



Illuminating

a

Way

to

presence

through

Steve Allat

as posted on Facebook

January 1, 2015 - December 31, 2015

January 7, 2015

Inside comes outside
Spirit takes myriad forms
Eventually



January 13, 2015

The Life Form Miracle

If you take a moment to appreciate how consciousness, that invisible energy that IS the universe and permeates all, has over billions of years and just the right circumstances taken the opportunity to dance in myriad forms here on Earth (and likely elsewhere in the Cosmos) . . . including the expression of itself that is YOU, then you have to know that this is the very definition of a miracle.

Which is why it is so important and so responsible, to life, to know yourself . . and to frickin' live it . . . to the best of your ability and passion, sharing with others freely.

If I can help you be here, I am here. *wink emoticon*

#miracles #powerofnow #consciousness



January 15, 2015

This Human Life

I have read and heard a lot about 'being spiritual' over the course of my life, and recognize now that it is hard to be anything but . . . AS part of who we are.

As you've heard me speak of, we are consciousness in form.

We are the energy of consciousness expressing itself. In Form.

But, what I would mostly like to 'in form' you about, is what that form is, because I can see that we have become tragically disconnected from knowing what it is to be fully human.

Perhaps we once knew, but that isn't even really that important.

What matters is that we are here, now.

We HAVE developed a heightened self-conscious mind.

What concerns me most, and what I have yet to see accurately addressed by anyone, anyone, in any time . . . is WHAT we are, beyond and yet including this ego.

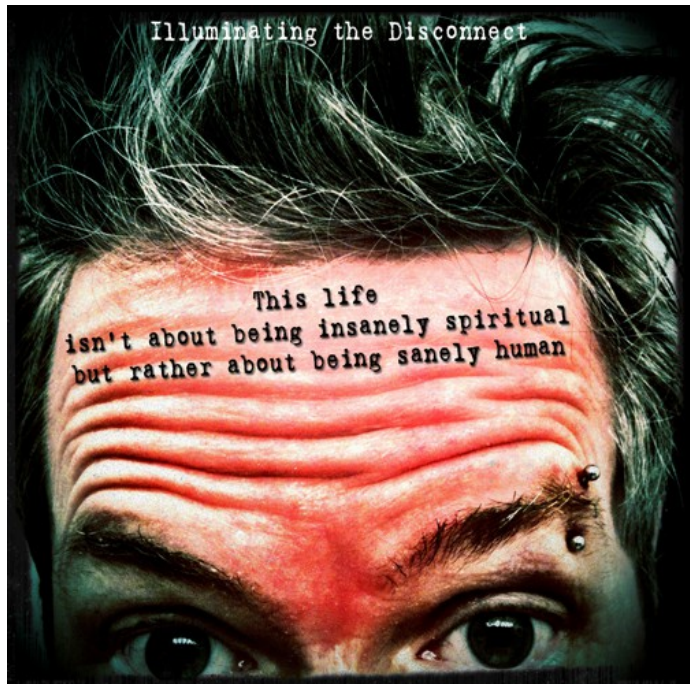
I am here to fill that void of information and to help us evolve through knowing what that is, as we each work on knowing 'who' we are within that scope, as we ALL work together to live peacefully and more balanced within life on Earth.

I intend to be so completely sanely human, that I experience WHO I am and WHAT I am as authentically, joyfully and vibrantly as possible . . . and allow that energy to ripple out.

Be human - it is obviously what you are here to be.

Be your self as a human - it is who you are here to be.

Enjoy!



January 18, 2015

Knowing your Nature

To know your self is what you are here to do, to be.

You have the universe's permission to seek that, and thus you have your own permission . . . you being a reflection of and expression of the universe.

To truly enjoy life is to take a lot of the self-conscious mind chatter out of the game, and to live from a place of knowing in each moment. The best you can, with what you know now.

Watch things in nature and see the decisiveness of living in the moment, without question. There isn't any right or wrong, but rather doing and being, living and surviving and enjoying.

Watch a spider build a web. The web gets destroyed.

The spider doesn't have a pity party, look for the culprit. The spider does what it needs to do, knows how to do and thus enjoys doing, in it's own way.


It will rebuild that web to the end of it's days.

Watch a plant in the window grow towards the sun.

It knows where it's energy comes from. It knows what to do.

Watch a child running as s/he plays. Curious about everything, trying everything, not questioning judgmentally but rather to learn.

Life without this self-conscious (ego) mind making most of the choices for you is freedom.



Nature does not
'think'
it can.

Nature
KNOWS
it can!

Get in touch
with your
nature.

It is right
there, inside.

Remember, that mind is just one tool the human species has to help make decisions, but it doesn't mean it is always giving YOU the best choice - normally it is looking after the 'you' identities/roles it has either created or inherited.

Be aware . . . and start from that place, as you grow to know and trust yourself more fully.

What you do not love about your nature, you have the power to change through conscious thought - that is one of the true powers of being human.

And, we can do so with loving attention, kindness and forgiveness to grow strong.

KNOW. Your self.

Love it.

Live it.

January 21, 2015

Practicing Presence

Perceiving, without Reacting to Thought

Hear the world around you, but do not think about it.

See the world around you, but do not think about it.

Smell the world around you, but do not think about it.

Taste the world around you, but do not think about it.

Feel the world around you, but do not think about it.

The world can exist without you thinking about it in every moment.

The mind does not have to think about, engage with or react to the world around you in every single moment in order for your survival. Or for you to enjoy the moment.

Labelling the things around you, in fact, can most often diminish the experience of those things, as it puts a filter between you and the world.

The mind can be seen as the processor of the senses that we use to perceive the world around us.

And we perceive the world in order to know what to do, how to live, where to go, what to eat, who to interact with, when to run and so on.

Our senses are our window to the environment around us.

Our mind is the computer that makes sense of much of it, so it gives us an overview to give us the further perception of choice.

Within this mind, we have developed a heightened sense of self-conscious thought, and I propose (in the upcoming book 'Illuminating the Disconnect') that this mind came into being as a necessity to figuring out our environment on another level, for survival. But that was long ago, and now here we are, 7 billion later and able to live in pretty much any environment.

So I have to ask? What is this self-conscious mind doing now?

Well, it is remaining engaged, and making something out of just about everything - judging, labeling, dividing, dramatizing and so on.

What we have forgotten is what the usefulness of its input to us is . . . and, as the awareness behind this mind, we have the choice to listen or not, to react or not, to put into action or not.

Contemplate how you process information, and from which mind.

Give yourself permission to sit with your perceptions and allow space before you even react to thought.

Just because you have a thought, does not mean it is worthy.

It is far more important to the ego, which serves itself more than you.

Most of the time, you can just let thoughts be and carry on.

Your AWARE mind knows what is truly useful, helpful, needed or enjoyed of the world around us.

That is your instinct, beyond the self-conscious mind, because the self-conscious mind is limited in its scope of understanding, given that it is subservient to the

sense perceptions in the first place.

This is why, when we KNOW we must do something, we feel it in our body, in our entire being.

Use this as a practice, and be gentle with yourself as you learn to not react.

heart emoticon

Questions? Inquire within. *wink emoticon*

Illuminating the Disconnect

Practicing
Presence

Perceiving
Without Reacting
to Thought

January 29, 2015

This Guy is the Limit

In some ways, the sky really IS the limit, for a human being as just a human being. We cannot survive away from our Earth, without technology, and for good reason – we have evolved over aeons to be a life form within the exact environment that allowed us to develop within it, all balanced.

And what is wrong with natural limits?

Only the ego doesn't like it, because it isn't physical . . . so this energy of mind actually believes it CAN do anything. Without knowing or thinking of the big-picture consequences, which is where empathy and compassion come in a handy, connect us all and make us (our conscience) feel good about what we think and do. You can be anything you want, without limit, as long as that anything is something a human can do.

But how about being peaceful? Being loving? Being responsible through conscious compassionate action?

Is that not enough? To feel love in any moment?

For me, that easily trumps anything humans have created from the thinking mind, even while I do enjoy those things, am amazed at our creativity and ingenuity.

But, in the end, as we are here for an actual, measurable limited time (and there is nothing wrong with that), it is how I FEEL about life, about myself and my actions, who I love and how I treat this world that moves me day in and day out.

Nothing else compares to that : not my iPhone, or the possibility of space travel for our species in some distant future, or of winning at something, or making a lot of money, or of being known, and the list goes on.

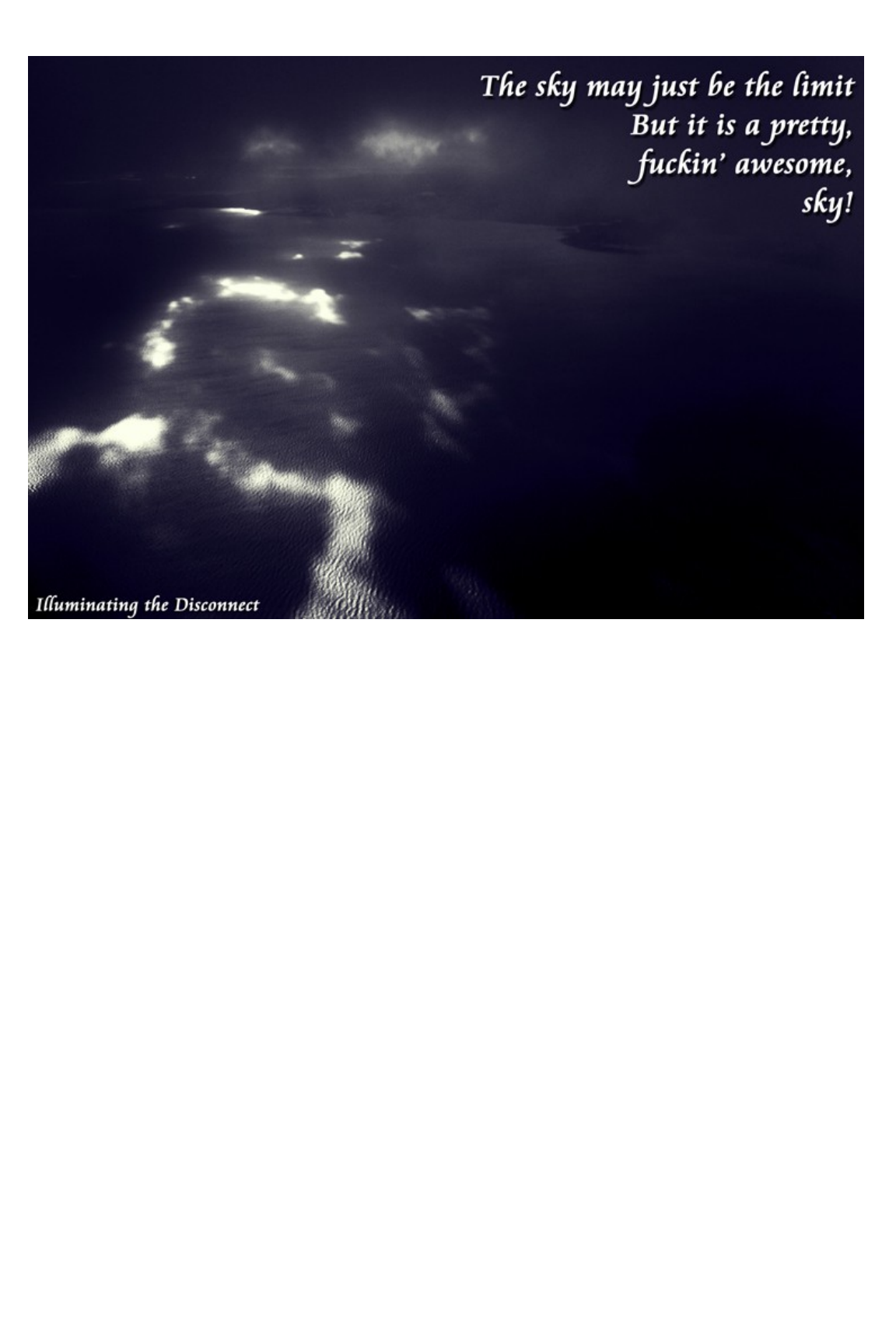
A lot of what we have created does help connect us in the modern age and I am thankful for that (as you read this digital message sent across the sky to people I do not know and may never see).

I acknowledge that we are here and now while also knowing how and why we have arrived here, so that we can learn to be more mindful moving forward together, incorporating the things we create in order to live and experience our lives but tempered with the knowledge and feeling of being connected.

Having limits is fine. It doesn't mean you can't FEEL your way through life and enjoy as much of it as you want, being your self and sharing with others.

I am my only limit, but I am constantly trying to open up and feel unlimited love for my self and for life.

No matter what else comes and goes, that is our home . . . we just need to connect.



*The sky may just be the limit
But it is a pretty,
fuckin' awesome,
sky!*

Illuminating the Disconnect

February 17, 2015

*update profile picture



March 5, 2015

Love is a feeling that is best served . . . unconditionally.

"For love is sufficient unto love." Khalil Gibran in 'The Prophet.

"If you love something, set it free . . . " Richard Bach.

"Love is patient, love is kind. It does not envy, it does not boast, it is not proud. 5 It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. 6 Love does not delight in evil but rejoices with the truth. 7 It always protects, always trusts, always hopes, always perseveres." The Bible

"When Love speaks, the voice of all the gods

Makes heaven drowsy with the harmony."

Shakespeare in Love's Labour's Lost, 4.3

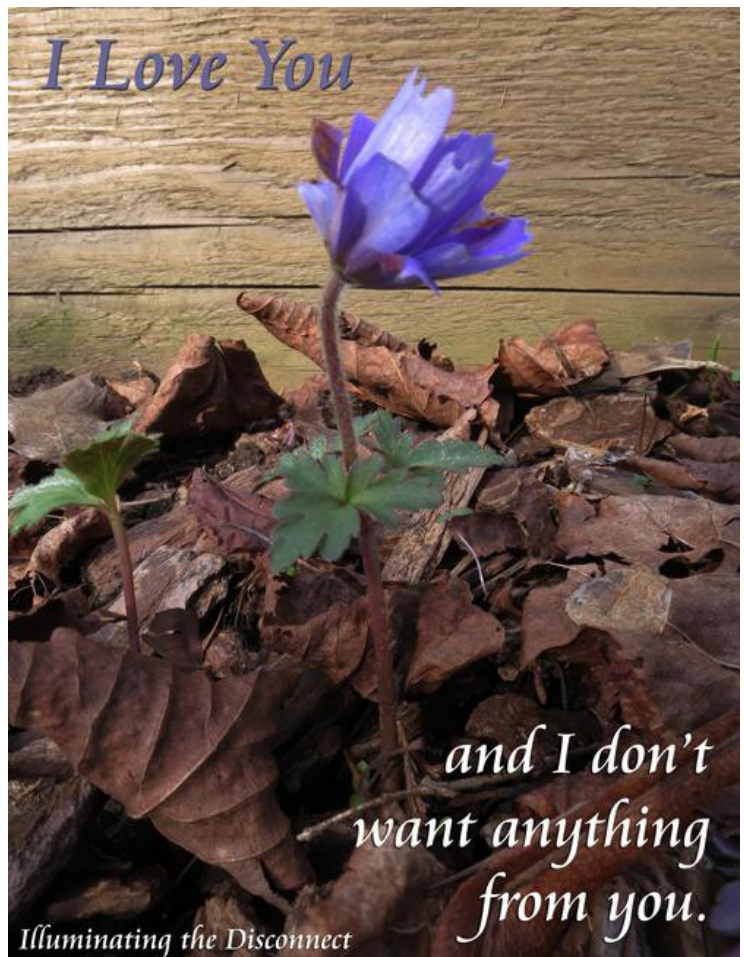
Love with ulterior motive cannot be love.

Loving to get cannot be love.

I love you BECAUSE I want to love you, not because I need or want you to love me.

In this way, I love life, I love family, I love friends, I love work, I love doing, I love being, I love love.

#love



March 8, 2015

Honouring the Feminine in every moment.

Once upon a time I was married and my last name was Birce.

