



## The Endless Loop of Sameness

“The opposite of courage in our society is not cowardice, it is conformity”  
—Rollo May.

We live in a world that continues to do battle with the content of “reality” with the inevitable outcome that little changes. The infinitesimal changes that do occur, inexorably amount to one-step forward, three steps back. The old adage that “history always repeats” could not be more accurate. We are a species so wholly attached to our stories and our dramas, that repetition is all we are capable of. Repetition is the progeny of sameness.

Louise LeBrun says it well in her blog post, [Evolution by Intention: New Beginnings for Weary Souls](#), “We continue to live in a world that appears mindlessly committed to its own demise. Like punching a pillow, just when we think we might have made a difference in one place, we find ourselves bearing witness to another gaping protrusion that has formed itself elsewhere. And on and on it goes, a constant stream of the same problem played out by an endless variety of players, all with the same script. Our willingness, like our hearts, may be in the right place but our ability is lagging pitifully behind.”

From infancy on, the human mind is programmed for stasis under the guise of “comfort”. While growth is a biological imperative, somewhere along the way we lost the memo. Conformity is rewarded, compliance is praised, and authenticity is ridiculed, ostracized or worse. Sameness is the glue that binds the human species to the brutality of its separation from the spiral of life.

*Sameness is changelessness, normalized.*

The unquestioned normalization of sameness exploits the mind's fear of change by blinding it to the possibility of anything else. Without the solace of sameness, there is no certainty. No familiarity. No predictability.

No comfort.

While discomfort and uncertainty are powerful catalysts for change, most humans prefer the comfortable familiarity of what is already known, regardless of how appalling it may be. By allowing ourselves to only know the story of the known, however, there can not be anything else. And we wonder why nothing ever changes.

No matter how often we tell the familiar stories of our lives and our world, doing so will not propel us into the accelerated evolution required to transform us as a species, and by default, transform the world. With each pass at the well-worn content of good/bad, right/wrong, blame/shame, me/you/us/them; the groove only deepens. Until the invisible process holding the content of our stories intact becomes visible, change is impossible. Only in becoming visible does it become malleable and susceptible to change. Transformation then becomes possible at a pace and on a scale that can rapidly redesign a collective reality. As a species, we are born with this transformative potential. But potential has no value if untapped. In fact in a global collective unaware of its existence, potential is worthless and stasis is all there can ever be. Given the state of the world we have created, this does not bode well for a meaningful future.

To quote Louise LeBrun once again, *“It may well be that given what many of us already see, we have reached a point in our history where we will not be able to “OM” away the deeply disturbing trend in the evolution of our humanity and our species. Meditation, prayer, a positive attitude and a deep and abiding faith in a god that will save us all may no longer be sufficient to save us from ourselves. Not because I say so, but because the reality we are creating says so. And, like it or not, we are indeed the creators of this reality—and much of it is ugly.”*

With consciousness not evolving beyond our perceived self-importance, we cannot know differently. By not knowing differently, we cannot choose differently. By not choosing differently, we cannot create differently and we remain perpetually trapped in the brutal story of separation. Such a simple concept, yet in a world of denial and ever-increasing complexity, a concept that few are able to comprehend. By refusing to choose differently, our world of culturally conditioned sameness is rapidly moving us toward the end-point of near-term extinction.

On a personal scale, I know the power of growth and accelerated evolution in my own life. As such, I live in an entirely different paradigm of my own design and creation. Whenever I leave the sanctuary of my own creation, however, I see the merciless evidence of mindless habituation, destructive choices, and cultural coma at all costs. In many ways, it reminds me of a disturbing movie called, *The Endless*; a movie with a time loop theme, among many other things. Personally, I find the concept of looping time to be quite frightening, yet here I am living in a collective reality based on just that.

As a species, the human tendency is enthrallment with the monotony of its culturally conditioned existence. The habitual distractions of eating, drinking, medicating, copulating, “working”,

copulating, buying “stuff”, copulating, consuming, eating dead animals, copulating, gossiping, lying, blaming, copulating, pillaging the planet, and so on; render us incapable of restraining ourselves from anything but destruction—of mind, body, Earth, and Soul. For the vast majority of humans on Earth, the mechanical mindlessness of this existence is all they allow themselves to know. Because of our long history of separation from Life, very few are capable of the advanced *knowing* necessary to grasp the dire nature of our planetary circumstances. Fewer yet have the ability to make self-aware decisions beyond next week’s tv schedule, filling drug prescriptions, accumulating “friends” on Facebook, and finding a copulation partner.

## **Denial, Dissonance and the Crisis in Consciousness**

When something is too overwhelming and painful, we tend to distract ourselves from it by denying it. We choose to believe something else so we can carry on with business-as-usual and pretend nothing is wrong. But it’s impossible to move on if we refuse to allow ourselves to see beyond our own discomfort. We may delude ourselves by believing our disconnect is comfortable, but the price we pay is high. The planet is a living example of the power of interconnectivity. Biosphere collapse is a living example of when interconnectivity fails. When we disconnect from our inherent interconnectivity, the only possible outcome is collapse of everything we hold dear. While denial may be the prevailing coping mechanism against overwhelm, fear and discomfort, the great irony is that it only ends up bringing us so much more of exactly that.

Because humans are programmed to breed, consume and deny the consequences of this behaviour, dissonance is rampant. It’s exceedingly difficult for people to understand something when their whole way of life depends on them not understanding. Being deeply invested in the brutality of the dominant civilization for their work, money, houses, cars, trucks, boats, fancy clothes, job titles, devices, bacon, chicken, steaks, and burgers, means the masses are incapable of seeing the bigger picture. In the air, the water, the soil; in the body, the mind, the spirit; in places and spaces far beyond our conscious awareness, the world is smothered by the evidence of coma incarnate. Coma incarnate can be nothing but asleep to its potential; asleep to the true power of *what* it authentically is.

