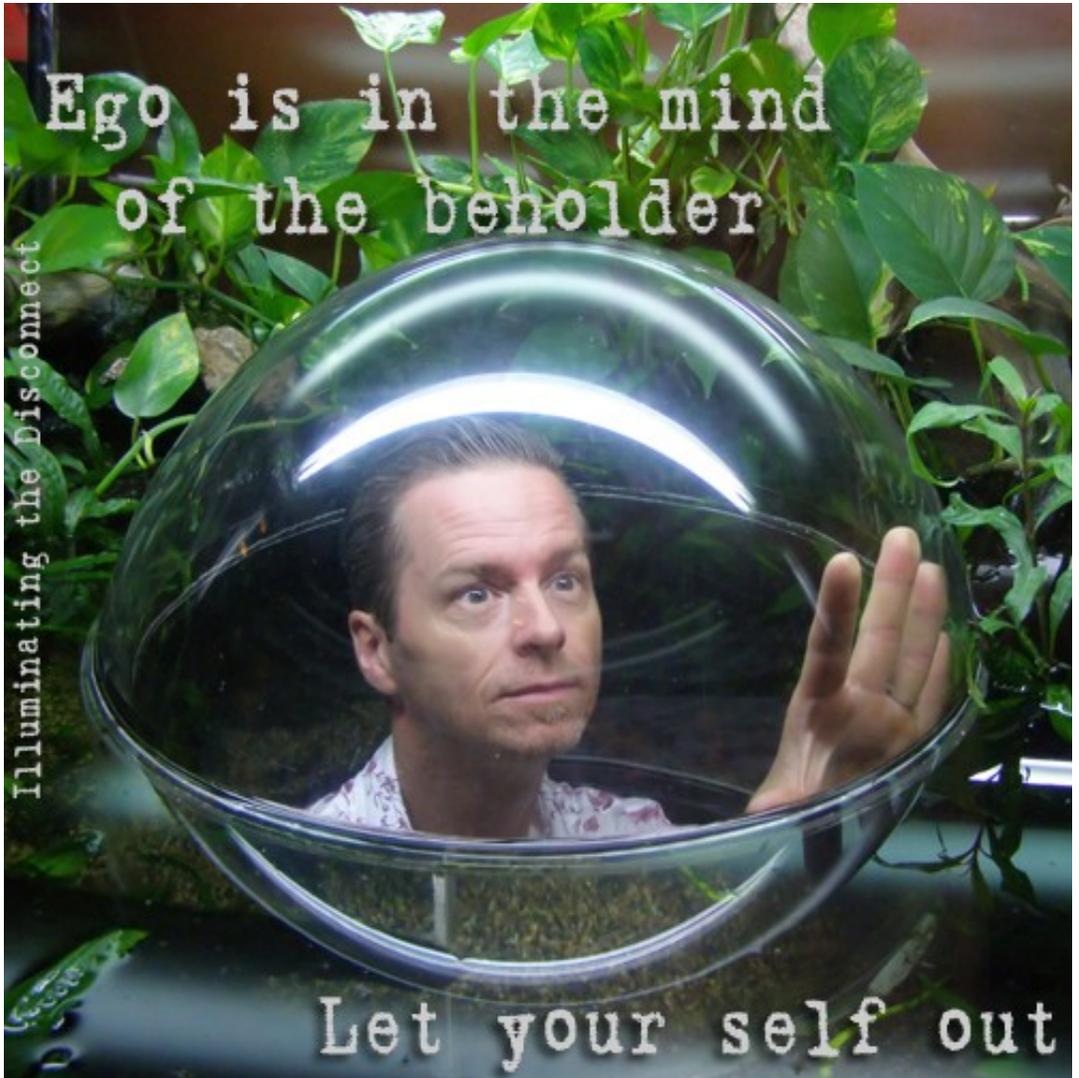


To see the world,
Be the world you wish to see

Illuminating the Disconnect

November 11, 2014

*update profile picture



November 17, 2014

Naturally Meditative.

Look at nature, the world outside of the scope of humanity . . . and notice that everything is what it is.

