

Reminders for individual and global healing through self-help (RIGHTS)

by Bhashkar Perinchery 10th January 2014

We are in a very decisive and intense period of the life process on the earth now. This is a period where we can move in both directions – to the most beautiful and harmonious, but also to the most painful and destructive process! It is so because life has made it possible, that the human being overtakes part of the responsibility. It is not all 'pre-determined' and made as a part of the evolution.

The evolutionary process has brought us human beings to such a state where we can develop the potential to see, to understand and take responsibility as 'individuals'. This recognition of it is going to be the very decisive factor. It is also of utmost significance that we grasp the implications of such potential - that we have the freedom to look, to go deeper, to understand and to bring the hidden potential of love and peace, joy and ultimate freedom that we carry in us, into flowering!

This is something that we can observe in the world now: there are all kind of difficulties - on personal level, individuals in disorientation, suffering from various of inner conflicts etc. and then on the social and collective level there are the wars and other violent and catastrophically developments! There we can also observe that they are often connected with the unclarity in our approach and the resultant inability to come in terms with the challenges of life.

It is a time when those who are beginning to take a careful look can see more easily, the deeply interconnected nature of the reality where we are in, and allow a new development – a development which is valuable for oneself as well as for a peaceful and harmonious co-existence in the world and for regaining the healthy balance in nature! The 'individual' and the 'global' are just like the tree and the forest. The 'forest' is the name for many trees. The tree and the forest is one phenomena. Our body consists of millions of 'individual' cells! Yet, the cell and the body is one phenomena. So also it is in the life-process, where we individuals are all very mysteriously and deeply interconnected. Brought into practice, the following 'perception deepening' reminders which are shared here, can be very supportive and enable a decisive experiencing of oneself and open one to the perception of what really 'is'.

Our usual entanglements have to do with our being preoccupied with some aspects of the reality without connecting it to the wholeness of what is. Therefore, what we basically need, is to deliberately, consciously take those steps, that enable us to deepen the awareness 'of what really is'. Intensification of our inner alertness can reveal something else about the 'good and bad'. We will see that it is not really so, that there are the so called 'good people' and 'bad people' - one should not fix it that way and limit it to a 'fighting' level - there are those among us who have started recognizing, noticing and understanding the nature of our reality – which enable us to be naturally and authentically 'good'! And there are the others who are still in the process towards looking deeper, who need to confront the reality more wakefully and is still clinging to many misunderstandings, what makes our acts disharmonious and leads often to disastrous and inhuman destructions which are called 'bad'.

The true goodness is a natural byproduct of a deeper awareness. Our being insensitive or one may say 'bad' is a symptom of not seeing deeply and thus being caught in some one-sided views.

I am not trying to make it all look harmless and flowery, but is bringing the attention to the need to have an approach where we are not blindly fighting with ourselves or others nor going to condemn and punish each other! What is required is a wakeful, non-struggling observation, which enables us to intelligently and humanly deal with the challenges of life. The amazing factor is that those who really look and come to face the reality can suddenly realize, what a beautiful reality it is, what a 'blessedness' is there also behind all what apparently seems to be full of conflicts, pain and suffering! What we need to and would really make a difference is that

we deepen our awareness of 'who we really are' and act from this insight! This is a very unique chance what we have during this period, this 'epoch' of the life process on the earth now, that everything is much more easily visible - the developments in the media and the creation of the internet, the access that everybody has to information and the global awareness happening through that - all these makes many factors more easily visible!!! Through this kind of developments the perspective and the vision to 'wake-up' and live the 'blessedness' is not limited to a narrow, small circle of human beings!! The chance to see and understand can widen and reach anyone and everyone who is sincerely and courageously open to face that 'what really is' and thus making oneself capable to realize 'it'

Courage is an important factor because when we are confronting the reality it is always a certain step towards the unknown. It is a questioning of our settled beliefs and concepts and asking, what really the case is! So, a certain wakeful, courageous orientation is essentially required; but that will also develop in us, as we open our perception. What we need to take care is to be with an 'intense wakefulness for our inner nature' for a longer period of time, which we ought to integrate in our day-to-day-life-process!