In lieu of having her taking on my name in the patriarchal tradition, we chose a new last name together, many years before we actually decided to get formally married. This name, Allat . . . is the goddess who preceded Allah in the middle east, back before a religion was violently implemented, back when there was likely a better semblance of balance and peace in that part of the world. You will not have an easy time finding information about her, to this day.

To us, and to me still, making this conscious is an honouring of the feminine in the world that exists and that needs to be nurtured my in our species as we continue to evolve and reconnect to our entire essence, uniquely balanced within each of us.

To the women of the world, every day, and to the feminine in me, every moment . . . I love you, allat (a lot) *wink emoticon*

The stylized old fashioned Rose tattoo on my right (right-brain) shoulder is also in honour of the feminine, of Venus and of her beauty in the world, balancing the green man tattoo on my left shoulder.

I am a man. I feel. I cry. I love. I live as I am.

Thank you, goddesses in my life.

Illuminating this disconnect in myself, and others, is an integral part of all that I do.
heart emoticon

#internationalwomensday #sacredfeminine #goddess



*Honouring the Feminine
In Every Moment.
Let Her Energy
Radiate and
Balance
Us All.*

March 31, 2015

*added 5 water colour photos, as I just started watercolouring.







April 12, 2015

Shadow/Light

Perhaps the only time there is the possibility of a shadow is when there is more light.

For you to be fully aware of your self, you will shine so brightly that you will indeed highlight all aspects of your self, including things that we label as 'dark' or 'negative', but which are really just counterpoint to all that you are or want to be. To be completely vulnerable and to lose all fear can lead to a deeper sense of being, of connection to life, to knowing that there is love and loss, there is joy and pain, there is happiness and sadness . . . and it is all very real to experiencing an authentic human life.

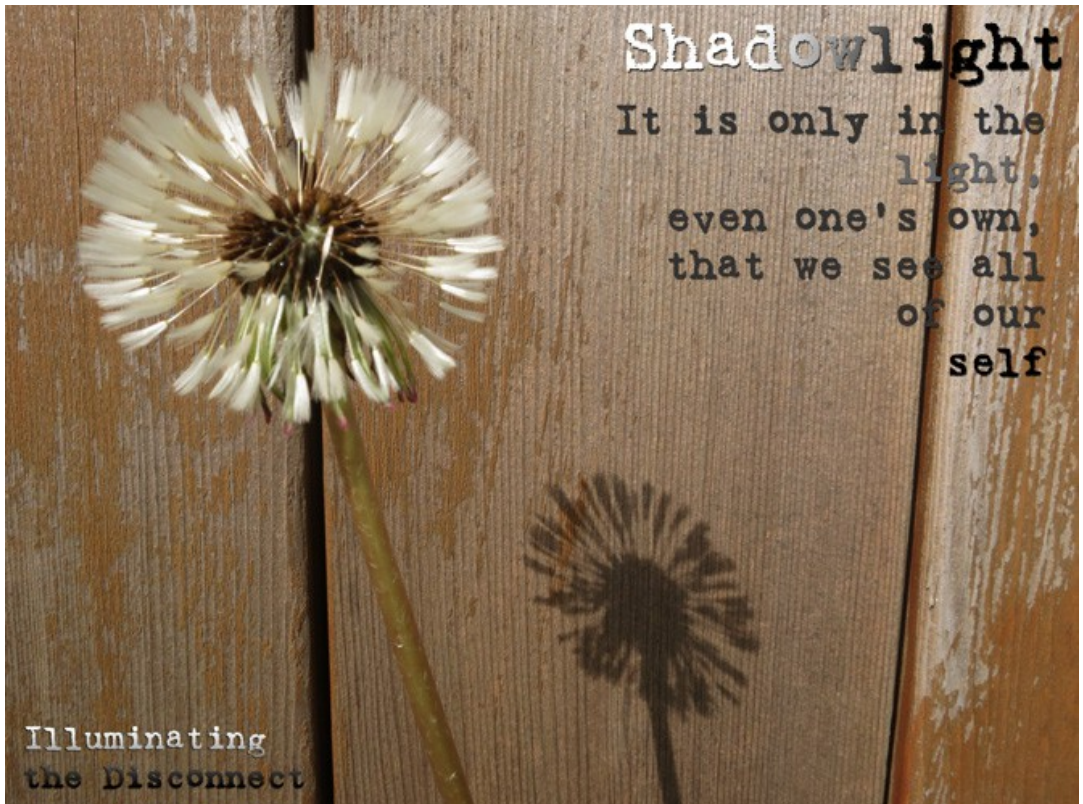
I choose to, as hard as it sometimes still is, embrace it all . . . honour it, and also let it go . . . so that I continue to be open to feeling the next moment, as it arrives and as I arrive into it.

Know your selves *wink emoticon*

Love them.

Feel them.

heart emoticon



April 13, 2015

The Simplest Math

$E = E$

$mc(\text{squared}) = mc(\text{squared})$

$I = I$

You = You

I love science & math and I also am enamored of philosophy and even the idea of religion.

But the beauty of knowing, truly knowing, without need of proof is the path to freedom.

$E = mc(\text{squared})$ is a very close approximation, but that is all it will ever be, even if it does help us understand the material universe in some ways.

While science can come extremely close to proving this or that, to predicting the behaviour of things, to assuring us of what life and it's components are, the truth is that the real magic of life lies in the .00000000000001% that will never be known and is in fact not knowable, because a certain free will of everything in the universe is what makes experiencing life truly joyful.

After all, even the brightest of Scientists (Einstein, Newton, Haremeim, Hawking, Heisenberg and so on . . .) rely on INFINITE numbers in order to try to predict things accurately. Yet even getting something to 1000 decimal places is not the same as being definitive. There is an inherent contradiction here where math meets philosophy that is hugely overlooked, imho.

Life will only ever be able to be understood in a 'highly probable' manner, meaning that yes, we can get to know the behaviour of life and it's forms, but that we should perhaps stop short and allow life and our selves to enjoy living from a base of some knowing, with a whole lot of not knowing . . . but deeply trusting.

Trusting your self, others and life to support you does not seem like an easy thing these days, in this society, but it is still your best option for really, REALLY enjoying the life you want to live as the person you are or want to make yourself into.

Why does anything have to absolutely equal anything else?

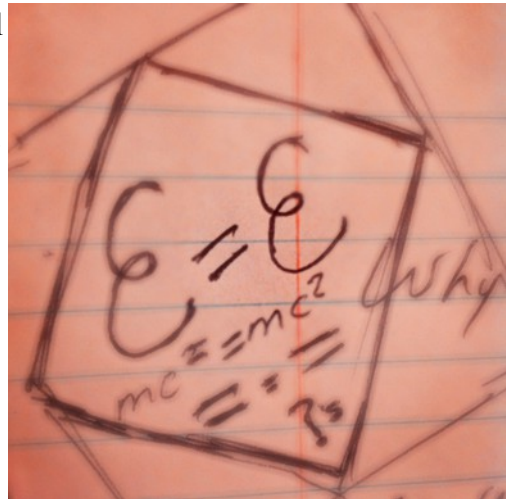
There are no 2 of anything anywhere in the entire universe that can be exactly the same, so embrace your uniqueness, do not begrudge your similarities to others and allow yourself to experience life without having to pre-know or pre-judge a situation or another.

Experiencing life is where 'it' is at.

Trust me wink emoticon

And experience it in your own way.

With love, for optimal results. Together.



April 13, 2015

*Created photo album 'Love Thy Nature' and added 4 photos.





April 15, 2015

*updated profile picture



*updated cover photo



April 15, 2015

Knowing Not Knowing

Just as each petal of the flower is the same but different, so are you and I, and by extension of compassion without need of knowledge - all life.

Knowing for the sake of knowing is the antithesis of knowing ☐ ☐ limiting the next moment and robbing life and consciousness of the opportunity of precious moments unknown, unexperienced anew with open heart and mind.

Life in wonder and awe. ♥

I do not need to know nearly as much as I need to love.

#wisdom #love #life #powerofnow #notknowing #loving #spring #blossoms
#vancouver #beauty #truth #nature #beyourself



April 21, 2015

Wild Flower

The vast majority of life on the planet earth is wild.

It exists.

In the environment of its own evolution.

And BEING the environment for other life forms to live and experience within.

Do they need our help?

Do they not thrive without us?

Has 'domesticating' and taming nature led to a balanced, healthy and vibrant life for us? And for the nature we take from?

There are trees that are many thousands of years old.

There has been life-supporting algae, bacteria and small organisms since the beginning of life in form.

We need to remember . . . life in form. Life exists throughout the universe as energy, consciousness, dark matter, the ether or whatever it may be called.

It is the life that always exists, always changing form and taking opportunity to become form when possible - as any form of matter: suns, stars, dust, elements, and combinations of things that have led to the variety of forms that our particular atmosphere supports. It is all life.

We have become so in our thinking mind that we actually have disconnected from the knowing that makes us feel so alive, from feeling aware of our selves in our environment of life, that we are fully-formed miracles of life with all the tools necessary to enjoy a life here as a series of life experiences.

Seriously . . . we think we know so much, but what does nature NOT know about surviving and thriving, when that is all life in form has ever done.

Do you not feel that there is an innate intelligence that KNOWS what to do in every situation?

You can connect to that – through your intuition and through your heart.

The heart is reported by science as having 1000x the sensitivity to energy as the brain, so . . . where are you 'thinking' from?

Just because we can sense with our sense perceptions that we are apart from other life does not mean that we are energetically connected, because nothing could be further from the truth.

We ARE connected because we need to be.

To be alive. To share. To support other life.

Know your self.

Connect to your energetic self.

Love. Be Wild.

It is an integral part of your true nature.



April 24, 2015

The Thirst

Life wants to live.

We feel it because every cell in our bodies feels it.

'Job' one of every life form is to survive, and hopefully thrive in doing so - enjoying the life along the way in the forms of play, socializing, finding and consuming sustenance, procreating and even in the fight or flight of in-the-moment survival. Humans have somewhat transcended the actual and primal day-to-day struggle for survival in many parts of the world, and I would contend that we can more easily take care of that for all than it is made out to be.

What we now worry and struggle about more is our identities, and what we think are our inherent rights within the structures of society as opposed to living the simple, natural lives that would lead to a more direct peace and happiness, without infringing on the right-to-life of all other life that supports co-habitats with us.

Thirst for life and quench it by taking in what you need through loving interaction with the world around you. The world around you is you and becomes you as well as you're energy interacting constantly with your environment.

Live who you are and who you want to be with compassion, knowing that causing suffering IS your suffering in the end, for we truly are all in this together.

I can not feel that there is any other way to feel free, to live an authentic life and to be a responsible human being on this planet as we move forward together.

I love this place.

and I love you.

Let's drink from and give back to life together.



April 26, 2015

Home is where . . .

the heart is

the art is

the art of living this human life, it seems to me, is to create the art of expressing who you are . . . from beyond self-conscious thinking (ego) and yet including it as a part of what the human species has become.

we are each a work of art, unique in energy and form, malleable and with infinite potential for ways in which to live within the limited form we inhabit.

welcome yourself home, within yourself

wherever you go, there you are!

your circumstances do not dictate your art, rather you bring your art to the canvas of life's circumstances and leave your mark there, changing the canvas for other artists to share.

Pablo Picasso said, "The meaning of life is to find your gift. The purpose of life is to give it away."

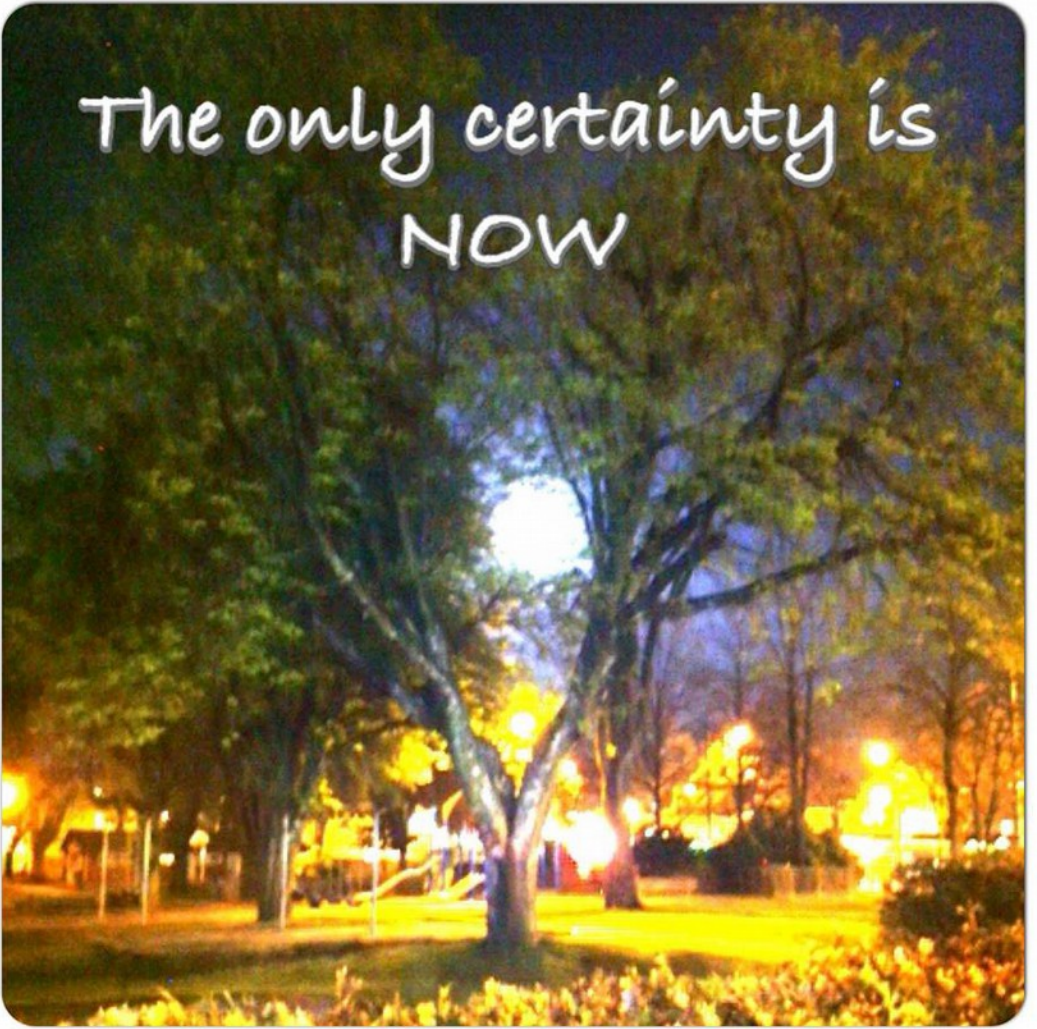
With love and compassion, and we all benefit.

and we are all home, at always. *heart emoticon*



April 26, 2015

The only certainty is
NOW



April 27, 2015

It takes love to see love heart emoticon

We are all innately compassionate, feeling and connected beings . . . who have become disconnected from self, from nature and thus from love to varying degrees. The solution: BE love to feel love, to see love, to touch love, to hear love, to taste love and to breathe love in . . . and out.



May 23, 2015

*uploaded audio to [Soundcloud.com/illuminatingthedisconnect](https://soundcloud.com/illuminatingthedisconnect)

Illuminating thoughts on life to contemplate, become more aware of, inhabit and love.

May 23, 2015

You are . . .

not just what you eat, but how you eat.

Energy comes in many forms, and also the formless mean of love.

Grow a garden, love your food and the earth it comes from, honour the sun that provides, share of yourself compassionately with the community of life.

Plant-strong, through aeons of evolution.