That . . . is meditation.

24/7.

We are born meditative – no preconceived notions, no ego-based desires . . . just the natural instincts to live, to be loved, to know life as our self.

I never could truly 'get into' meditation in any of the traditional ways – postures, mantras, kundalini energy and so on along my journey to knowing my self more fully.

I am already and always was a very calm person and quite patient, which likely gave me a decent grounding to being present, but no matter how much you are physically moving or not moving, it is the uncontrolled movement of the self-conscious mind that is truly at work keeping us from a permanent state of peace. Being the calm in the middle of a storm is the true test of whether or not you can maintain awareness and presence in the moment.

You can be free-falling in a bungee jump . . . and be meditative.

You can get lost in singing a song . . . and be meditative.

You can hit the sweet spot swinging a golf club . . . and it is meditative.

You can get lost in another person . . . and it is meditative.

The circumstance does not dictate the degree to which you may or may not be able to meditate – rather, you can bring a meditative state to any circumstance. This is when you know you are aware of being you and not a thought of you, in any moment.

In fact, the reason we engage in sports, risk-taking activities, take mind-altering substances and much more is because they either give us no choice but to be in the moment or they quiet the voice in the head.

At it's simplest, being in the moment IS a waking meditation, regardless of what you are doing.

It is how you inhabit the moment, fully, that will determine the nature of your state of being.

Walking samadhi (a state of deep meditative contemplation which leads to higher consciousness, in Buddhism and Hinduism) is a term I often thought of as I would go for walks and just be 'in the world', seeing the world around me, without allowing the mind to label, quantify or identify anything.

You can take a walk around a park, around the block, and not have to know anything on the level of the thinking mind (direction, names of trees, identities of objects) in order to find complete deep meaning.

This does not mean that it is not useful to know what we actually do need to know in order to live day to day in the world, in society. Rather, it is knowing these things, using them for what they are, but not making any more of a story out of the

identity of things than they really are – and that includes YOU!

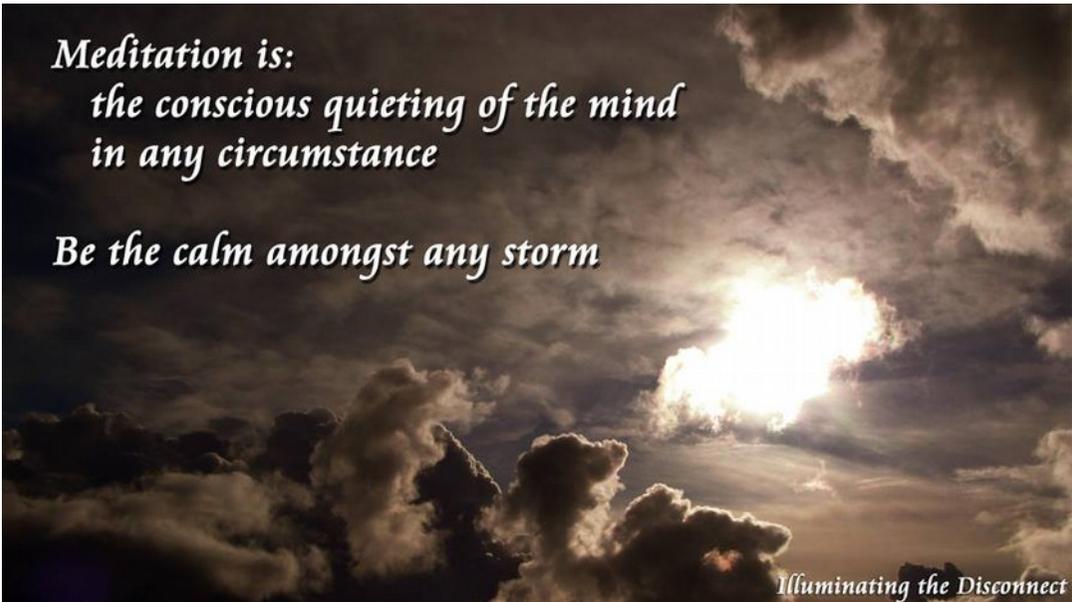
So, do not stress or become overwhelmed about the idea of meditation.

