



## The Question of Being, by Adyashanti

Above the entrance to the Oracle at Delphi were written the words, "Know Thyself." Jesus came along and added a sense of urgency and consequence to the ancient idea when he said, "If you bring forth what is within you, what you bring forth will save you. If you do not bring forth what is within you, what you do not bring forth will destroy you."

What Jesus is saying is that spirituality is serious business, with serious consequences. Your life hangs precariously in the balance, teetering between a state of unconscious sleepwalking and eyes-wide-open spiritual enlightenment. The fact that most people do not see life this way testifies to how deeply asleep and in denial they truly are.

Within each of our forms lies the existential mystery of being. Apart from one's physical appearance, personality, gender, history, occupation, hopes and dreams, comings and goings, there lies an eerie silence, an abyss of stillness charged with an etheric presence. For all of our anxious business and obsession with triviality, we cannot completely deny this phantasmal essence at our core. And yet we do everything we can to avoid its stillness, its silence, its utter emptiness and intimate embrace.

To remain unconscious of being is to be trapped within an ego-driven wasteland of conflict, strife, and fear that only seems customary because we have been brainwashed into a state of suspended disbelief where a shocking amount of hate, dishonesty, ignorance, and greed are viewed as normal and sane. But it is not sane, not even close to being sane. Nor is it based in reality. In fact, nothing could be less real than what we human beings call reality.

By clinging to the mind in the form of memory and thought, we are held captive by the movement of our conditioned thinking and imagination, all the while believing that we are perfectly rational and sane. We therefore continue to justify the reality of what causes us, as well as others, immeasurable amounts of pain and suffering.

Deep down we all suspect that something is very wrong with the way we perceive life but we try very, very hard not to notice it. And the way we remain blind to our frightful condition is through an obsessive and pathological denial of being -- as if some dreadful fate would overcome us if we were to face the pure light of truth and lay bare our fearful clinging to illusion.

The question of being is everything. Nothing could be more important or consequential -- nothing where the stakes run so high. To remain unconscious of being is to remain asleep to our own reality and

therefore asleep to reality at large. The choice is simple: awaken to being or sleep an endless sleep.

-- Adyashanti [1]

Links:

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