#garden #gardensnotlawns #food #plantbased #plantpower #vegan #veganliving
#growfood #urbanagriculture #sustainability #vancouver #vancity #locallygrown
#eatyourgreens #urbangarden #love #life #healthy #peace

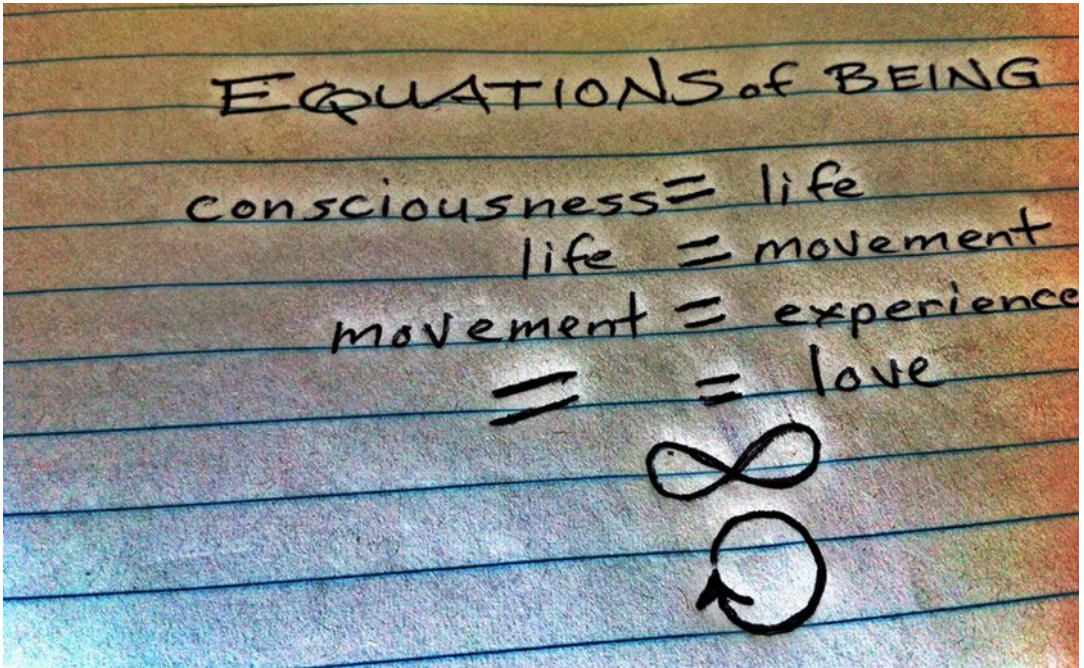


May 23, 2015

Equations

Life is not an equation,
It is an experience.
A human life is not 78.2 years long - it is now.
The speed of light is now.
 $E = mc^2$ is now.
Love is now, that is all the math we truly need.

#love #life #powerofnow #truth #wisdom #consciousness #math #equations #heart
#tao #zen #buddha #universe #experiential #awareness



May 23, 2015

*uploaded video to Instagram

If you look closely . . . in stillness . . . life moves.

#macro #soil #spinnjng #stillness #simplicity #life #nature #dirt #garden
#spirituality #beauty #powerofnow #beherenow #awareness

May 23, 2015

*uploaded a video to Instagram

Time Dances With Us

As with all life, time is movement.

No experience would be possible unless the eternal moment has its own movement.

We do not need to measure it to experience it, life will continue from moment to moment with or without us.

We each get one beautiful opportunity to experience life in form uniquely before dissolving our energy back into eternal consciousness.

Take. The. Time.

Dance.

#time #video #life #love #powerofnow #consciousness #wisdom #truth #beauty
#watch #pocketwatch #tao #awareness #dance

May 23, 2015

*uploaded video to Instagram

– part of a song I wrote years ago, in homage to the feminine

Will you merry me?

Marry? Meri? Mary?

The moment is what we are innately married to, albeit with limited awareness through the self-conscious mind.

Free your self, marry the moment in conscious presence and your chances to be merry are infinite.

MERI ME

Words and Melody: Steve Allat

Music: Mitch 'Mitchy B' Bennett

(copyright 2011 Steve Allat, Mitch Bennett)

Meri on the mountaintop

Meri in the sea

Meri start and Meri stop

Meri merry me

Would you be my Meri?

Meri on the tip on my tongue

Meri in my genes

Meri is the life that's won

With no casualties

Would you be my Meri?

I could be your holy man?

Would you be my Meri?

I'll be your one and only man

Meri doesn't write it down

Meri dances free

Meri smiles and meri frowns

Living easily

Would you be my Meri?

Meri on the tip on my tongue

Meri in my jeans

Meri is the love that's won

With no casualties

Would you be my Meri?

I could be your holy man

Would you be my Meri?

I'll be your one and only man

Meri Meri Meri hey hey

Meri Meri me, me -ee

Meri Meri Meri, hey hey

Meri Meri me

Would you be my Meri?
I would be your holy man
Would you be my Meri?
I'll be your one and only man
I could be your holy man
Meri Meri Meri holy man
Not gonna be your lonely man
Meri Meri
Would you be my Meri?

#song #music #original #singer #songwriter #marry #moment #powerofnow #love
#sacredfeminine #life #impermanance #wisdom

May 31, 2015

wanting for nothing
expecting nothing
how can i be of service?

#love #positivity #powerofnow #surrender #free #freedom #peace #lovethynature
#service #presence #peaceful #plantbased #lovebasedlifeform #giveitaway
#beherenow #enlightenment



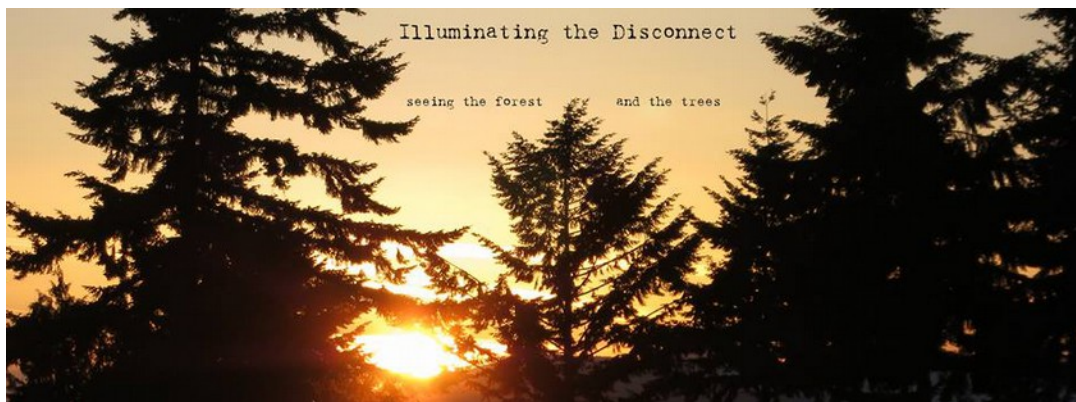
June 9, 2015

*updated profile picture



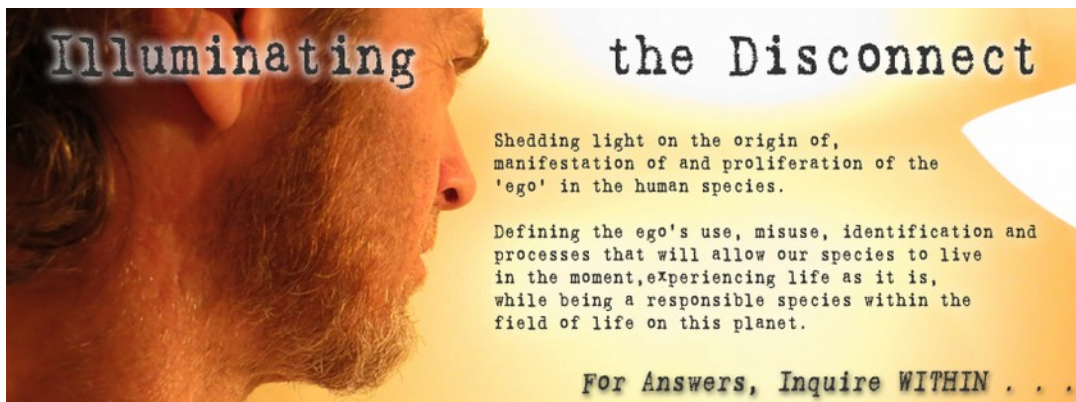
June 9, 2015

*updated cover photo



June 12, 2015

*updated cover photo



July 27, 2015

Think Less to Experience More wink emoticon

We, as humans, are endowed with a way of thinking and of processing our environment unlike any other species.

It is neither a blessing or a curse, imho . . . but rather it is simply the way that we are at this time in our evolution. It doesn't need to be judged or even overly understood - just accepted.

But what I have experienced, and what I FEEL directly from that, is that in order to really experience this life, thinking more often than not gets in the way of the experiencing.

Look at everything else in nature, and all you have is direct experience based on sense perceptions, with very little afterthought. Now, this does not necessarily imply that other life forms enjoy life more . . . but perhaps it is at least a more authentic experience of life, in each moment.

What our capacity for thought does it to make much more out of situations in life than they really are, and we all know this because it is more the way the average human experiences life than not. Thoughts spin around in our head, unreconciled. We have conversations in our head instead of with people. We worry, we stress and we make up things that may or may not pertain to how we are or even be very real. With this thinking we have created a whole other environment in which we live - a mental environment.

This is why I always go back to nature in order to try to feel what is really true and authentic about who I am, who I am trying to be and how I am wanting to express myself in life. Because nature is just that - direct expression, with no ulterior motives, no wants, no needs other than those basic to surviving and enjoying life in the environment, as it is.

When I do look to nature, I realize that I find that MY true nature resonates completely with that, and I feel profound peace and love, and an innate joy to be alive - without having to think about it, have a reason or look to a future goal or dream.

Then, I carry my true nature around everywhere I go - and even with all that could be happening in my mental environment (but which doesn't anymore), I give myself permission to let go of the thoughts that do not allow me to be my best version in the moment. I allow myself to wallow in the simplicity of being, and doing things directly and without ulterior motive.

It makes life much, much more deeply experienced and enriching, and then to share this space is my reward, especially when I feel others learning to relax and enjoy it, too, as their authentic self - with nothing to prove, nothing to expect, nothing to give except themselves.

It has been quite a lifetime of stripping away, baring naked my soul and not feeling anything negative about it - because it is not only alright to show yourself to the world, it is indeed the most satisfying way to experience this life that I know of.

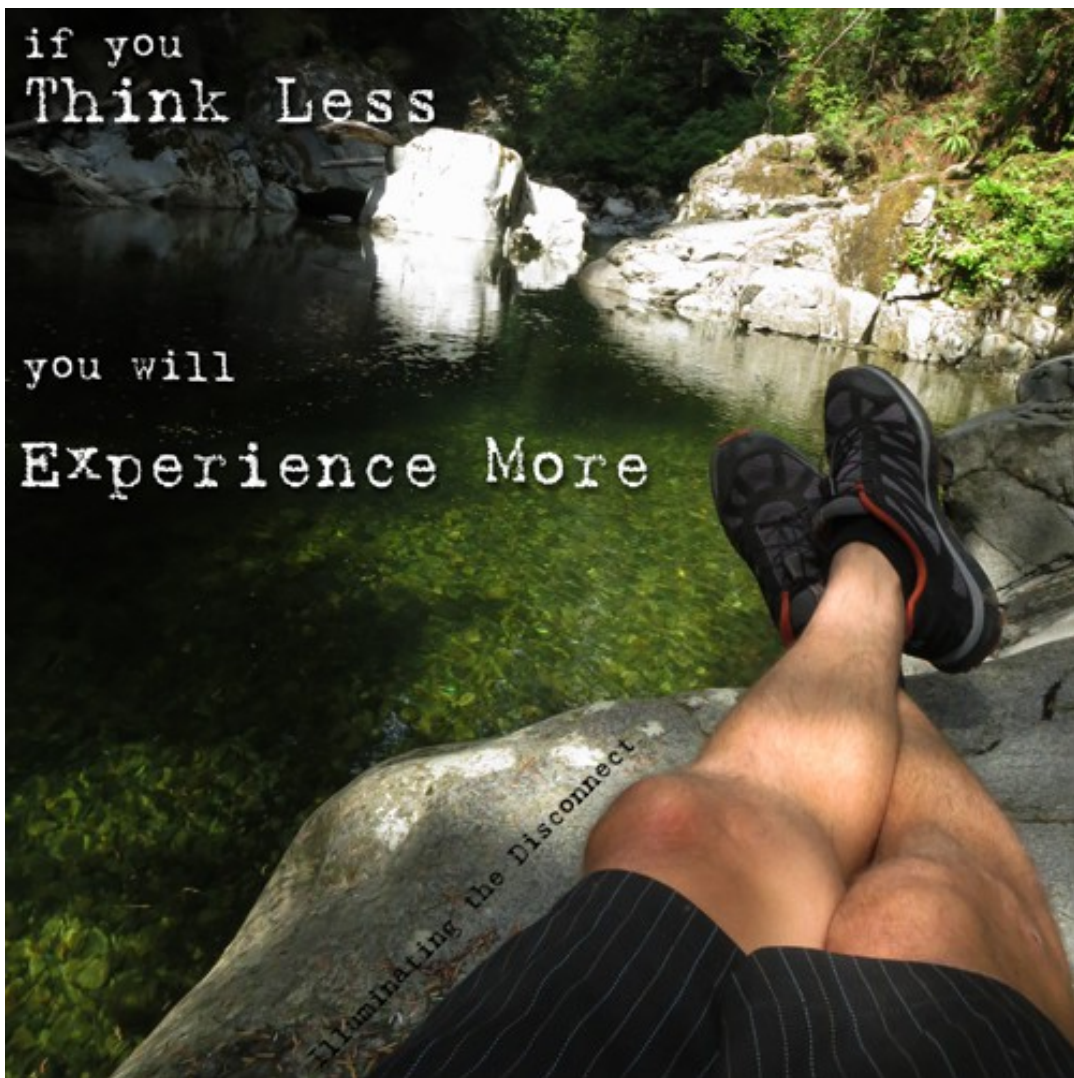
Find your nature and live it.
Experience every moment authentically.
And you will always be in love

if you
Think Less

you will

Experience More

Eliminating the Disconnect



July 31, 2015

*updated profile picture



July 31, 2015

*updated cover picture



August 2, 2015

Let Go and Let In

As a corollary to yesterday's post . . . what happens when you DO let go? Of those negative thoughts, thought patterns . . . or of people, places and situations that aren't aligned to how you feel about who you are?

This is the beautiful part!

Because letting go can seem ominous and can even inspire fear . . . if you let it *wink emoticon*.

It may seem like you are left with less than before, and that is why letting go is difficult - the ego craves what it knows, it craves the comfort zones.

But in many cases, and all those that you KNOW are aligned to who you are . . . less is more. Much, much more.

Why?

Because it leaves you with space. Wide open space in your mind and in your very being in which to CHOOSE.

Yes, you get to choose your thoughts, which will lead to your actions and a new you, a new life, in every moment.

Choosing them with a basis of self-love, compassion and awareness of how those choices fit you and the world around you, will ultimately lead to more moments in life being more fulfilling.

Trust me . . . *wink emoticon*

(we will be speaking of trust, on a very deep level, shortly).

Love to you all.

heart emoticon



August 7, 2015

Bring Love to Light

I intend, with this page, to create awareness about the unique creatures we all are, sharing this potentially beautiful experience here.

To that end, I speak about love and light and such a lot.

It may seem to some like 'hippie' notions or 'new age' wishful thinking, and while those sentiments don't have to take on some of their negative connotations, there is much more too it that I am both very serious about and joyfully playful about.

smile emoticon

I enjoy inspiring and motivating, but those things are temporary.

True, deep, meaningful and lasting change comes from really bringing what you love - in yourself - to light, and to then live it.

Of course, awareness of the impact you have on others will only ensure that more of us can feel comfortable and confident to express it, and thus we are unique . . . together.

In my experience, much of who we now are or think we are, is just that - ideas of who to be, mostly as seen through the eyes of others. And while we do not need to shun the world as we investigate self, we do not need to pander to conformity either.

Nature thrives in diversity, and thus needs you to be as YOU as you came here to be.

So, you can let go of those ideas of you that don't feel right and continue to learn and grow, aware that your light isn't going to blind the world around you along the way - because we are all in this together, and it is in everyone's best interest that we light each other's path, instead.