Rather, practice being aware of your thoughts more and more and keeping it simple in the moment by allowing the moment to be and interjecting thought more as necessary than 'just because'.

If a thought spins around and around, learn to watch it and not react - in not paying it any attention, it will diminish, as it is of no use in the moment without your participation.

Your thoughts are yours, and your ego-conscious mind is simply another layer of filter to help you make decisions about being you in the world.

Watch those thoughts, and meditate on them as they arise, until you can more easily deal with them in the moment, making life's path more easily flowing from moment to moment.



*Meditation is:
the conscious quieting of the mind
in any circumstance*

Be the calm amongst any storm

Illuminating the Disconnect

November 26, 2014

Consciousness is energy is light, and when it forms matter it is YOU!
See . . . you matter.



**Eat the light
Be light
Shine**

illuminating the Disconnect

November 27, 2014

LIFE: Consciousness Networking

What we call 'life' is what we see and what we are, on Earth.

That is our primary reality, the one we perceive with our senses, and the one in which we do live day in and day out. And it is a miracle of nature, of consciousness.

If just ONE ingredient was a little bit different: the sun a bit further away, the amount of moisture in the earth much less, the rotation of the earth much slower . . . the expression of all this 'life' on Earth would be rather different, if here at all.

And here we are, a life form aware of being aware of being a-life . . . and yet, ironically, also unaware of so much.

And so, we illuminate our disconnects and try to live more honourable, satisfying lives within the web of life here.

But do not be fooled - there is nothing, no thing in the universe that is not alive or does not have consciousness.

Every single atom, particle, string that makes up all that we see and do not see, is at some level alive - because to be alive is a very simple definition: to move. And every atom and string and anything you can think of is moving, has moving parts.

Whether it is a particle so simple that it appears to have only a couple moving parts, or if it is a life form of 50 trillion individual cells, it is all alive at some level.

Think about it- everything that the Earth IS was moving through space once upon a time, hurtling around, hot and then cold, then being bombarded by meteors and asteroids, cooling then forming an atmosphere.

And, at some point, the constituent elements of what we call 'life' began to combine in mutually beneficial relationships to make forms and to make possible the movement of the life form - not just within its cells, but the cell itself or cells themselves.

The sun, supplying the energy. Water, the elixir of life. Countless other elements, coming together under ideal circumstances to get along and dance together into form.

Evolution of life forms.

And here we are . . .

It is very amazing, and yet we take it much too much for granted.

All we can do now, which really is a big ALL . . . is to know ourselves for who and what we are.

Living together consciously, as the rest of life already does . . . and which we can become aware of again, on a fundamental level.

Sharing, caring and causing as little suffering as possible.

The only time is NOW, where we live and find our complete awareness.

I will see you here



What a little Sun
will
Dew
for
Life

Illuminating the Disconnect

December 1, 2014

Energy in Disguise ;)

A 'new' friend, an 'eternal' enemy, an 'old' love . . . all point to the fact that in this life, when you encounter another life, you are encountering energy, recycled. We are all full of energy - it is what animate material life forms into action. Born uniquely individual, the energies that merge to become us have all been here before, and so while we are one-of-a-kind, the energy is universal. We are here to discover who we are, within the species of what we are . . . and then decide how to live that energy: some of it we will want to express and enjoy; some we will want or need to transmute in order to live more aligned to a compassionate, fulfilling life; some we will share with others and with life; some we will stop promoting for it does not serve us or the greater good. This is the power of being human, the ability to KNOW our self, learn the energy we are and do the best with it that we can while we are here. My main game plan while here is simple: I would rather be kind than be 'right' and will live accordingly. Who are you and what are you doing here? However we interact, letting the energies truly engage and work out the best mutually beneficial relationship would go a long way towards more of us enjoying each other and life, in general. Know your self, your energy will back you up. wink emoticon
Live it.
Passionately.
Now.