Just to make this remembrance easier we can make an abbreviation of it and call this 'intense wakefulness of our inner nature'! – (I WIN)

We are 'perceiving' the world – that what we normal call the reality - through 'ourselves'. But, as we bring our attention to 'that what is taking place within ourselves', our perception of the reality also deepens! Then it can become more transparent to us as to what is possible, what is not possible, what our misunderstandings are and what the nature of our reality actually is! The reality in itself is very deeply beautiful, very deeply significant, is wondrous beyond words and sacred. Because of this it is very valuable that all those who can somehow consider and understand, take this initiative for the 'experiential insight'. The steps which I am introducing below are simple and everybody can - with a conscious inner decision and a little initiative - bring it into the day-to-day-life- process.

We will be referring to this whole initiative as 'three times three breaths' plus 'the 3 Cs'. The 'three times three' (3 x 3) is referring to three sets of breaths. This is very valuable to observe, that the breath is a link between the known and the unknown! The breath is that, what is keeping us alive in this body and it is part of the mysterious process of life. Whether we are awake or asleep, the breath is going on.

What is happening through the breath is an ongoing renewal, an ongoing rejuvenation! Therefore bringing awareness to this aspect can also contribute towards an inner clearing and a rejuvenating development.

The first part in these three cycles of breath with which we start, is to consciously notice the breath the way it is naturally happening. In this 'first part' we are not trying to interfere in any way with it. We begin just to observe the breath, the way it is naturally happening! In this way notice the three cycles of breath. After that, in the 'second part' we let the body inhale, then wait till the exhalation starts. When the exhalation is starting, you breath out very deliberately, energetically, allowing the exhalation to be as deep as possible! In this second part the exhalation is happening with your conscious, deliberate and energetic participation. And then, again wait for the inhalation to happen naturally. As the exhalation starts again, follow the same procedure and breathe out deeply. Once again, let the inhalation happen, wait until the exhalation starts and then go into it a third time as deeply as possible! Deliberately and energetically breathe out! So, this is the 'second part' of the three cycles of the breath. Now, the 'third part' is: just observe and 'let the body' breathe in and breathe out naturally three times. Remaining so wakeful, allowing the body to breathe in and breathe out as deeply and naturally as it can happen with three cycles of breath! This is the third part!

Now you can realize why it is called three times three breaths: this is something which is very valuable when you can integrate it into the day-to-day-living and practice it once every hour of our waking period. This is something which you can do, wherever you are. Even if you are in the middle of your normal work, connecting to other people etc., you can allow this 'awareness' of the breath to happen as deeply as possible! In occasions where you can just be with yourself,

you can also close your eyes and go into it, because that will make it more deep and intense. Go into it without making it into a struggling and fighting kind of approach –instead, let it be a playful but decisive orientation. Allow the remembrance and help yourself to open up and experience the reality more directly and deeply.....This is the '3 x 3 breath' which can be practiced once every hour. Even if you are not able to remember every hour, orient to doing this at least 7 times a day! What actually is decisive is, that you decide whole-heartedly to this practice.

The second set of reminders are called the 3 C's. The '3 Cs' are referring to consciousness, compassion and creativity – reminders which can become an underlying orientation which you can bring into practice.

Consciousness creates the foundation and consciousness is also what this "I win"- orientation aims at - you bring the attention to that what is undercurrently happening in you. Normally our attention is outward oriented. Our sensory perceptions focus on the outer aspects and we are habitually 'preoccupied' with what is taking place outside. We can see many things in others, but often we don't see what is happening in ourselves! Therefore it becomes necessary to intentionally, deliberately take such an initiative and again and again come in touch with ourselves. That is what the word 'consciousness' basically indicates.

An interesting factor is, that when there is an awareness of what is taking place within oneself - as you stay wakefully with whatsoever is there within, accepting yourself, respecting yourself and being a friend to yourself - then it will become clear, that we are able to understand ourselves or anyone else more directly and deeply only when we are also connecting compassionately!