#love #illuminations
#nature



August 10, 2015

Now. Must. Stay.

the spirit in me honours the spirit in you.

and for me, that goes for all life that I encounter in . . . life.

now. to stay in the now and see all life for it's true value in the moment.

we need not take nearly as much as we do from nature, from our own nature . . .

that we can all live feeling more free, more alive.

ironic, that we have the capacity to be alive and yet need to embrace the moment,
and our self in it, to FEEL ALIVE!

ironic, too, that it is literally always now and yet we are not always now. but we
can, and let me tell you . . . now is where life feel electric! *heart emoticon*
Namaste.

No matter the word or any words, we can silently and gracefully honour life.

It is a fuckin' miracle, after all *wink emoticon*

#namaste #nowmuststay #powerofnow



August 11, 2015

I.am.me.

This may seem brutally obvious, but it has taken me a very interesting journey so far to arrive in the here and now, to own my true nature and to love my self enough to be able to inhabit myself fully every day of my life.

I used to think of myself as many 'ideas' of me, of various identities and roles and responsibilities . . . as the majority of us do as human beings in today's society.

But, letting go of those thoughts and simplifying the process of living has led me to a very simple and very deep awareness of who I am, how I want to be and being at peace with whatever happens so that the opportunity to feel bliss, to feel alive, to feel love and to not want to much else has become the normal.

And this should be the normal, and I know why it is not.

Give yourself permission to ask who you are.

And, if any of who you are stresses you out, gives you anxiety, creates depression or any sense of disconnect . . . then there is work to do.

True freedom is knowing your self AND being able to live with that self's decisions on a moment to moment basis, without any voice in your head challenging you.

This doesn't mean being ignorant of others, of the environment around you or of the future . . . rather it means considering it all, to the best of your awareness, while also taking the time to really FEEL what you want to feel like in this life.

I am. me.

You can call me Steve. gardener. son. friend. enemy. funny. unsuccessful.

romantic . . . or whatever you like. But none of that will ever define me as much as how I feel about simply

being alive and seeing the beauty in everything, and helping others do the same.

I would rather be kindness without a name.

I would be blessed to be friendly to all no matter how they are.

I am content to feel love even when I see hate.

My choice.

Who. are. you?

wink emoticon

heart emoticon



August 14, 2015

BALMS AWAY!

truth and love balms are exploding out of my heart and brain!
the power of belief is very real and can lead you almost anywhere.
the power of knowing is even deeper, and when you KNOW something is true for
you in the moment, you feel it in your entire being.
learn to connect with that feeling, and you will feel freer than ever before.
first with the heart, then with the head *wink emoticon*
inward, outward, onward we go!
Love

#truth #heart #inward



August 16, 2015

To Thine Own Self By True

Self love, in an authentic way, has become a lost art with our species because from the time we are born we learn more about who to be in the world, how to fit in, how to cope or get along than we do about knowing our self and bringing that person TO the world.

Some say that if you don't love yourself (100% or at all) you cannot love another (100% or at all), and I call bullshit on that statement - as with a lot of other absolutist statements I hear people say that I will be addressing in other messages. What I see people doing is loving from who they are, right now, and often loving in some egotistical ways - both outwardly and inwardly. We all very likely do feel love or have felt love in our lives.

But loving from identities of ourselves as opposed to the deep knowing of who we are simply means there is room for awareness and to grow and to learn to feel love very authentically, by taking the time to strip away those things that are not you and embracing those things that are.

Trust me - loving without wanting is truly freeing.

Loving yourself enough to make those tough choices about your life path, life interests, relationships to keep or move past is also very empowering and very freeing.

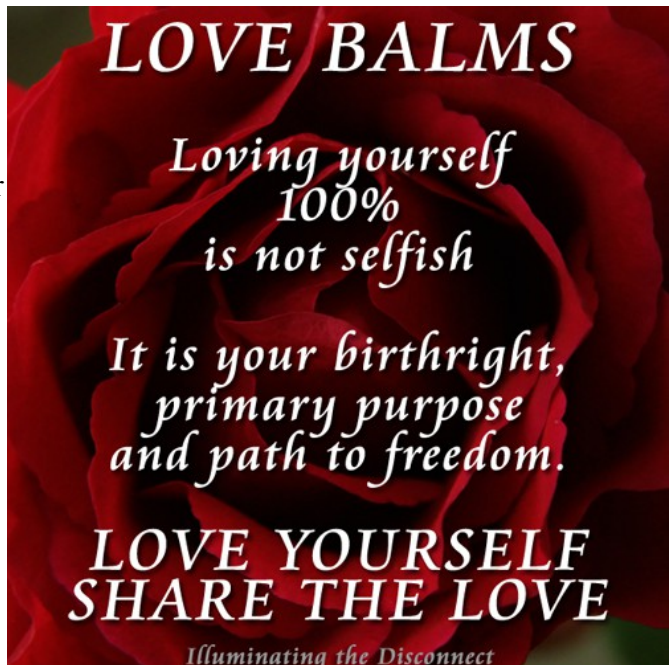
And just because you are loving yourself, it does not have to mean you are solely inward focused - once love yourself more, you will innately feel like sharing even more selflessly with others, and everyone benefits from the best you existing in the world. *smile emoticon*

YOU are the foundation upon which you are going to experience your journey, so taking the time to truly love who you are is where to start. The rest of society can take it or leave it, if you are true to yourself, but in my experience the people that matter at this place and time for you will be there, and will also feel some permission to do the same themselves, especially if you inhabit yourself with confidence and compassion.

I love me.

And I love you too.

heart emoticon



August 17, 2015

Love as Acceptance

The shortest path to a feeling of love is complete acceptance of what is, without judgment.

You may like or not like, agree or disagree with what is happening right now and still simply accept it as it is. From there, choices arise from a true sense of freedom and empowerment.

Most of us, for much of our lives are very busy in our head - thinking ahead or bringing up the past, as we have a lot of stories of our life interwoven with how we see ourselves in the world, as through all of those filters.

That is a lot to deal with, for anyone, and a constant game that needs to be tended to as you chase ideas of happiness instead of actually BEING content as your foundation while you live your life, come what may.

To me, the natural state of things is now love - and I don't mean that in the fluffy infatuation kind of way. I mean a deep sense of knowing and feeling the connections in life that matter: people, nature, community, relationships, doing things that you enjoy or want to do.

With 'everyday' love, our ego seeks constant reinforcement that we are loved, or that we can love because we externalize what is a feeling onto things, people, and situations.

If you find yourself constantly chasing a feeling, then perhaps examine how you feel without anyone's opinion or any situation having to be there in order for NOW to be ok.

True love is right here, right now.

It is imperfect because there is no such thing as perfect.

We can feel love first, then bring that to life, to others.

The more of us that begin there, the more our society will begin to work together and the more we will feel compelled to give a shit about life enough not to cause suffering, destroy environments and consume ourselves to death. wink emoticon

There is another path and it literally starts by slowing down that mind and opening up your heart.

I have, over the course of my life, remembered and accepted EVERY THING that has ever happened that I know mattered in making me who I am and also who I have not wanted to be that I have changed, through a lot of hard work.

It takes brutal honesty, reflection, forgiveness and apologies along the way, but it is the best starting point I have discovered to truly moving forward to a place of being your authentic self - which is what you are here to be, and which you do not need anyone else's permission to be. *smile emoticon*

From there, if you can live with more simple and loving thoughts of self, of others and of life and live THAT as opposed to stories that you have been carrying, life will be much more peaceful, contented and mostly enjoyable experience.

And, somewhat ironically, even though all this takes time . . . you have only now to

do it in.
Know your self.
Live it.
Love it.
We are all in this together.

#powerofnow #stillness #acceptance #love



August 18, 2015

TRUTH BOMBS: *Salving humanity one thought at a time. wink emoticon*

We are the only species that can not know itself, and thus I write.

What we are has become a matter of opinion and belief in many cases.

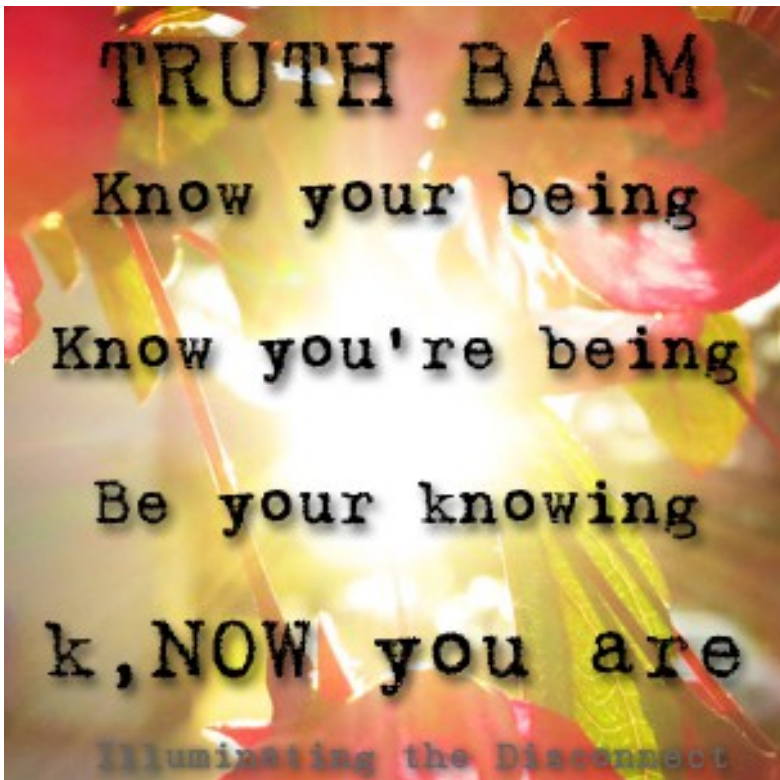
Who we each are has become lost beneath mass conformity, even though we cannot help but still be unique.

Do the work, or it will catch up to you. This is what the teen years are all about, the mid-life crisis, the deathbed confession . . . when we have lived anything but who we are.

Take the time because so long as you breathe, you have time.

Know your true self. *heart emoticon*

Love.



August 30, 2015

What If?

The Modern Knowledge Tour, featuring the inimitable Nassim Hamein. smile emoticon Attended this really progressive and wonderful event, a great follow-up to the Synchronicity Matter and Psyche one from last year. While I LOVE that science and spirit are getting closer together, it reinforces to me that the real work is still in the here and now, in connecting first and foremost with our very true nature and authentic selves . . . something that does not need any proof, because how we FEEL is the living proof. Period.

The very end of Nassim's talk ended with the statement that we need to know the connectedness so that we can harness gravitational energy to one day get off this planet, for it may come to harm from forces of either our own making or outside sources (solar flare, meteor). And while this is a very romantic notion, it really hit me that feeling connected and knowing everything is connected, as ALL major traditions of religion and philosophy have known and 'promoted', is much more immediate.

Here. Now. Aliveness. Love.

My goal, in this life, now that I do feel connected and in love all the time . . . is to not just say things like 'We Are All One' and continue to show the science behind the connectedness of all things in the universe, but to show people HOW to become aware and connected to that feeling in themselves and live there.

Science is fantastic - but not completely necessary.

Infinite numbers do not add up to finite solutions, for love truly is the answer and that is where infinity lives. *wink emoticon*

Religion has a lot of powerful insights - but also is not completely necessary, for the most direct and over-riding religion is LOVE.

Yes, the truth actually is simple, it is just being hidden behind the complex human self-conscious mind at this point in time.

I would like to help change that and demystify being blissfully happy as a real, moment to moment, possibility.

If and when we do live beyond and current home, I would hope that we don't the 'garbage' of our potential egotistical nature with us so that, in this way, we do not pollute other worlds as we are doing our own.

We are all in this together.

We can feel it, right now.

For answers . . . inquire within *wink emoticon*

heart emoticon



August 31, 2015

*updated profile picture

This is me . . . doing a power workout, spirit style *wink emoticon*

Inhabiting a state of aware presence is not an accident, it is a practice. *smile emoticon*

And though I 'live' here most of the time, i do take moments to be ever more consciously still, thankful and in love so that this can permeate my being when the world around is full of noise and stimulation.

I love the challenge now, and continue the practice beneath the living of life. It only adds depth to feeling alive.

Breathe in, breathe out can be automatic.

Peace in, peace out can be, too, with conscious awareness.



PEACE IN, PEACE OUT

September 3, 2015

If You Look Under a Rock . . .

It is there.

Because it is everywhere, as it cannot not be as there is no such thing as nothing and no such place as nowhere.

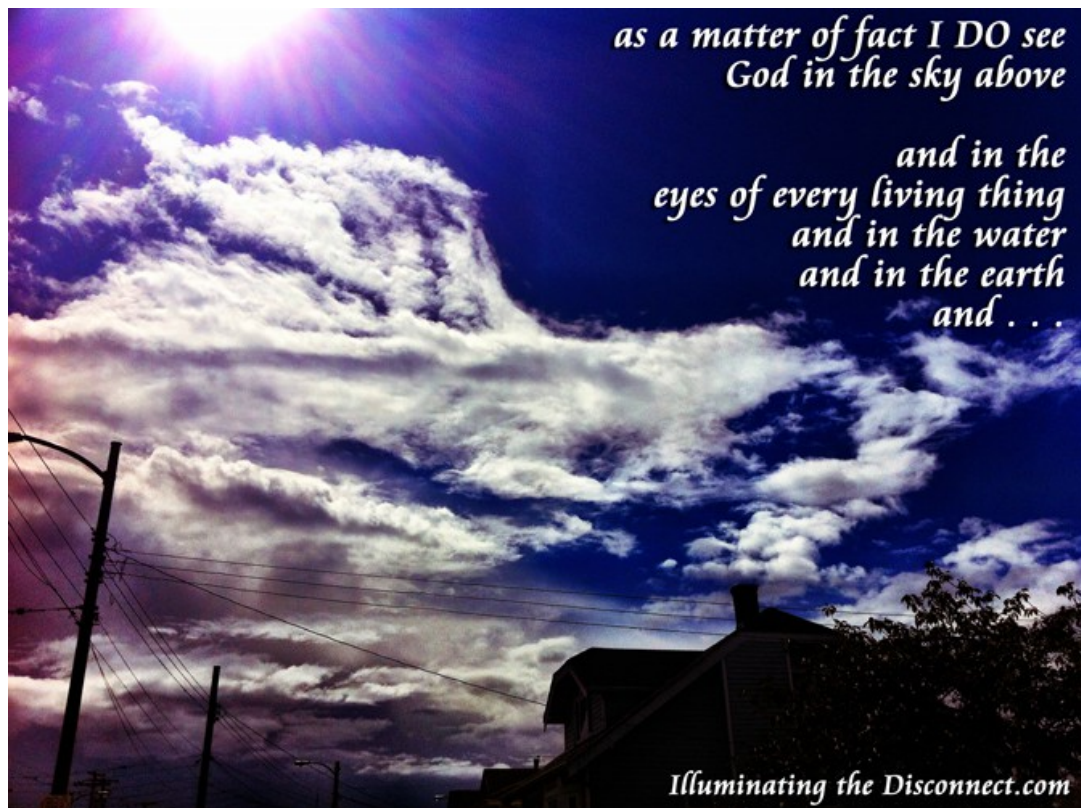
Whatever you choose to call it, because it has always been and always will be . . . prior to our invention of language to be able to name . . . prior to self-conscious thinking could feel a sense of separation . . . it is all that there is.

And, once you feel God in you, around you, in everything . . . and combine that with a sense of awe and awareness about how sacred life is . . . you may innately regard it more compassionately and extend that courtesy to all others on the planet. After all, we are here to live our truth, to enjoy our unique self and to share with each other along our journeys.

Enjoy *heart emoticon*

god=consciousness=love=allah=freedom=source=brahma= the nameless, the formless as well as the named and the formed.

if this is to be my 'dogma', then i can surely now and then call it God, Ma *wink emoticon*



September 7, 2015

LIFE, BEYOND MEASURE *heart emoticon*

Science is having trouble with consciousness, because they say it cannot be measured, and thus it cannot be proved.