December 7, 2014

Wherever you go . . . there you are!

We are all leaders, no matter how conscious of it we are or not.

Because we lead our selves by our thoughts, our choices and our actions . . . through the journey of our lives.

Being aware of who you are, on a deeper level, will enable you to realize that you are worth living the life you truly want based on the person you truly are, beyond ego-conscious thoughts.

We all know this, deep down, but are afraid to live it sometimes.

Why?

Because, it seems to go against how we were brought up, what we were taught about being a person in society, the roles we currently inhabit that seem to work in the world. And it scares us to appear to let others down by not acting accordingly. It is acting, sometimes, if it is not aligned to the natural flow of energy of who we are. So, we all struggle to allow ourselves to express ourselves, both within these systems and structures and completely on our own terms, when possible.

This is what depression, anxiety, stress, suicide is all about at the root level - the disconnect between who we truly are and who we living as in this very moment. When it feels like we are doing more of what we think we should be doing than just doing who we want to BE . . . there is a challenge to face.

Is it easy? Hell, no.

Is it worth the deep soul-searching? Heavens, yes. wink emoticon

You are here to be you, without anyone else telling you who that is.

Give yourself permission, which is the self-love we all need when we connect with ourselves.

Let go of that which does not serve you, without judgment of how it got there.

Allow yourself to experience life as you wish, expressing yourself as you feel - so long as you do not consciously harm another, I don't see a problem.

Question why you are here and how you should be living aligned to that.

The only reason we have 'leaders' in various industries and institutions around the world is because we fail to lead ourselves, truly.

We have yet to evolve to have leaders who can act without self-conscious intention (in general), and so the current crop takes the power we give away. We are all connected - your power is BEING YOU.

As we learn to align with who we are, take care of our selves and be responsible and accountable for the life we are, then these other 'powers that be' will fall away, out of sheer lack of necessity, as it should be.

Does the forest have a captain?

Does a school of fish follow a curriculum?

Does a hive of bees meet every Wednesday to discuss strategy?

Of course not - when all lead by knowing their very essence, then all follow the overall plan with trust that what needs be done, will be done.

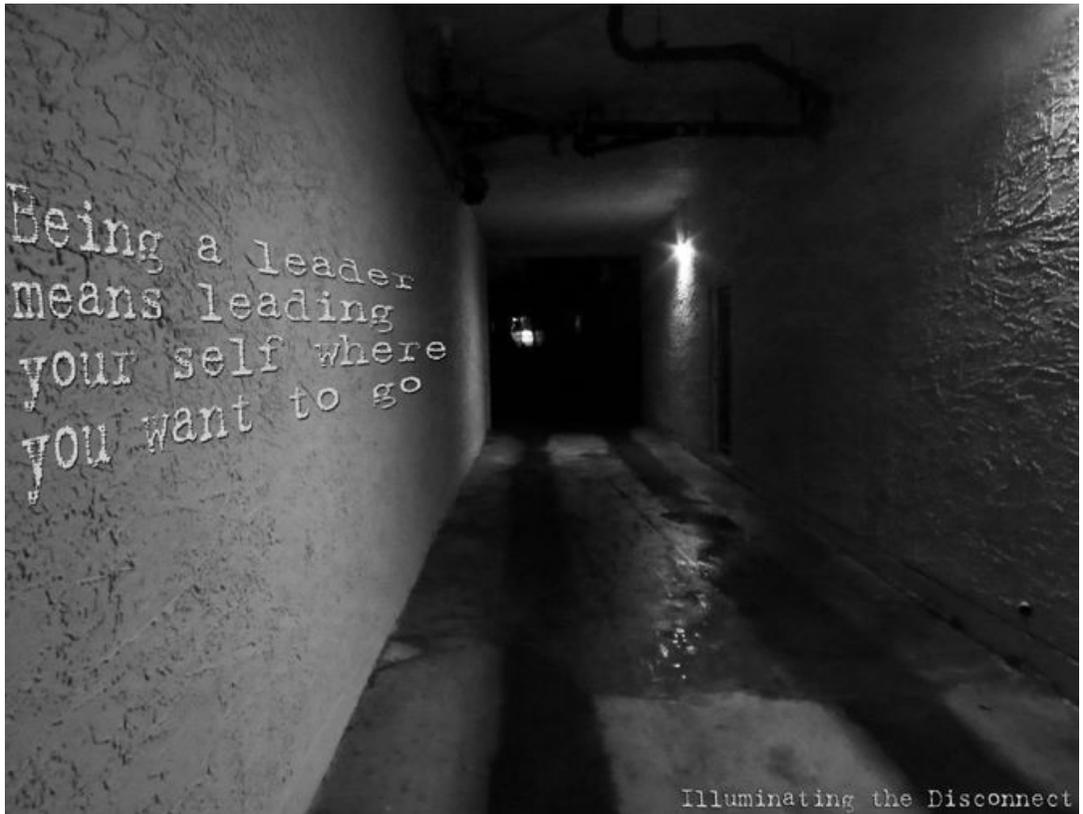
I will always have your backs . . . simply by being myself, ego in check.

