

March

2024

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Wednesday

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WK 07 / 045-321

Feb 2024

What have you done in your past? Can you exactly recall it, why you did what you did? What happened to you? Were you alert when it was happening? You fall in love not knowing why; you become angry not knowing why. You find excuses, of course — you rationalize whatever you do — but rationalization is not awareness.

- Awareness means that whatever is happening in the moment is happening with complete consciousness; you are present there. If you are present when anger is happening, anger cannot happen. It can only happen when you are fast asleep. When you are present, immediate transformation starts in your being, because when you are present, aware, many things are simply not possible. All that is called sin is not possible if you are aware. So, in fact, there is only one sin, and that is unawareness.

- The original word sin means to miss. It doesn't mean to commit something wrong; it simply means to miss, to be absent. The Hebrew root for the word sin means to miss. That exists in a few English words: misconduct, misbehavior.

- To miss means not to be there, doing something without being present — this is the only sin. And the only virtue? While you are doing something, you are fully alert — what Gurdjieff calls self-remembering, what Buddha calls being rightly mindful, what Krishnamurti calls awareness, what Kabir has called surati. To be there! — that's all that is needed, nothing more.

- Remember, even while you are repenting, you are not there; that repentance is also part of sin. That's why nothing happens. You go on trying and trying, and you make many decisions and you take many vows, but nothing happens — you remain the same. You are exactly the same as when you were born, not even a slight change has happened in you. Not that you have not tried,