They are mistaken, because they are looking in all the wrong places – they should be looking everywhere. The mirror, perhaps? *wink emoticon*

Quantum physics is looking at smaller and smaller particles, and yet still there is always space between! Is it any surprise? The universe is still expanding and there is space between universes that is so vast as to be incomprehensible. The distance between is of no consequence to consciousness and this thing we call 'life' that springs forth into from.

Is the universe that we know of, not alive? Not breathing? Not composed of all the same base materials we are, differently arranged or in different forms? It is only our perception of all of this that diminishes the word 'life' to meaning forms of life that we bestow the 'honour' of the word life on, because it is somewhat like us or connected to us and our understanding of ourselves, so far. Who are we to say what in this universe is worthy of having or knowing consciousness, when truly it all is what it is and gets along very well, while we continue to not know or live as a species with much understanding of just what we are?

The 'God' particle is being sought as if that is THE answer to humanity's burning questions:

Who are we? How did we come to be here? What is the meaning of this life?

But, these ought not to be life's burning question, because life does not question – life experiences.

Only humans, who have at some level become disconnected from life, from knowing their own existence, can question from a place that serves no real purpose. By not real, I mean that it does not satisfy life on a base level, it does not honour life because it takes from life without consideration for the balance. Our very existence as a species, through our disconnection, is responsible for consequences that lead to undue suffering.

The simple answer to how to prove consciousness 'exists' is the most obvious answer that could be.

It requires nothing because it is everything. SO fundamental that everything is the answer.

It isn't all around us because it IS us. But not just us, it is everything. If we think it is just us, then that just speaks to our disconnection from life at a fundamental level. To suspend thought is to connect with life, with our selves and to know that what is is what is, and that is enough. No judgment, no definition, no separation . . . just life. Here. Now.

Consciousness does not need us to explain it.

Consciousness IS life, a self-expressing force of energy, expressing itself how it can, where it can.

Which means, everywhere and everything. There is no actual differentiation, no matter the 'type' of material, the temperature, the organization of any manifest form, no matter where it is in the world.

There is an intelligence that is innate, self-directed and which simply IS.

This has always been and will always be.

How many universes? Does not 'matter'.

How small is the smallest indivisible part? No such thing, and it does not matter!

Try not to understand this, but rather, just experience it.

There is no understanding it, but we see the proof of it in every single thing we have the capacity to perceive through our senses.

Experiencing is all that there is, even though our self-conscious minds try to divide, separate, quantify, label and make the manifest form seem to be limited. We have come to believe (and you know what I think of beliefs) that we are born, we live and we die. Of course, we do but in the course of living for a time we do things, we create, we destroy, we love, we hate, we suffer and cause suffering. In form, yes, but ultimately no. Consciousness experiences life through our individual portals, and so it looks like each of us for a while. Is this serious? To each of us, it seems so and we aim to live a 'good' life, a worthwhile life. We need not think to be remembered, to achieve some monumental thing, rather if that is true, then we best get on with knowing who we are to live such lives. Time will remember who we are and pass it on, anyways.

You can not limit life, because every thing is life. You are a form, whether you fully realize it or not.

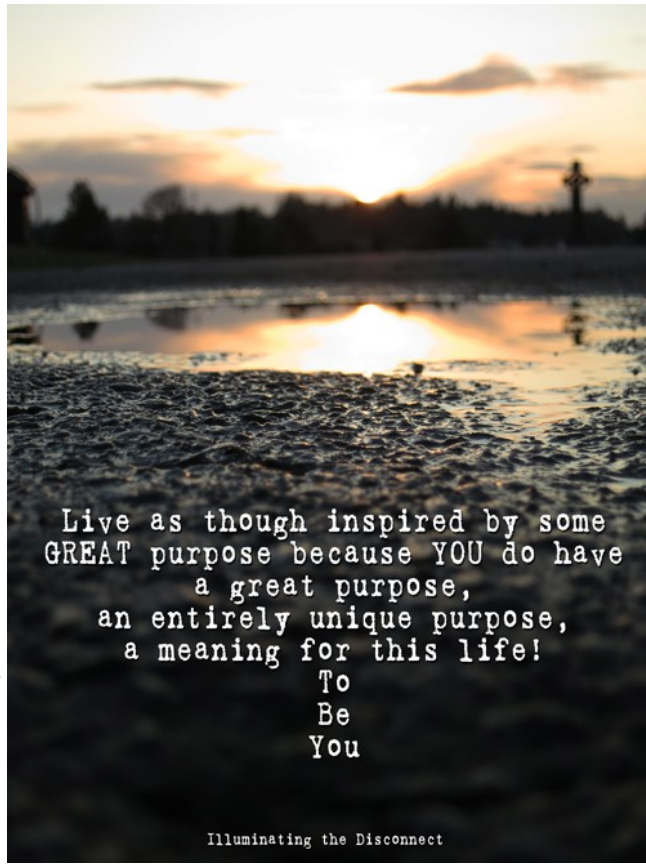
And we need not be so serious, after all our greatest joys are what we live for! Love, friendship, fulfilling experiences.

The rest is us getting in the way of our selves as this experience.

With self-consciousness, however, we are able to even question the most fundamental truth – that everything is conscious and that it is all connected, and that we are simply here to experience.

This is the primary disconnect that I like to illuminate, so that we can raise our level of awareness and our thoughts to include love as much as possible, and in so doing honour all life, starting with our own.

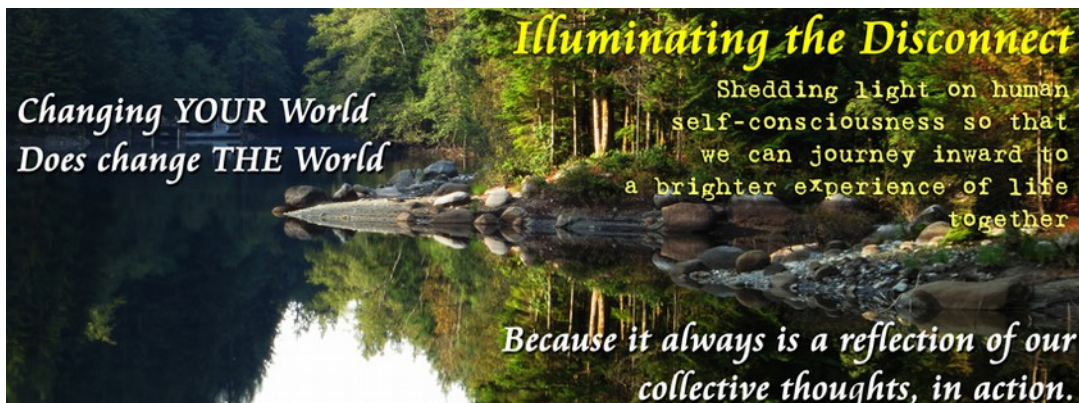
#love #quantum #now



Live as though inspired by some
GREAT purpose because YOU do have
a great purpose,
an entirely unique purpose,
a meaning for this life!
To
Be
You

September 9, 2015

*updated cover photo



September 13, 2015

Seasons May Change . . . So Can Thoughts

I find that falling in love and feeling in love come so much more easily now that I am always in love . . . with life and with self in the moment, without ulterior motive or want for anything.

Love is not 'out there' hiding, to be found, to be yearned for or sought after desperately. Rather, it is a feeling inside that we can already have, and foster and it only then amplifies when we have a special connection with another person, with another life, with something we do or see, with a moment in time . . .

Love, therefore, is the answer to any question for the open-hearted.

It graces us in the form of acceptance, gratitude, forgiveness, compassion, and doing aligned with being your self.

The physical world does constantly change form, as do you . . . and yet we can choose to change our thoughts, to live aligned with dreams and what we know to be our true nature or purpose.

Though we, too, go through rhythmic cycles daily, weekly, monthly and yearly as humans, the one transcendent quality that we have is this power to choose our thoughts in any given moment and thus transcend any conditioned or perceived notions of self.

Know Yourself.

Live it.

Love it.

Passionately.

and Share.

We are all in this
together.

heart emoticon



September 13, 2015

Love is the Path of Least Resistance

The vast majority of challenges that I see in people on their life journey is in not allowing themselves to express their true nature, their deepest knowing and this leads to all manner of suffering such as anxiety, depression, disease, stress (which exacerbates all the rest) and much more.

That is why I stress this as the very starting point to overcoming any such challenges in life, so that you can truly feel free to be yourself, to express yourself, to simply inhabit yourself.

This feeling of freedom is our birthright, and we can achieve it at any time, even though we are actually born with it and need to re-learn it as we go through life, because what humans have become is a species that is much more focused on about doing than being.

In doing, we end up performing in many roles and identities, which unto themselves do not have to have any negative consequences, except when we get lost in them and thus begrudge them, even if just a little bit. This takes energy.

What we could do instead is to actually bring MORE of ourselves to what we do and be our self first and the role or identity second, by being true to our self on our path.

Realizing this and going through to process of deep insight, letting go and questioning who you are and what you want to do may inevitably lead to some life or lifestyle changes, but on a higher level you will feel more satisfied by being more authentic. We all need to find our balance along the way, and only you know yours.

smile emoticon

Because we all have to live with ourselves at the end of the day, and we all deserve a peaceful heart, a satisfied conscience and a restful sleep. *smile emoticon*

How to live a life of less resistance?

Let go of what does not serve you.

Truly love yourself, discover who you are and allow you to be.

Try not to judge yourself or others.

It is a process, and if you need more information or support . . . inquire within.

heart emoticon



September 14, 2015

*updated profile picture



September 18, 2015

Heart is where the Home Is

It is no accident that our heart is basically at the centre of our being.

Humans, like all life, are inexorably connected to the rest of life through an energy, and this energy comes and goes through our heart-centre.

Did you know that the compared to the electromagnetic field produced by the brain, the electrical component of the heart's field is about 60 times greater in amplitude, and permeates every cell in the body?!

I will tell you why.

The mind, in all it's glory and for all the amazing things it CAN do - and yes, it certainly CAN help us profoundly - is still more of an 'I' organ, that we each use individually. It is much more concerned with processing what our senses take in, making some sense of it, and offering solutions. As well, it listen to what 'we' tell it - that is right, whether from our ego or from another place, we can direct our mind and put it to powerful use through positive thinking, changing our habits through changing our thoughts, using our will power to overcome a situation.

BUT, as such, it is still limited in it's scope.

This is where the heart comes in, because the heart is concerned with your enjoyment of life, and your connection to ALL life and thus helps us truly feel better where it really counts, in being both our true self and serving life in a way that benefits all.

You can see evidence of this connection more purely in nature, when a mother animal instinctively knows when its young are in trouble, though it is miles away and cannot be perceived through the regular senses.

Yes, humans sometimes can feel this, too, and we call it our 'sixth sense' or 'intuition', and it is so powerful that it can override the logical mind.

The reason we do not hear or heed our instincts more is that we have come to live more mind-centred as we have evolved to rely on our self-conscious thinking over time. Now, it kind of does our thinking for us, much of the time, and the downfall of this is feeling disconnected from self and that leads to almost all of the suffering in life today: anxiety, stress, depression and disease on the individual level and war, inequality, injustice and general violence caused on the collective level.

So, should we do something about this imbalance?

Of course, and here is why. *smile emoticon*

In order to love and feel truly satisfied with our life in any moment, we need to feel aligned, and the heart is the true feedback source for that.

That is why I stress to KNOW YOUR SELF and LOVE IT.

Heart is where you home is.

As well, studies show that as a species we think SO much that up to 20% of our energy is often used by the brain!!

The heart, on the other hand is very efficient and can actually give energy away without losing any, and can receive energy from the world around us. We all know

that, when we feel uplifted by love in our lives.

To learn to move from head to heart is a practice, and it involves stilling the mind so that you can 'hear' the heart, to allow space in our being for its knowing to be FELT. Yes, intuition is a feeling as opposed to what the head creates more as thinking.

You can develop this sense of trust, which we all do experience in life already as those moments of clarity, those times we are compelled to do the 'right' thing, when we naturally fall in love with a person or a situation, or when we know we are doing what we want to because it just feels right.

Our best next step in evolution isn't to get rid of the ego, it is to tame the ego and honour what we truly are, as heart-based, and in so doing live more vibrant, connected, responsible lives for ourselves and for all life on our beautiful planet.

I love you all. heart emoticon

And I didn't need my mind to tell me to say that. *wink emoticon*



September 19, 2015

The Now Te'chings wink emoticon

An upcoming short book soon to be made available. *smile emoticon*

The premise is to be a modern, yet timeless look at how humans are and how we can live through the filter of the self-conscious mind.

I will offer insights, practices and ways to simplify getting to the heart of who and what you are, and how to live it.

Here is the introductory paragraph, which sets the stage:

Perceiving without Reacting to Thought

Hear the world around you, but do not think about it.

See the world around you, but do not think about it.

Smell the world around you, but do not think about it.

Taste the world around you, but do not think about it.

Touch the world around you, but do not think about it.

Feel the world around you, but do not think about it.

The world can exist without you thinking about it in every moment.

In fact, it does.

The mind does not have to think about, engage with or react to the world around you in every single moment in order for your survival. Or for you to enjoy the moment.

Labelling the things around you, in fact, can most often diminish the experience of those things, as it puts a filter between you and those things.

The mind can be seen as the processor of the senses that we use to perceive the world around us.

And we perceive the world in order to know what to do, how to live, where to go, what to eat, who to interact with, when to run and so on.

Our senses are our window to the environment around us.

Our mind is the computer that makes sense of much of it, so gives us an overview to give us the further perception of choice.

Within this mind, we have developed a heightened sense of self-conscious thought, and I propose (in the upcoming book 'Illuminating the Disconnect') that this mind came into being as a necessity to figuring out our environment on another level, for survival. But that was long ago, and now here we are, 7 billion later and able to live in pretty much any environment.

So I have to ask? What is this self-conscious mind doing now?

Well, it is remaining engaged, and making something out of just about everything.

What we have forgotten is what the usefulness of its input to us is . . . and, as the awareness behind this mind, we have the choice to listen or not, to react or not, to put into action or not.

Contemplate how you process information, and from which mind.

Give yourself permission to sit with your perceptions and allow space before you even react to thought. Just because you have a thought, does not mean it is worthy.

Most of the time, you can just let them be and carry on.

Your AWARE mind knows what is truly useful, helpful, needed or enjoyed of the world around us.

That is your instinct, beyond the self-conscious mind, because the self-conscious mind is limited in it's scope of understanding, given that it is subservient to the sense perceptions in the first place.

This is why, when we KNOW we must do something, we feel it in our body, in our entire being.

Use this as a practice, and be gentle with yourself as you learn to not react when it is truly not necessary to your current state of being.



September 20, 2015

Just Say 'Yes' to Being You.

In any circumstance.

As you can tell, my whole gig is to empower you to be YOU . . . because my journey to being me was an interesting one and, as those who now know me . . . more than quite worthwhile.

I love life so much it hurts . . . in the good way. *smile emoticon*

I was one of the shyest people you would have ever known until well into my 20's and still mostly in my 30's.

I did break out of that, for very deep reasons and so I could enjoy life a lot more . . . but the core of it was that which can keep any of us from being ourselves in ANY situation: we care too much what other people think.

I am writing a short book about overcoming shyness, as I do understand the psychology and the spirituality behind it from the inside *wink emoticon* out.

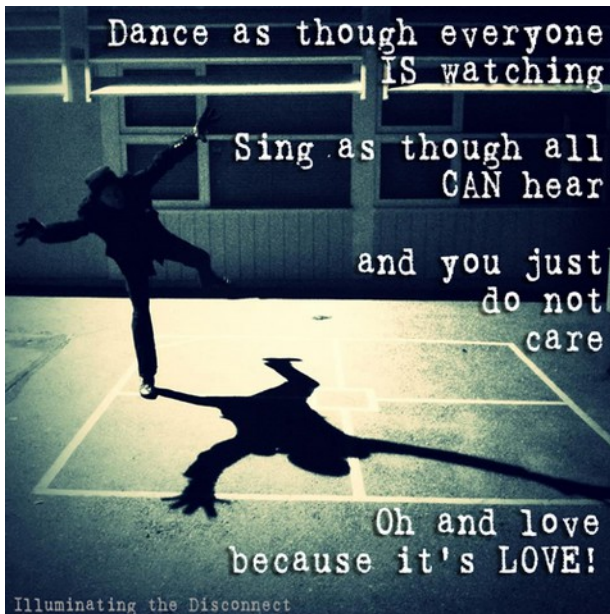
But, whether you are shy or not, many people still do fight the urge to be themselves in many situations and it pains me to see this, as I am always excited to see people's uniqueness shine through.