That is the evolution of the human species to living harmoniously as an expression of consciousness here on Earth - knowing we have self-consciousness, but that we aren't just to express ourselves from it any longer. It served a purpose - actual survival - long ago, but that isn't needed to the same degree it was then. The world created out of self-conscious expression is badly out of balance, and this is obvious in the suffering we cause world-wide.

So, it is time to let it go and to evolve past it, to live more simply, to experience more deeply, to be compassionate to all life, to take care of our home, to know that community is the backbone of society, to share as needed.

Not knowing where it leads, but trusting that being here right now and doing your best to be who you are is enough.

You are enough, and I want to know who you truly are. heart emoticon



Illuminating the Disconnect

December 7, 2014

*update profile pic



December 12, 2014

The Power of Choice

The free will to choose is the power to choose.

Let me give you just one small example, to demonstrate how practically every thing you do in life is a choice:

When you wake up tomorrow morning, realize you are awake and breathing, as you lie there, you can . . .

- realize you are breathing and take conscious deep breaths
- roll over and go back to sleep
- realize you have to go pee and,
- go pee, without leaving the bed
- get up and go to the bathroom to go pee
- turn the alarm off that woke you up or hit snooze or sleep through
- start singing Oh Canada!
- jump straight up out of bed
- meditate
- start thinking about your day,
- OH MY GOD I have so much to do!
- pick the thing you most need to do
- remember it is a workday,
- decide you do not want to go to work
- get up and go to work anyways
- think about calling in sick
- think about quitting your job
- remember that cute person you saw yesterday and fantasize
- realize you are hungry and think about food
- give yourself a hug and say 'I Love Me'
- wiggle your fingers and toes to wake up your body
- scratch yourself wherever it pleases you
- scream at the top of your lungs
- run outside and do pushups
- pick up your iPhone and see what's up
- pick your nose
- smile

. . . and, if you get the gist, realize that I could GO ON for as long as I can type, because there are actually infinite choices that could be made, as big or small as they seem.

Now, chances are, you will go about much of your day according to habit, custom, senses of duty and obligation, doing some things you like, doing some things you love, doing some things just to get them done.

But, seriously, beyond the actions required to stay alive . . . every thing you do is a choice, based on a thought in your head.

Are you acting on conscious thought or on your subconscious programming? Once you become aware of this, you are on the road to interrupting what you do based on where the thought arises from and whether you believe it truly serves you - and that is for you and you alone to decide.

Realizing, all of the above actions have consequences . . . and it really is a matter of your determining what choices you can live with in your conscious mind, in your heart and in how your life may affect others and the world around you.

