

Lose it all

Extract from Unmani's new book 'Die to Love'

Before you can really know the Love that I am writing of, before you can recognize what I am pointing to, you have to lose it all. Otherwise, you will either toss it aside as a ridiculous concept, or you will say, 'that's interesting but it doesn't do much for me'. You might compare it to what someone else says, or just store it as interesting information.

It is very possible to hear this message and say 'So what?' To hear it as an intellectual theory or philosophy, and either agree or disagree. You might even take it on as a new attitude or belief. But what I am pointing to is simply recognised or not. I am speaking of the end of all beliefs and attitudes. Losing all of them. Losing all reference points and all boundaries. Losing all hope that one day it will be better. Being totally and utterly left with nothing.

Awakening will not fit into your life as you imagine it or the self you imagine yourself to be. Love or Truth is not something that you integrate into your personal view of things. This is reality without your distorting stories, ideas, and beliefs. It is not hidden, but in plain view.

You have to lose all ideas of who you think you are before you can know who You truly are, and to value who You truly are. Lose all that you hold sacred and special. Lose all hope. Be totally left with now, this. Surrendered to what is. Stripped naked. No more maybes. No more what ifs. No more 'someone else might know'.

What does losing all hope mean? Any hope for a better moment than this moment. Any belief that someday life will be easier or better or that I will attain something one day. When you have come to a point when you realise that there are no more possible avenues. When you have tried it all only to find that nothing gives you what you really want. When you have realised that anything that provides pleasure or happiness must also bring pain or sadness. When you see that any pleasure or pain is only temporary. When you have had enough of chasing pleasure and trying to avoid pain. The end of hope is really a readiness to die. A readiness to give it all up only to know the truth. To know the truth no matter whether it is going to bring pleasure or pain. Really ready to see that the answer does not lie in this world of phenomenon of pleasure or pain.

Losing it all means no longer trusting thought to know it all. Thought can think endless theories and can ask many questions, but none of them hold any real answers. Even experiences are seen to come and go and are not reliable. Pain, pleasure, pain, pleasure, pain, pleasure.... No more waiting for the end of pain and a permanent experience of pleasure.

This is the end of the search. In hitting rock bottom and seeing the pointlessness of it all, either when something traumatic happens or just from a weariness of searching for so long, then it is possible to hear this message. This message is of the end of hope, but also of the beginning of Life. It is not a dry, depressing conceptual message, because in that emptiness, when all is lost, then there is the space to see the fullness of it all. The space to really know the Love that is, beyond any concept or fleeting experience of love.

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