Of course, there may sometimes be some social convention to adhere to which is respectful - maybe you shouldn't start yelling at a wedding ceremony - but, in general, holding back how you feel and then expressing that definitely limits enjoyment of the moment and people getting to really know who you are.

So try letting it out . . . and see what happens! *wink emoticon*

You don't HAVE to sing karaoke (but please do join me anytime), whistle as you walk down the street, do a silly walk as you enter a room, or . . . ???

Just be yourself. *heart emoticon*



September 23, 2015

Living With Heart in Mind

It has been stated that where there is fear there is no love, and where there is love there is no fear.

But, what of the fear of love or the love of fear?

As humans, with self-conscious thinking we are capable of carrying seemingly opposing views and have the ability to believe and to make choices. This is our uniqueness, own strength, our weakness.

So, awareness is key and knowing and feeling runs deeper and truer even than believing.

We live in an age of mind, wherein we have come to think (with the very mind that thinks it thinks) that through being intelligent we can solve all of our problems.

But, what if our main problem is simply that we think too much and feel too little?

I am a pretty big proponent of reconnecting you all to a heart-centred mind and way of living, having done so myself, saving my own life and now holding that space as consistently as I can no matter the circumstance in my life at any given moment.

I have been observing our species all of my life, closely.

And, I have no reason to not believe that we truly are a compassionate species overall, but simply one that has allowed ourselves to be led by others who have led us to believe that all these systems created in the mind are there for our best interest and benefit (government, religion, economics).

Look at the average person around you, in your neighbourhood, at work.

They all do care about something, and the vast majority I would say care about family, friends, community, doing things they love.

But, due to how much we think we have to think about life and the world (try giving up news, and you will quickly notice how little it matters), we do not give ourselves time to breathe and feel how amazing we are, where our true power lies: in being our selves and living it.

I know that I will be spending the rest of my life showing that we are innately compassionate and cooperative, and that loving our Earth is more important than thinking we must save it.

We are all in this together.

Let's do it in Love.



*Living without fear in the mind
Opens the way to
Living with Love in the Heart*

Illuminating the Disconnect

September 23, 2015

I Feel, Therefore I am

Rene Descartes tried to tell us that thinking made us what we are, and while the mind is very, very powerful it is still secondary to being, and to feeling alive. Like many of you, and potentially all of us . . . I have been a very sensitive person all of my life. It always bothered me how harmful we have been as a species, how violent actions have been borne out of religion in the name of the love of gods and how wars have been erroneously waged in the name of peace.

I used to feel guilty simply by association, for being human, even though all along I have taken big steps to reduce my personal impact on the suffering of other life on this planet.

At one point, I was almost paralyzed for thinking about it so much, and this thinking led to me feeling sad a lot of the time, even though I am most naturally a very optimistic, happy and cheerful person. Those that know me, know this. I have had to learn the lesson a few times, that my thinking can be responsible for how I feel, when it doesn't have to be that way. If I can save any others that self-imposed pain and suffering, then that would make me feel all the better in doing the work I now do.

I had to kill the voice in my head that had me feeling things I did not want to or deserve to feel.

I still hear many people say that being sensitive is a blessing and a curse, but honestly it is up to us to decide which of those it is, and I have chosen blessing all the way while consciously turning off those times when my mind wants to make a martyr out of me and have me feel less than I naturally feel.

Does this mean I am less sensitive than before? Not at all.

Does it mean I am naively happy or optimistic? Never.

It simply means that I know what I am and I choose to feel it all . . . and then decide what to do with the feelings.

Many of us are stuck in being mired in thinking, and THEN feeling a certain way about those thoughts, which keeps us mired in chasing good thoughts and good times to feel good and in listening to the negative thoughts and allowing them to make us feel down.

We are feeling beings, through the senses, including intuition (heart-centre and the other energy centres). The mind only comes into play AFTER, in processing how we feel our environment to be.

Thoughts, actions and reactions are completely up to us.

But this is not how we have been acting as a species for a very long time, so the way we currently do it is how a lot of us think is has to be . . . and, as I have just written, that is mostly thinking, when we really should be questioning that and living more by how we feel.

Most of us do not feel like fighting or warring all the time, so why do we passively condone it?

Most of us want to feel love, feel wanted and feel worthy and yet we act in ways that often do not support attracting that.

Did you know that you can wake up in the morning and DECIDE how you want to feel?

Just as too much thinking has become a poor habit for humans, just some simple thoughts that we consciously decide can also become a habit.

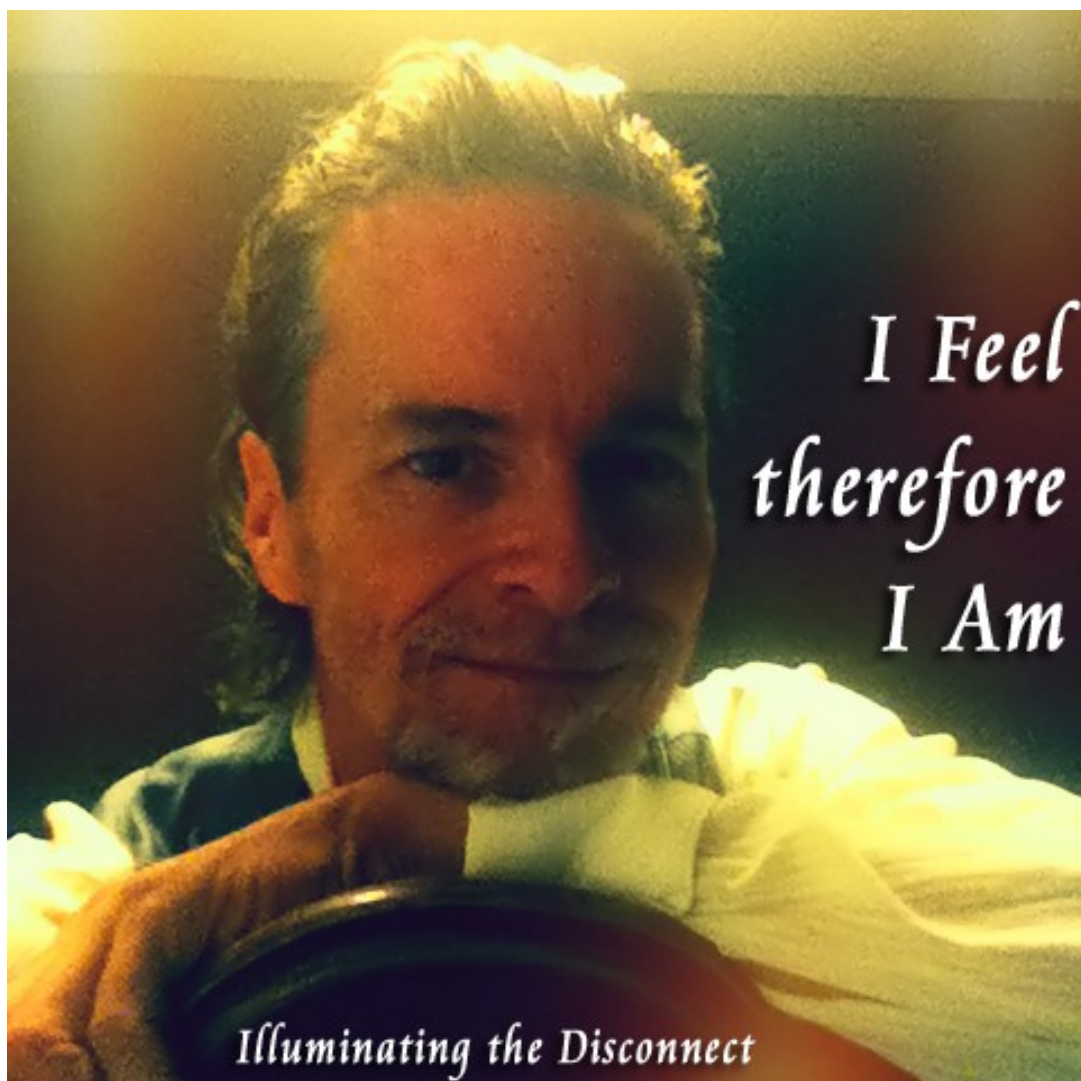
Try it.

It does take time, as with anything new.

But it works. Take it from me.

Ask me how!

Give yourself permission to feel life more deeply, it is so worth it.



September 26, 2015

LIFE: A Very Moving Experience

(from the forthcoming book "Illuminating the Disconnect")

The very definition of life is that it is equal to movement. Movement means life. And, on a quantum level, every thing is always moving, despite appearances. Even within what we see as hard objects, at what we call the sub-atomic level, every particle is moving or has a particle that is moving.

Think about the fact that everything is alive, not just the things that we have come to describe as alive, namely life forms that exhibit visible movement over a short time.

We do not and may not ever know what was before the 'Big Bang', but surely it was something. Whatever caused the big bang was certainly not static, and we can trace the movement of all objects in the universe back to this event at this 'time'. We know that the universe itself is still expanding, and within that expansion, galaxies are spinning, planets are rotating, meteors are showering, suns are blazing, and on this planet, 'life' on an organized level of form is always evolving ,or moving. Within life forms, cells are interacting with the environment and exchanges energy, elements, particles in an endless dance, always moving. Nothing is or could truly be stationary.

The life forms that have manifested on Earth, itself an organism and a life form, have been moving and evolving for billions of years. Over that time, life has danced with itself in a balanced way expressing the one consciousness in myriad forms, all a unique physical expression of life, within a balanced environment to support and sustain. For millions of years, there was no question of the balance – life was always on the move, living and surviving by growing towards 'love' – those thing that nurture and sustain such as food, shelter, contentment, joy, relationships and connecting to reproduce. All life on earth, before the self-conscious human became such, quite simply just lived moment by moment as that was all there was and is. There was an unquestionable balance between all forms of life because those forms of life did not (have the capacity to) question the balance. Once humans became aware of themselves through self-consciousness, we literally stopped moving in the moment, and slowed down to be able to create extended moments in one place and the idea of time was born. We traded the need to move for the security of permanent shelter, clothing to protect from the elements, agriculture and tools to feed ourselves in one place from our own efforts (watching and replicating what nature does, though).

So, what happened when we stopped physically moving so much was that the mind took over . . . the self-conscious mind that came into being in order to continue doing what life does, namely look for ways to survive, began to take on the role of movement through thought. Without moving, we became capable of thinking our way through time the way our physical bodies used to and the way all other life still does.

How do geese know to migrate? How do newborn fish know where to swim to spawn when they have never been there?

This is the innate connection to nature, to cycles of nature and to living in the moment with a trust in the instincts needed and passed on to survive. Life takes care of itself, and this consciousness is imbued in every life form on the planet. Animals know their environment and the environment knows how it supports what is there, because it has always been a mutually beneficial relationship.

But human self-consciousness has put a filter between our knowing and life's consciousness, and has taken our need to move to survive and replaced it with thoughts about how to survive. With our ego-conscious mind we have outsmarted ourselves by taking ourselves out of what is our natural living environment in an attempt to adapt to different ways of living, the negative consequences being that we now have disease, have created disharmony among the rest of the life forms in nature, are altering the very weather patterns of earth by moving resources (oil, minerals, soil, plants) around the world in ways they would not have if left to their own natural adaptations and evolutions.

This is very hard for humans to understand, because an ingrained trait of life is conformity to the current standard, and need to continue with what appears to be working. On the surface, it appears that so many humans inhabiting the planet means that we have figured out how to survive well. Well, we have figured out how to survive more easily from birth, but are we a healthy and happy and peaceful species within ourselves and within the scope of life?

It is an interesting argument, and one I understand the other side of very well, because having no ego-based perspective, I am open to any and all without attachment to right or wrong, but still knowing what is universally applicable to life: in human form and therefore in any form.

The argument might be that we have evolved this self-consciousness as a means to survival, and because of this we have placed ourselves at the top of any supposed hierarchy of species in the food chain, or the survival chain. Our supposed physical and territorial dominance, which our self-consciousness has created and thus likes to point out, is an obvious but short-sighted truth. We are plentiful, we are everywhere, therefore this must be 'successful' evolution.

But . . . is it?

When our very disconnect from nature and the consequences of our actions in this regard are undermining the very nature upon which we rely on?



September 27, 2015

Your thoughts are Seeds . . . tend them well.

If you take the 3 acorns shown, you could start a forest.

Contained within each individual acorn is everything that is needed for all of the future growth of an oak tree, given the proper conditions for it's taking roots, survival and growth: fertile soil, water, temperature, companion plants and so on. All life has conditions under which it thrives.

YOU are no different, except that you have the power of choice.

YOU get to decide how you want to think, to react, to be.

YOU get to nurture your nature and decide who you are and how you would like to express that.

If I plant an acorn, it would be insane of me to look next spring expecting to see a Birch tree.

So . . . what do you think your future will not only be like, but more importantly FEEL like, based on the thoughts in your head today?

And, where are those thoughts coming from?

Are they based on thinking about what others think of you? About how to fit in?

About the things you do not like? About how much you think things suck?

Is it your mind spinning it's own thoughts or can you still the mind for a moment and let your heart chime in, and direct you more truthfully? *wink emoticon*

Where you put your thoughts, your attention . . . is where you are going to go. The laws of the universe know that.

This is how our societies have developed to the point that they are at now - someone thought it into being, and the rest of us go along for the ride, more often than not, rather than creating our own journeys.

Even living within systems and structures we may not agree with, we can choose to be who we want to be and must be.

A better future depends on it, for you and for all of us.

I choose to plant seeds of love, of compassion, of connection and base them on living in this real world as it is now . . . but knowing that we can do better.

A better me can only help.

I am betting that a better you, a better we . . . a better all of us, will too. *heart emoticon*

Plant your thought seeds consciously.

Tend to them daily.

Watch yourself grow!

smile emoticon

ALL of the seeds of your life path
lie within you, at your command.

They are your thoughts
and they determine the
direction of your growth.

Illuminating the Disconnect

October 3, 2015

The Road Home *heart emoticon*

"We're all just walking each other home."

Ram Dass

"He who has a why to live can bear almost any how."

Friedrich Nietzsche

We are all in this together.

Home is where the heart is.

Pain is temporary, suffering is optional.

Look at every single life form on earth, and you will see that each one is unique, yet thrives in a certain environment of balance and interdependence.

Love is the strongest connective force, and it exists even when we don't believe in it wink emoticon, as consciousness doing what it does.

A bear is here to be a bear.

An oak tree is here to be an oak tree.

Algae is here to be algae

You are here to be you, and the biggest thing in the way of that being achieved 24/7 is what you think about your self through the self-conscious mind.

Still that mind, and you open the door to the listening to your deeper sense of self speak through you, and then you have the choice about how your will answer the call.

I love you.

**The road away from suffering
always leads you home,
through your true sense of self**



Illuminating the Disconnect

October 4, 2015

... Is A Choice.

Even when your circumstances do not seem like a choice, your thoughts within them can be.

For some of the most exemplary insights into this, I highly recommend (once again) Viktor Frankl's book "Man's Search for Meaning", and his work under the title of Logotherapy.

Another fantastic resource is Dr. Joe Dispenza ("Breaking the Habit of Being Yourself").

While I do follow the idea that happiness is a choice, I am not naive to the fact that it is also ok not to be happy, when something happens in life that simply isn't.

Mourning a loss of any kind (family, friend, loved one, work situation, plans or goals . . .) should be felt and we should not pretend that it does not affect us emotionally. The key, though, is to be honestly open to experiencing it and then eventually moving on and getting back onto our own journey and feeling about it how we want to or at least being open to the possibilities.