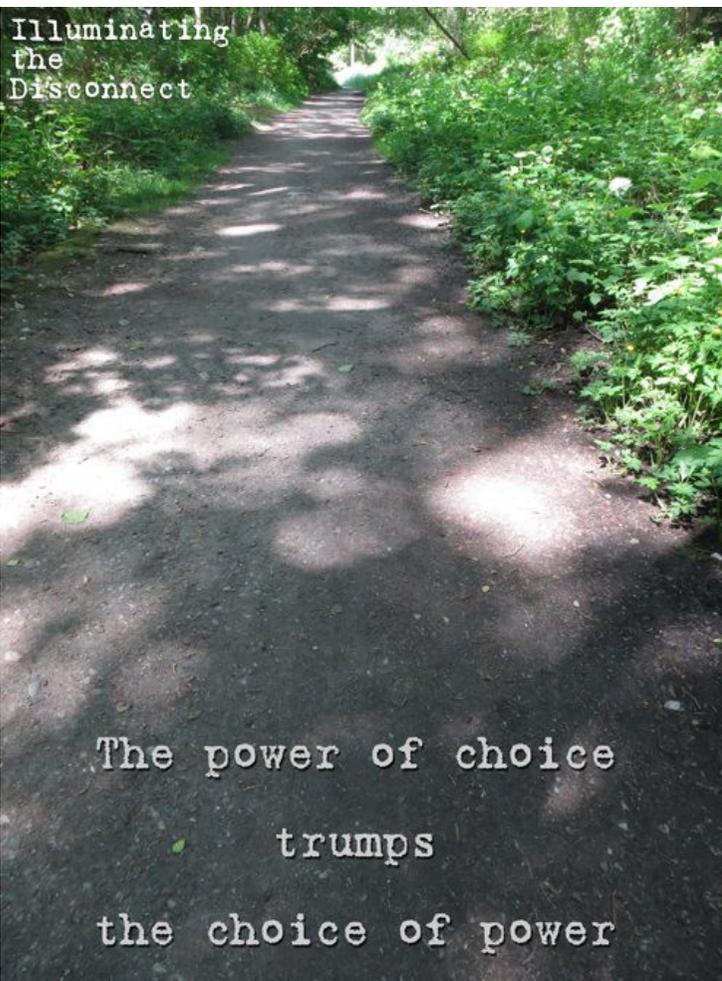
This is the awakening process, becoming acutely aware by being in the moment with your thoughts, but not being a slave to them . . . they are all your thoughts - some there by conditioned reaction and some there because they are truly what moves you to action.

You are a life, living a story. You are the author. Write what you love based on who you are.

Written with kindness and compassion, for best results.

heart emoticon

And let's collaborate - we are all in each other's stories.



December 13, 2014

Victory . . . is being here now, in full acceptance.



December 14, 2014

JC on the Myth-story of Humanity

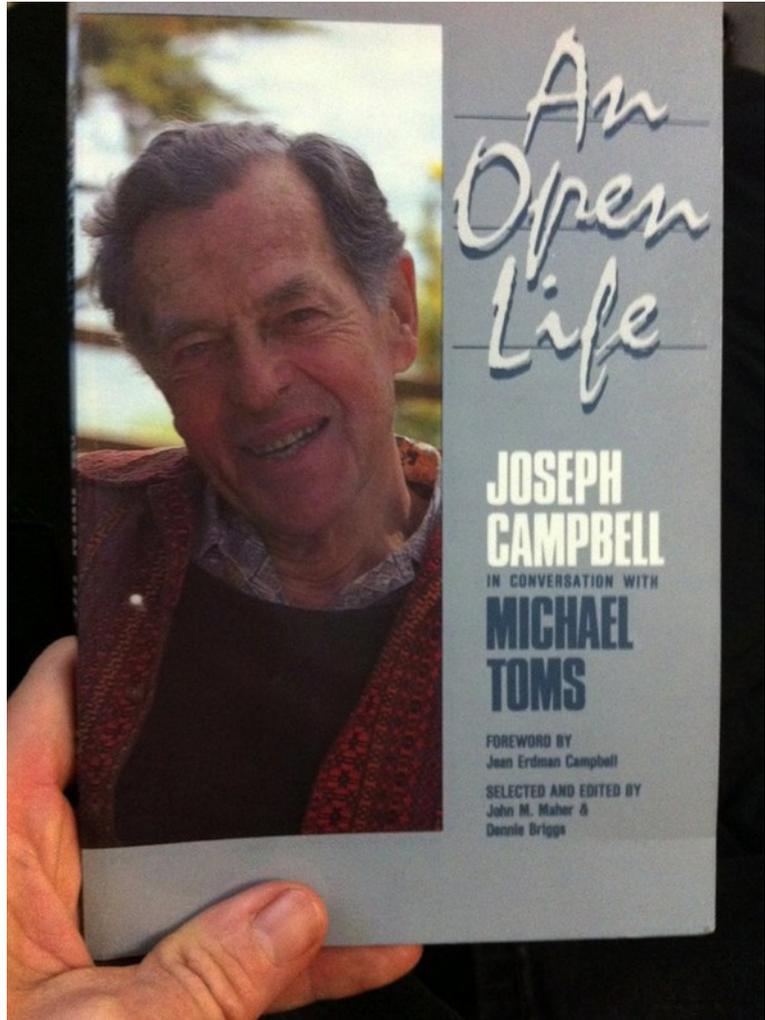
I could have chosen any of hundreds of quotes from this beautiful man, this authentic example of living your art – YOU!

