

The Consciousness Column ... on THE SEARCH FOR SELF by Michael J. Roads

My wish for you is that you may find that for which you have been searching for, for so many millennia – Self.

It is most likely, as you read this, that you are aware of your search. This is the very basis of awareness. Some of you will put considerable energy into this search. In Truth, it's a search less search, yet it's a search that must be undertaken. I suggest that if you are going to make a resolution for the new millennium, this is it – the search for Self. And I mean a resolution of total commitment to the search. Anything less is not enough. Anything less than a full commitment means more of the same. More of the old yesterday being your new tomorrow!

Some, like the pilgrims, make this a physical search, hoping to find that which they are seeking in some far away lands, while others make it an intellectual search, combing the words of many hundreds of books as they look for the words of truth. Yet others search on inner levels, spending hours each day in silent meditation. Some search in harshness, denying the body any comfort, while others search vainly in the clinging mud of comfort, denying any self discipline, yet others search in the darkness of concretized beliefs, hoping that ceaseless emulation will serve up the dregs of enlightenment. Many people search in the high realms of Christian religion, others ponder the word games of Zen, while others go from one religious offering to another, drawn by the feast for intellect and senses.

Almost endless are the ways in which people search. Some use drugs, some find cults. Some of course, don't search at all. For them, enlightenment is some distant concept not quite worth bothering with as they face the necessities of now, while some people believe that the continuous use of certain techniques may prove to be the snare for that elusive Self enlightenment.

None of these ways are the wrong ways, nor are they right ways: they are simply ways that are passed down by generations of searchers. Right ways and wrong ways are as meaningless as up and down ways.

Are you a searcher? If so, how much of yourself do you put into it? Is it a retreat once a year, or so? Is it one spiritual book a week, or month, or just the latest New Age best seller? Is it by attempting to have one risky foot in the New Age while keeping one foot safely in the religious doctrine in which you were raised? Is it a wonderful idea – for tomorrow!? Or perhaps it's the latest thing 'in vogue' to simply hope for? Or, is it possible that you want to change your life without changing you? Or, you would like to change, but you don't want to disturb your present level of security and comfort. Or perhaps it's just too difficult to do, but nice to think of and talk about.

Be honest with yourself. How meaningful is your search for Self? As much of yourself as you put into this search is how much of Self you will find. Do you have a blazing passion to discover the Truth of Self? Does the search for Self take first place in your life, or is it way down on the list of important things that you must do? Is your relationship with Self first and foremost in your priority?

This is the beginning of a new millennium. In and of itself, this means nothing, but you can give it meaning. A new year is the time of new resolutions, mostly made and as quickly broken. But this new millennium can be given the meaning of a resolution to Self. You can make this the major event in your lifetime: the major event in all of your lifetimes. You can make this millennium meaningful for you simply by creating a new focus; the focus of Self. And it is ssssooooo simple!

Live this new millennium from your heart. Don't jump headlong into each day – skip, heart first. The heart is your intelligence/love centre, and this, you can trust. Your heart is not the centre of emotion as some people believe. Emotion is nothing to do with heart. To live from the heart is to focus from Self. An awareness of living from the heart is Self awareness; the first major step. And you can do this, easily. Make this new millennium meaningful by resolving this endless search for Self. To experience the realization of Self is enlightenment. This is your purpose, your destiny, your birthright.

And you are never alone when it's scary. Believe me.
With my love, Michael