What I have found and practised is having a deeper sense of peace despite any circumstances in life, and this does come from knowing your self very deeply, giving your self permission to live and experience life on your terms.

I get up in the morning and decide that I feel great, for real, before I start the day. This way, I bring the best me to my circumstances rather than chasing circumstances that may or may not make me happy, bring me joy or be to my liking. Essentially, there is far less judgment or pre-judgment of things that have not happened yet, but there is focus on being happy right now, anyways.

It may appear that there is no reason, but there are actually VERY DEEP reasons for this, which take time to foster and then live.

I am grateful for the life I am and already have.

I am thankful for the opportunity to live the life I choose.

I am genuinely happy to know such loving family and friends.

I feel blessed to get the chance to help out in this world.

I am sincerely in love with life . . . now.

And good luck to anyone (or the news, or politics or . . .) to try to take that way from me. It isn't going to happen anymore.

I would recommend taking heed of the note on the waste bin AND the waste bin itself "Progressive Waste Solutions" . . .because it is indeed progress to decide that a lot of the thoughts in your head are a waste - of your value, of the present moment and of the possibility to choose your feeling about life more often than not.

Then happiness does not just have to happen . . . it can be your general state of being much of the time.

Love.

8203

HAPPINESS
IS A
CHOICE
♥



Progressive
Waste Solutions

525-2072

October 6, 2015

*updated cover photo



October 7, 2015

singing

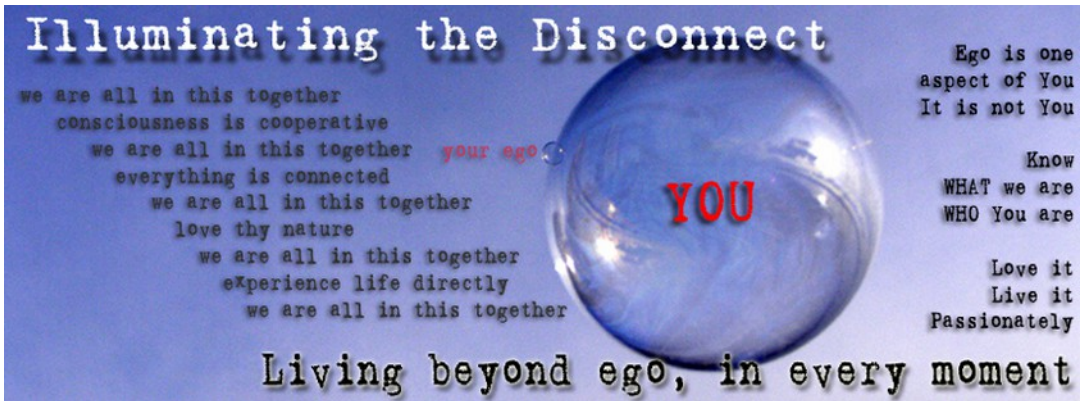
"Seasons may change . . . winter through fall . . . but I love you, until the end of time. Come what maaaayyy" (from the Moulin Rouge soundtrack).

Love
does not judge
does not need
is not dependent upon the
situation
is not expectant of a it's own
return
Love is constant, through changes
of perspective, through all time.
Which of course, is now.
Love true.
True story.
Be in love with love for best
results
wink emoticon heart emoticon



November 2, 2015

*updated cover photo



*updated profile picture



NO WINDING REQUIRED

November 3, 2015

How To Kill Your 'self' Without Dying!!

Yes, I did it.

You can, too.

In fact, I was SO successful at it, that I am writing a short book about 'how to', as it is a fundamental part of living free, knowing your self and living authentically.

Many traditions, past and present, have had ceremony or ritual regarding the notion of 'dying before you die'.

I would like to demystify this and explain just what it is that is worthwhile killing off of your self and why it helps.

To start off, understand that you are both YOU and also the many selves that you think and act as in the world.

YOU exists, no matter what - and by that I mean that if you had no name, no roles, no jobs to do, nothing by which you thought of yourself (father, worker, child, sibling, athlete, handicapped, genius, Canadian, born again Christian and so on) . . . there is still a YOU!

That is the person, the knowing energy of you that I speak to in all my writing, the one beyond self-consciousness that truly 'gets it' as far as knowing that they are alive, have a right to simply be alive and pursue expressing being alive as they feel they want to.

As you have grown up, however, you have taken on roles in order to actually go about living in day-to-day society. In general, this is neither a good or a bad thing, it is what it is.

But, along the way, it is highly likely that you have become conditioned very deeply into roles that do not really feel right and so there is resistance, which leads to things like anxiety, stress, depression and ill health of all sorts.

Now, once again, not all of these roles are necessarily good or bad, but if you do see yourself AS one or more of these roles and feel the obligation of it, the weight of it, then there is resistance and likely you know you are being inauthentic or at least not wholly living as the YOU that you feel you are.

As an example - you are either a son or a daughter, that is a fact.

But if you have been raised to feel that this connection is THE most important way you need to behave in this life and you have gone along with it out of obligation more than out of love and a genuine feeling of wanting to be that way as a person, then you likely need to kill that identity of yourself or at least kill the weight that you give it.

In the end you are your own person first and foremost - no matter where you go from the day you are born until the day you die, YOU are there . . . you can choose to bring the identities along with you, or not!

This killing is really just a letting go - and it can be partial or it can be complete, depending on how you feel any of your roles or identities align with who you truly

feel you are.

I have killed quite a few Steve's along the way, and it has freed me to be even more the real Steve that I love and that seems to get along with the world much better, on very honest terms, than ever before.

I also almost tried to actually kill the Steve once upon a time, and that was not such a good idea . . . one of my identities challenged me so deeply that I felt bad enough about myself that I almost lost myself in the process. But, I got that one, too, in the end!

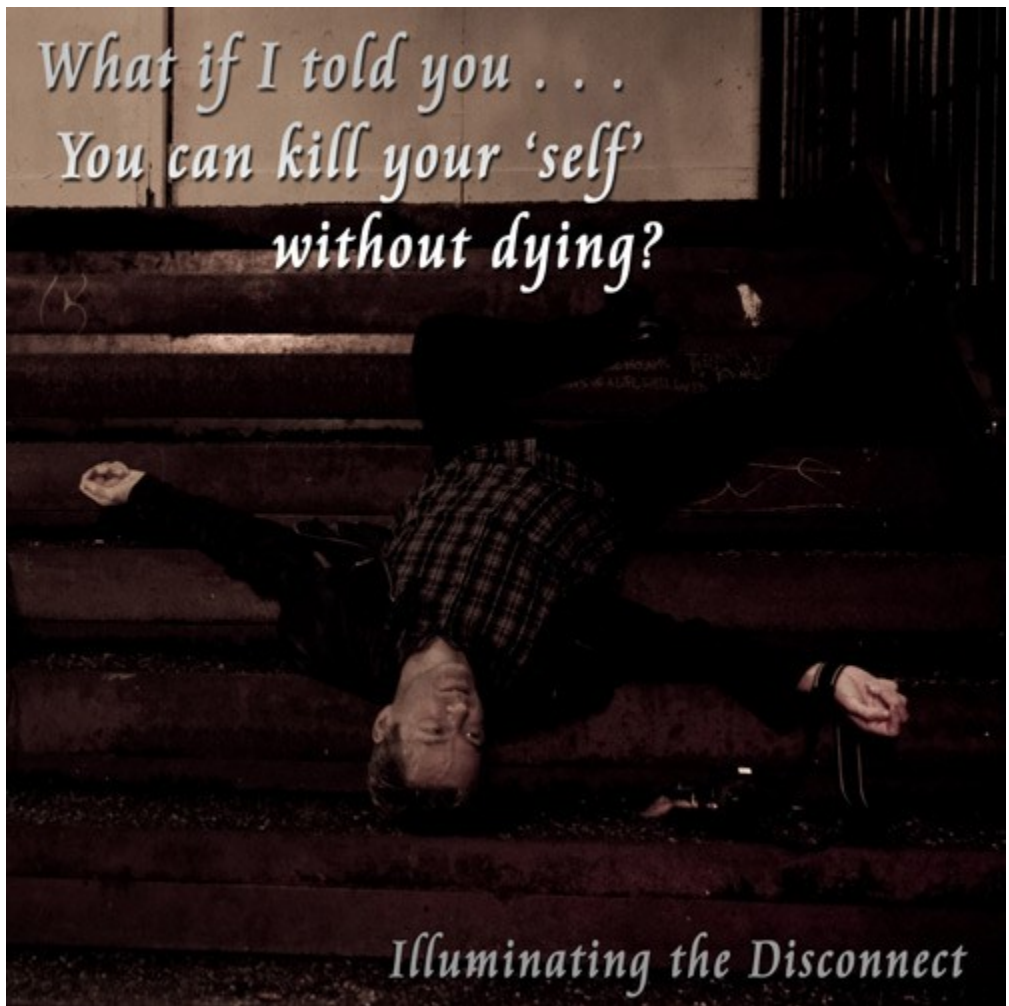
And . . . those identities are staying gone, for me.

It is a process, most likely, although for some it can certainly be an epiphany or come in a flash, as with Eckhart Tolle when he proclaimed "I cannot live with myself anymore" and also realized that 'I' and 'self' are in fact two different things.

heart emoticon

If you would like help with the process, I am now open for business in Vancouver and provide a safe, non-judgmental space to allow you to deepen the connection to your true self, in the present moment.

I look forward to being of service *heart emoticon*



November 7, 2015

Life, Process

Life is a process much more than a progress.

The moment always progresses, one after the other - as long as there is movement, there is this thing we call time and the possibility for change, through choice.

This is where life is truly a process - in the moment of choice, in the moment.

Choosing from the heart, through the still mind - which perceives the world around but perhaps does not pander or react quickly, leads to a deeper sense of self, of knowing, of being alive as a heartfelt and worthy endeavour.

Practising this presence is at the core of the process.

It does not automatically take away pain and suffering OR prolong joy and bliss . . . but it does offer a more honest chance at making that heartfelt choice, which can become a deeper part of your life experience and thus allow you to BE the experience of your self, in this life, in every moment.

This is the timeless truth that points to 'salvation', as many teachers have done and continue to do.

Still the mind, listen to your true voice inside (heart).

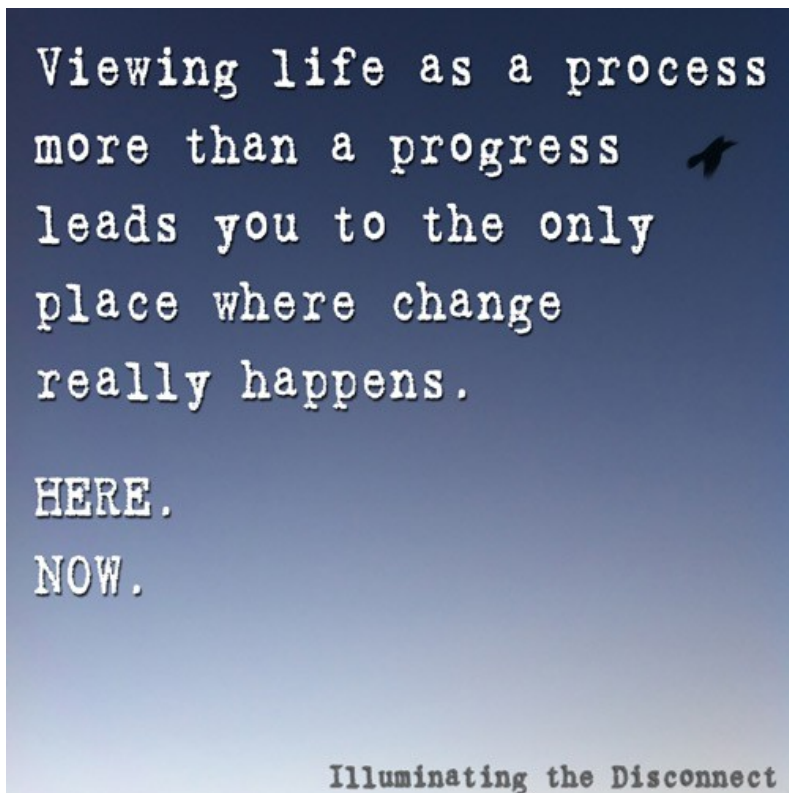
Don't take the other voice (head) too seriously, life is to be enjoyed.

You are here, processing nicely.

If you require more support, inquire within *wink emoticon*

Steve is here with a
few signposts . . .

Love.



November 15,

2015

ONE

One Life

One Heart

One Earth

One Now

I am acutely aware of the choice to show the daily violence in the world, and the need to learn from it.

But I also know that this has been an ongoing battle - internal and external - within our species since we've known we are a species.

I am going to choose to focus on how we CAN feel, what we CAN do and illuminating the species' disconnects that continue to lead to violent actions, ignorant actions as well as any and all causes of unnecessary suffering of life on

Earth, all inclusive.

This is not wishful thinking.

This is deep sensitivity tempered with seeing the reality of the day to day world.

Only by being and focusing on what we CAN CHOOSE to do, will positive change happen.

I will only be a part of that world . . . now.

Because, despite seeing and feeling what happens every day, I love this world . . . I love you . . . I love life.

I choose that, whole heartedly. *heart emoticon*



November 18, 2015

I've Got That Loving Feeling

Yes, I am completely in love.

With Life.

And yet, I do not always like some or much of what I see that humanity has done and continues to do.

I used to have a lot of trouble separating the two, and also knowing how to handle the difference between feeling and thinking about how I am and how much I cared about what others thought of me.

In truth, love is always an option and always possible.

The reason for me is that the thing that we call love can be felt in the form of acceptance of the moment, forgiveness, kindness, compassion, empathy, sympathy,

gratitude and even inaction.

I absolutely do love people whose actions I do not like or condone.

Hell, if I had to go around thinking that my friends all had to be like me, I would have none . . . because no one is like me.

I do not mean this at all egotistically, because no one is like you, either, and yet you must have friends. *smile emoticon*

Being your self, living your truth, is your birth right and our ability to live together and embrace each other, while holding each other accountable to the bigger picture of good health, peace, compassion and individual pursuit of expression is paramount for us all to enjoy life and get along.

This is what humanity will need to understand, in the heart, in order to truly progress forward and heal our selves and our home.

The head can then help with some practical decision making, of course, but to think that we can actually figure out what to do to with the mind that has created the (violent and dis-eased) world we see, is insane . . . and Mr. Einstein and many others would agree, I am sure.

We must be an immature species, with our self-consciousness still limiting us in this capacity, but that just means we have much to learn, to un-learn and to evolve to in order to ensure a better quality of life for humanity moving forward, no matter how many of us there are on the Earth.