from "An Open Life: Joesph Campbell in Conversation with Michael Toms":
"I've met beautiful people who hold out great hope and expectation. You see, when the world seems to be falling apart, stick to your own trajectory; hang onto your own ideals and find kindred spirits. That's the rule of life. And it's that life that survives the megadeath."

To know SO deeply and truly who you are, that this is the unshakable foundation of your peace and living expression of it.

YOU are not a concept outside of you, peace is not a goal or achievement, prayer is not a 2-minute practice - you must carry these things with you continuously, inhabiting them without effort but with knowing.

THEN you are both free and an instrument of change, without change being the goal.
Be love. Be peace. Be unique.
Be. Your. Self.



December 14, 2014

Go to park.
Sit on bench.
Empty mind, enjoying being alive.
Pen to paper, 30 seconds later.
A poem.

RANDOMOSITY

kindness or blindness?
cause or cure?
intention in action
inaction, impure

believing or be living
awake or asleep
the path to the self
is only skin deep

random is as does
chaos is in order, now
conscious as can be
why surrenders to how

Illuminating the Disconnect

December 31, 2014

YOU, yes you!

are you-nique, one-of-a-kind, never seen before, there will never be another again,
living and breathing, spirit in form, expression of life.

So, YOU - be all that.

Get to truly know your self and show us who and what you are.

You are more than allowed to be you, you are responsible for being you.

Do not be a 'u' - a short form of yourself.

Do not be a 'ewe' - a sheeple, always following.

Lead YOUrself where you want to go.

With love.



I hope you enjoyed the photos and the words, I took the photos and strung the words together, without much thought from my thinking mind, but connected always to my heart-mind.

It is all from the universal 'me' to the universal 'you' - in other words they are us.

For we are all in this together, connected, whether we are aware or not.

But let's perhaps learn to be more aware, more in love, more honouring and respectful of all life as we share this life experience.



. . . the journey continues . . .

ALSO AVAILABLE

FREE

... on Soundcloud: <https://soundcloud.com/illuminatethedisconnect>

Thoughts, contemplations and insights into the nature of human self-consciousness and how it impacts health, happiness and our authentic connection to life.

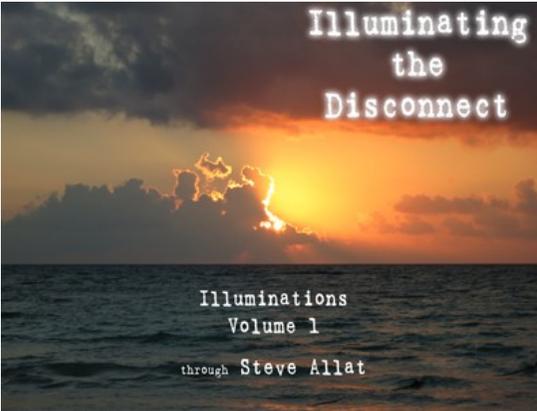
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Steve Allat