In practice it means, not letting oneself get pulled automatically into a competitive or comparative approach and all the judgments, as we are so accustomed to. It means also not putting a label on oneself or the other and not fixing oneself or the other into some kind of 'box'! Instead, observe all the judgments which are taking place within, without following it blindly or going against it blindly. Notice that it's an inner 'automatism' which is going on in us, which although has a certain functional aspect in our growing roots in the world and in the practical living; yet, when it comes into understanding ourselves and our fellow human beings as well as the deeper nature of our reality, one has at first to consciously create a distance to this automatism. We need to allow ourselves to connect more directly to the present, without getting caught in the projections through our past! That is what can happen when, along with the consciousness, we also have a deliberate orientation to connect compassionately!

Now the third C becomes very significant - the creative aspect! Creativity is not only when someone is painting, making music or creating a sculpture etc. Creativity is the very 'quality of living', as we stay open to face the reality and respond to the challenges what life is bringing – allowing the deeper intelligence and enabling one to make the best, of that what is possible, in a compassionate and loving way! As we begin to connect consciously, sympathetically, compassionately to each other we will open up our vision to recognize the fragility of everyone and the vulnerability of our life process itself. Instead of trying to blame each other, or going into an approach of punishing and looking down, bringing awareness in our day-to-day-living will eventually help us realize, that our being in this body is just like a little 'excursion', a 'visit' which we are making to this world. We are here - we come with nothing, we go with nothing - and during this period which we have, if we go wakefully in life, our life can become a very loving, beautiful and fulfilling development.....

It is our misunderstandings and one-sided perceptions which entangle us and prevent us from really being that what we are. Our negative feelings can easily become an entanglement, as long as we don't exercise 'the unique capacity' which we have as a human being - the capacity to look at ourselves, to be able to become conscious of that what really are and act out of that. Without such a conscious, deliberate encounters and clearing of the energy process, we can get easily entangled in our negative feelings!

Therefore, the creative aspect is when we use the alertness and allow us to respond to the challenges - to the problems, to the difficulties - and look how we can answer these challenges

in a compassionate way! That is a way to discover the deeper dimensions of 'our heart', our sensibility and discover our true, creative inner potential.

A very important aspect which we really need to recognize is, that it is only by facing the challenges consciously we are able to develop as a human being and come into an inner flowering of love and joy! Our potential can come to manifest in a creative way as we confront the challenges which we have in life. Seeing in this light, you can recognize that all the challenges, difficulties and the problems which we have open also an opportunity for us to understand life. Such a conscious encounter makes us capable to understand ourselves as well as the nature of the reality, more carefully and deeply - and that will make all the difference! It is a very significant and decisive step which is possible for all human beings, as soon as we are ready to consider carefully and courageously the nature of our reality and respond to the challenging situations from such an understanding which is arising through the 'intense wakefulness of our inner nature' (IWIN).

These two reminders - the three times three breaths (3 x 3) and the 3 Cs, (Consciousness, Compassion, Creativity), brought into living – brought into actual practice - can become a great blessing for oneself and to all around us, enabling a healthy development and natural balance of the life-process on our planet. Therefore I would recommend to everyone who comes across this and can understand as well as recognize the significance of it, to practice it and share it with everyone who is open and available to consider it! This can become an 'awakening to the wondrousness', the beauty and the celebration of this life-process.....

Basically in this tiny planet, we are having a 'framework of paradise' - looking at the earth with a little inner distance, one can see that we have everything what is required to live a life of love, of joy, of peace and celebrate the 'present' of this life. It is some basic misunderstandings which are entangling and preventing us from living it. That is why all what is really required and urgently needed, that we open our 'inner eyes' and let 'that what is' become conscious to us. These two reminders can be very supportive towards realizing this potential and I hope you are able to go into it as energetically and deeply as possible! All those who have looked deeply into the nature of our reality have come to recognize that 'life' itself is supporting us for it. It is called in different ways – 'the mystery', the 'wondrous basis of our life-process, the divine, the great spirit' and so on - 'It' is supporting us that we can come into this flowering, but this can become possible only when we take the initiative and allow this support, because life has given some 'basic responsibility' to us human beings!!

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