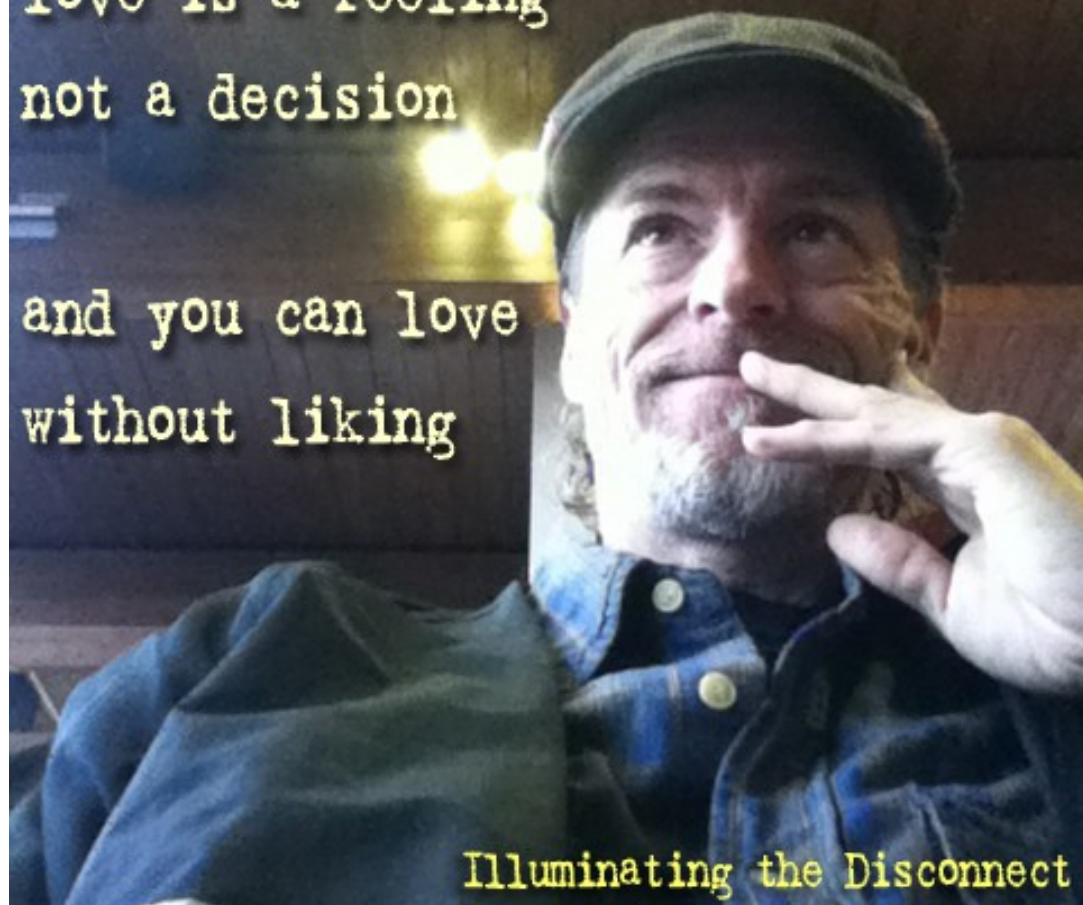
We Are All In This Together.

Even though we will never see or meet 99.99%+ of the rest of our species in person. *wink emoticon*

What if I told you . . .
love is a feeling
not a decision

and you can love
without liking

Illuminating the Disconnect



November 22, 2015

Resistance is Futile . . . and the cause of sufferings.

What are you resisting . . . in your self, in life?

Why?

Take the time to do the most important of things in your lifetime: feel as you wish to feel as your honest self.

Ways there:

- quiet the mind through meditation, stillness
- quiet the mind through focused activity (anything where you forget about time)
- commune with nature, where you can be yourself without judgment
- connect with others and truly listen. talk less, smile more.
- accept what you cannot change this moment, and work on changing what you can

peace in

peace out

heart emoticon



**Love is the path of
least resistance**

**Know your self.
Live it.**

Illuminating the Disconnect

November 23, 2015

the little things are bigger than we think wink emoticon

so i was walking down the street today, in a good mood (go figure ;)) and saw a guy across the street, walking the other way and loaded down with a HUGE backpack.

He was moving slowly, obviously a weary traveler.

He looked over, and waited for a break in the traffic, then said . .

"Hey!"

So, I replied "Hey there!".

"Do you have a cigarette I could have?" he asked.

I smiled and nodded my head a bit "No, I don't. In fact, I have never had a cigarette on me in my life!" And I made a surprised face.

He smiled back a bit, but it looked forced.

So, I added, "But enjoy your travels, my friend. And take care."

With that, his smile turned more genuine as we smiled back and forth, each of us better off for it.

He added, "Thanks, I really needed to hear that today", and then we turned and continued on our respective journeys.

Being open to giving AND open to receiving can make a world of difference.

My life is fulfilling because I already feel fulfilled, and so sharing it is second nature.

Besides, you can NEVER run out of love - in whatever form you express it.

there are no 'little' things wink emoticon, only things.



November 26, 2015

100 years ago on November 25th Albert Einstein published a paper that is considered revolutionary to our understandings of the universe, via science. But, over his lifetime he achieved and worked on a much greater work, which is overlooked: Peace.

This 'work' was borne out of the big heart that was connected to the mind that was open enough to contemplate how everything in the universe is connected. And yet, we have not listened.

I say consciousness is compassion, and THAT is the connective tissue of the universe, which we will never be able to be put into a formula and that formulas cannot encapsulate love and compassion anyways. heart emoticon

Relatively speaking, we would prophet wink emoticon far more by paying attention to the man behind the math . . .

"A human being is a part of the whole called by us universe, a part limited in time and space. He experiences himself, his thoughts and feeling as something separated from the rest, a kind of optical delusion of his consciousness. This delusion is a kind of prison for us, restricting us to our personal desires and to affection for a few persons nearest to us. Our task must be to free ourselves from this prison by widening our circle of compassion to embrace all living creatures and the whole of nature in its beauty."

"Compassionate people are geniuses in the art of living, more necessary to the dignity, security, and joy of humanity than the discoverers of knowledge."

"Nothing will benefit human health and increase the chances for survival of life on earth as much as the evolution to a vegetarian diet."

Over these last 100 years science has RUN with his theories and built upon

them . . . so perhaps it is time for humanity to look at itself and build upon our best qualities, raise our awareness and feel our connectedness to the suffering we are a part of so that we start making compassionate choices.

The formula for that is simple: love your self, one another, and all life. heart emoticon

I have solved this with a Grand Unified Theory of my own . . . don't bother with the math, it will never add up.

wink emoticon



December 11, 2015

Perfectly Imperfect . . . You heart emoticon

'Tis a lovely journey that we get to make, from 'birth' to 'death' *wink emoticon*

The struggle is a simple one on the surface: be yourself! *smile emoticon*

Yet, we have thought our way out of that simplicity, in favour of believing that the certainties of the mind create a certain sense of fulfillment in life.

There is, a much deeper sense of being alive, however, that comes from knowing you are alive and are here to be you, beyond the thoughts that create identities of you or for you, but that do not encompass all that you are.

This is the gig - and reconnecting people with that feeling of sense of self, where joy and freedom arise naturally, is my gig of a lifetime.

Nothing makes me happier than seeing others happy because they are authentically enjoying themselves, in the moment.

How that is expressed is up to each of us, and I sure as heck try to do it as responsibly and compassionately as possibly . . . and am always learning along the way.

Seeing how you are who you are is fascinating and interesting to me still, as it always has been.

I wish nothing less for any and all of you, along your journey inwards towards self and outwards towards sharing of the gift of you with the world.

Many have told us of the imperative to 'know thyself', but I honestly do not think we have had a simple, universally true guide to understanding our very selves until now.

Let me share with you, very soon, that guide. *smile emoticon*

Illuminating The Disconnect:

What We Are.

Spring 2016.

heart emoticon

Humanity is going to hear the story of consciousness and our place in it, as never told before.

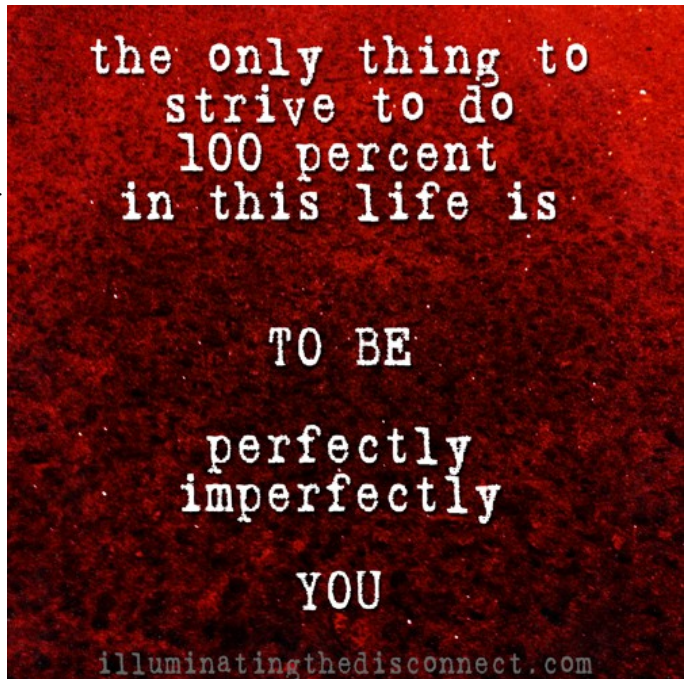
About life as compassion, from a compassionate perspective.

This is the real deal.

I am beyond excited to do my part for humanity and to end unnecessary suffering.

Join me smile emoticon

We are in this together.



December 17, 2015

For Life! heart emoticon

If we assume we are separate from life, and expect things from what we call life outside of ourselves, then we set ourselves up for potential disappointment.

If we assume everything is life, then we connect ourselves to the world around us and are more apt to take responsibility for our thoughts and actions, KNOWING that the consequences thereof affect others.

Life is always there, always supporting, if we take what we need and remember to give back as well.

I believe we are coming to a time where we need to become more aware of the balance of give and take, with so many of our species on the planet living lifestyles without recognition of where it comes from and how it affects other life - and thus, eventually, our own.

The ramifications of taking too much are being shown - disease, degraded nutrition (soil depletion from factory farming), resource depletion (water).

I love this life so much, that the more aware I become of my connection to nature through my lifestyle and diet choices, the more I am compelled to simplify in order to enjoy life more and impact the environment we depend upon, less.

What can we do . . . for life?

Keep it healthy, by consuming less, consuming responsibly, eat a whole foods plant-based diet, live and let live.



We no longer have to go to great lengths to survive day to day, which means we have to be more aware of our choices, because they do echo into the future in a way they never have before.

Think with you heart heart emoticon, and do for life as life would do for you – compassionately.

December 22, 2015

Love as a Natural State

We all know the feeling - when something in life just seems right and clicks, without any effort. *heart emoticon*

It could be that connection with another person, where you can just be yourself.

It can be a walk in the woods, where you can just be yourself.

It can be the job that you do, where you can most be yourself.

And the common denominator is . . . BEING YOURSELF. *smile emoticon*

I see, and have often experienced, the state of being where moments are chased.

The idea of love of another person, of that perfect situation, the ideal city that suits your lifestyle, the job that is fulfilling as well as practical in providing means to live.

But, I now experience a feeling of being in love with life constantly, and this is achieved by taking the time to know myself, to love myself, to have forgiven myself and to accept life as it happens and choose how I want to make it happen, as me.

This is now the constant, as it should be for you, and for all life.

It may seem silly to compare, but once again we can learn this from observing nature.

A tree is a tree.

A rock is a rock.

A sun is a sun.

A bear is a bear.

A human . . . oh, a human IS a human, but with a dual layer of thinking that makes far more out of things than is often necessary.

We can get most often get there by: simplifying.

Simplifying our thinking, which allows us to feel whether we are aligned with any thoughts we do have, and any subsequent actions we pursue. *smile emoticon*

When we are being ourselves, however, we know it because we FEEL it! Not because we can quantify it by making a list and trying to make logical sense of it. The pieces of a puzzle, like life, most easily fit together when they are being themselves.

Now, we wouldn't look at a puzzle and think we can re-shape the pieces to better fit, so why do we constantly do this to ourselves?

wink emoticon

For answers . . . inquire within.

And for assistance, inquire without - I would be honoured to help.

heart emoticon

*Love is not a tricky puzzle.
It is pieces*



*fitting
naturally
together*

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December 24, 2015

Truth Balm: Compassion Will . . .

What ARE we waiting for?

Why do we not act compassionately as often as possible?

Who is going to come and 'save' us, from ourselves?

Any notion of someone at some time in the future can potentially absolve us from looking deep inside ourselves, raising our awareness and making compassionate choices, right now.

YOU are the second coming.

YOU are the Buddha.

YOU are an expression of love.

YOU are the truth, disguised as a person.

There is no shortcut to truth other than doing the work.

The work is to know yourself, beyond what the self-conscious mind has made of the human life story.

You are not your work, but you can love what you do.

You are not your body, but you must love your body as you.

You are not a balance sheet, but you must live in the world.

You are not immortal, but the energy of you will live on.

You are truly a miracle, and knowing it is another miracle.

heart emoticon

Once we awaken to the fact that the suffering of any other life caused through our actions IS our very own suffering . . . our species will truly live in grace on this Earth, and it will be heavenly.

Each of us, being ourselves and sharing our gifts in balance with all else.

I can already feel it, and it will happen.

The path there is compassion.

I am pretty sure Jesus and many others have tried to tell us . . . but we got to thinking about it, instead of feeling it.

Our next evolution is an inner evolution.

Join me, as we step inside . . . and, ironically, know that we are more connected than our senses could ever tell us.

Peace.



TRUTH BALMS

*What if the 'second coming'
of Jesus Christ*

IS

*every time someone is
compassionate
towards all life?*

Illuminating the Disconnect

December 30, 2015

Nature is Wiggly . . . and So Are We

A little shake of the earth beneath us here in the lower mainland of the west coast of Canada last night provides a gentle? reminder.

We are part of a much bigger organism, and she is always moving as well, for that is the nature of nature.

I love when a force of nature is felt so deeply!!

Yes, I know it scared a lot of people and animals and this is for a good, primal reason.

Without having to think about it, we instantly know that life is precious! *heart emoticon*

Fight or flight becomes real in a world where we think we live in comfort and security and where fight or flight has become much more of a mind-game than a day to day reality.

When we are in a place where we are defending our egos rather than the right to life of all life and for each of us to be our true selves, it can be said that perhaps we are alive, but not really living *wink emoticon*.

Do you know why nature is truly wiggly?

Because at it's heart, consciousness does not even know what is going to happen next . . . and that is alright.

Quantum scientists are still trying to get to the smallest piece of matter, of energy that is observable . . . except that every time we get close, it wiggles! *wink emoticon YAY!*

Now you see it . . . now it's over there! *heart emoticon*

We could learn so much, of course, by letting go of our own notions of certainty, and embracing our true selves and feeling how we want to feel about life.

THAT can be the only certainty necessary, as the details and circumstances of life play themselves out.

This life is definitely infinitely more enjoyable when it is wiggly, humbly understood and embraced with compassion, sharing and connection.


What happens is not nearly as important as how it happens - we all have our passions and our way of being, and these should be allowed to shine.

Wiggle on, on this wiggly planet in a solar system moving so fast that we cannot really comprehend.

Good thing . . . it doesn't matter.

You are here, now.

Enjoy!

A photograph of a city skyline at sunset. The sky is a deep orange, and several bright white lightning bolts are visible. The city buildings are silhouetted against the bright sky. The text "Nature wiggles and so do we" is overlaid in a typewriter font at the top right. Below it, the text "illum inating thedis connect.com" is overlaid in a similar font, positioned over the city skyline.

Nature wiggles
and so do we

illum inating thedis connect.com

December 31, 2015

2016

A moment in time, perhaps retrospective, perhaps with thoughts of future days.
But, no matter how you slice up time, it is now the time of your reckoning. wink emoticon

Do I wish for anything in 2016? Absolutely not.

And I do not wish for anything for you.

Rather . . . what you want, who you are and what will happen is up to you to

MAKE IT SO! *heart emoticon*

Make goals, have plans and take steps towards them with your actions every day.

Lead with your heart, and you will be more satisfied with every day, despite the life story outcome.

Anything CAN happen, but the more you are present the more constantly satisfied you will be, and that makes for a great life no matter what year or how many years.

I am excited to accelerate my progress forward with 'my' work and all the ways it is being expressed.

I am more excited to share of myself and anything that can help others to be their very best, authentic selves sooner than later.

Illuminating the Disconnect <-- will be here for you. *heart emoticon*

Take care and have a great time!! *smile emoticon*

Love

Steve



. . . the journey continues . . .

and thank you, for taking the time to share of mine.

These words and photos, seemingly uniquely 'mine' (yes, Steve did write them) are meant to be universal pointers to the inner world that we all have full access to.

There is nothing new, nothing groundbreaking about the messages. Only the messenger changes, as it does with you and every life form that perceives the world around it, and within it.

I urge you to quiet the mind that does not serve you in this moment, feel who and what you are inside and live it, passionately.

We each get one unique shot at this life, even though in the big picture life really does not end or begin anywhere in particular.

The energy you are is the energy you own, and is your responsibility to enjoy, transmute and pass on so that other life is free to benefit and lives in a more harmonious balance.