

My Simple Truth

For me, understanding Life is simple. Living it is sometimes quite difficult. *L'Architettura e' semplice, ma la semplicita difficile*: “Architecture is simple, but the simple difficult,” says Leonardo DaVinci. Likewise, Life. The *simple* is that we are one with existence—one with all others. We all come from the same source. All is one. Every leaf varies but is still “tree.” Every drop of water in the ocean is “ocean.”

The *difficult* is that while we are all one, I am not the same as you.

I am unique and I am one. My ego/personality has developed differently from any other, as have my physical characteristics. My ego development is highly influenced by my family, culture, religion and language—that is, by *secondhand learning*.

But I am *not* my ego.

If you want to know what Hell-on-earth is, Hell is to be stuck in one's ego. Hell is to think of one's ego as one's Self. Hell is to think that one's ego, one's personality—and the culture and religion that influenced its development—is the real Self. It is to think that my secondhand learning represents a better, rather than different, culture or religion than does the secondhand learning of others. Nonsense. Secondhand is, after all, secondhand.

The “peace that passeth understanding”⁴ is the peace that comes from freeing oneself from Hell and experiencing deeply, that is, beyond understanding, that I am one with all creation. I am one with the creative force (the god/goddess, if you prefer). I am the creator of my truth and the discoverer of my firsthand knowledge of my essence.

At this deepest level of being—at my essence, which came with me as I emerged from the womb—I belong. I am profoundly already accepted, whole, loved and lovely. This is my birthright.

⁴ This is an ancient Hindu phrase that also appears in the New Testament in reference to Jesus (Philippians 4:7).