

## SELF-REMEMBERING

There is no moment without obligation. We always have a duty to remind us of our self. The teacher can only transmit knowledge, the teacher can not convey being. You are responsible that you are the words. In order to be the words, we have to suffer, but we must not suffer unnecessarily. We must seek to overcome suffering.

People are suffering from other reasons, because they think too much about themselves and create their own suffering. We can not wake up as long as we are too preoccupied with ourselves. If one learns to limit an excessive self-indulgence and ensure then can appear higher centers. Superior powers in this way can guarantee that they have created a compassionate identity, an identity that will serve the beam of creation, instead of abusing him selfish. The wrong personality has to die and exactly this death we experience.

Unnecessary suffering comes from a sluggish spirit, there is so much easier to suffer unnecessarily, but to remember yourself. Our greatest suffering is our needless suffering. Most unnecessary suffering is responsible for unhappiness. Fear and anger can spread disease to a minute or two hours. What often stands between you and self-remembering, is unnecessary suffering. You have to get used, to oppose self remembering to fears. The transformation of suffering creates life, if we can take the friction correctly, then we have no time to sink into self pity.

Suffering was not created to identify ourselves with, but to transform it. Avoid too much self protection. There is no lingering in the loss. It is transformation of suffering that makes everything possible. Only self-remembering is strong enough against negative feelings. One cannot be negative and be. Self-remembering and hate cannot occupy the same space. Consciousness is not functional. True men and women consume negative emotions.

We must learn to appreciate self-remembering more than identification. In the end, our identity will replace identification. If we identify ourselves, than our work is swept away. If we are not identified, we recognize identifying as what it is, a waste of time. Identification is independent of the occasion a negative feeling. If we rise above our self-identification our Self appears.

Weaknesses only to observe, we should just allow a certain time, then we are expected to dominate them. In the end, you teach, by becoming the words yourself.

Nothing of what we see is real. We confuse the physical shape with life, but apart from the presence of self-remembering nothing is real. If we share our attention, then our soul is present. We carry within us an indescribable gem, our Soul. Remember that you seek for immortality, but you can not pay enough.

Self-remembering is unremarkable, and the higher centers are aware of themselves and the perceived environment at the same time. The beauty of self-remembering is made up of its independence from the things and the fact that it is always available for us. Self-Remembering must have its origin in the intellectual part of the emotional center, as self-remembering is an emotional experience. We can master the emotional center by expressing no negativity, and eventually the core essence of ourself will replace the negative feelings.

Consciousness has levels. If we grab the presence, then consciousness is divine. If one is negative and decreases thereby itself, then consciousness is at a very low level. One can not simultaneously have consciousness and a lack of love or desire. Missing the one is missing, also the other. What we observe either positive or negative, is not the self. That what observes is the Self.

This above all: to thine own self be true. Shakespeare