The greatest problem in our world remains unspoken and pushed into the darkest crevices of our awareness. It is not social, political, economic, or even environmental. The greatest problem in our world is the crisis of consciousness that drives our insatiable consumption and infantile ways. It is exactly this crisis in consciousness that blinds us to our Essential nature and separates us from the ability to recognize *this very same nature in all living things*.

As a species, we have been hiding from our Selves for thousands of years, eventually forgetting our Selves completely. The result is a decay in conscience of unfathomable proportions. Inwardly, we have rendered ourselves uninhabitable to the very Soul of *what* we are. Outwardly we have created the perfect conditions for an uninhabitable Earth. By committing the eyes-wide-open decimation of Earth and Soul, human beings have earned the appalling distinction of the most powerful parasitic species on Earth.

## **Biodiversity and Free Will**

In nature, all beings know how to act in unison and to move with their spirit. But not all benefit the other species around them. For example, the locust will devour everything in its path. A locust has no choice but to act like a locust. Ticks will gorge themselves on the lifeblood of others, sometimes to the point of anemia or death. Ticks have no choice but to act like ticks.

Neither the locust or the tick will ever make honey or pollinate plants the way a bee does. The behaviour of locusts and ticks is rigid, but a human is unique because we have the power of free will. As such, we can choose to act cooperatively like a bee, or we can choose to act rigidly like a locust or tick. Free will allows us to change and manipulate the patterns in how we interact with the world, therefore we can exist synergistically or antagonistically. Clearly, with the hostile world we have created, free will has not served us. We have not chosen wisely.

While diversity in the natural world is synergistic, diversity in the human world is antagonistic, aggressive and war-like. For instance, when multiple races, religions, belief systems, and cultures live in close proximity, conflict often arises. When non-human animal species live in close proximity to the human species, murder (often labelled, culling, hunting, trapping, poisoning, slaughter, etc) is generally the outcome. While humans are the burdensome thumbs on the scale, life has a balance and organic existence has an equilibrium that inevitably finds its way.

Even after humanity has decimated large swaths of the natural world through development, industry, clearcutting, fracking, hydro dams, tar sands, pollution, farming, fishing, mining, grazing, pesticides, and so on; when that ecosystem is finally left alone, it naturally finds its way back to diversity and equilibrium. Humans, with their mindset of separation on the other hand, are incapable of diversity and equilibrium. Because of this, our world gets smaller, more compressed and claustrophobic by the day, while the illusion of human supremacy proves itself to be the fallacy it has been all along. As we curl in on our Soul Selves, we have created a pressure cooker of dead potential, ready to blow at the slightest provocation. Nuclear war anyone? How about abrupt climate disruption, ecosystem, political, economic, and societal collapse? Potential unengaged makes room only for ugly possibilities. No potential engaged means no chance for the radical transformation we've so desperately needed. Soon our world will be so compressed from flatlined potential that even the endless loop of sameness will have its final day.



## The Same Old, Same Old

“We can not solve our problems with the same level of thinking that created them”  
—Albert Einstein.

[In a recent blog post](#), Louise LeBrun wrote, “*For several generations, we have more and more been convinced that we must rely on our intellects to solve our problems. We have surrendered the truth of our personal experiences to the so-called wisdom of the collective believing that in doing so, our needs would be better served. From this approach has come, I believe, the creation of a collective incapable of internal referencing and mindlessly compliant to sets of external directives from the forces that mold and shape who we become (i.e. parenting, education, work, etc.)*”

*We have trained ourselves to look outside of ourselves for guidance and direction; for answers and the ‘right’ questions, in the hope that somebody, somewhere, would lead us out of the state of decline in which we find ourselves. And here we sit ... not just pondering our future but wondering if we will have a future to ponder!”*

As the world keeps turning, the masses keep doing the same old crap over and over again. Wealthy white dudes raping the planet. The mass collective sleepwalking through their meaningless, consumptive, planetary-rape-supporting lives. Women suppressing their centuries-

old rage to sustain their objectified status within the patriarchal status quo; and anger and grief-filled activists fighting a valiant, yet pitiful losing battle against it all.

It isn't working.

There have always been more humans bred to the paradigm of separation than humans who care to remember their interconnectivity. The repercussions of this unconscious global identity are now unstoppable. The cultural coma is just too deep and collectively we are being swallowed by it. All this while ecosystems are collapsing at alarming rates, and the spiral of life is unraveling before our very eyes. We've fallen over the edge of the cliff with no wings and no interest in learning to fly anyway. It's too late. When do we focus our attention on *who* and *what* we are in the face of all of this, rather than what to do about it in a world that doesn't give a damn?

We can fragment and compartmentalize our problems by blaming excessive carbon, fossil fuels, methane, overpopulation, Trump, capitalism, or even climate change; but these are merely tiny outcomes of a much greater problem. Every problem on the planet today is a direct manifestation of our collective separation from Life and the intellectual reasoning that holds it in place. We can delude ourselves into believing we can solve any single one of these problems and they will *all* disappear, but the irony is, there is no solution for any of these problems because they are all connected to our collective disconnect. The solution has always been up to every one of us individually. Our own personal evolution/reclamation of Self has always been the only way to resolve our separation and heal the world.

In his book, *The Yoga of Eating*, Charles Eisenstein writes, "*No genuine healing of society or the planet is possible without a concomitant transformation on the individual level. Even if the planetary environment were miraculously restored, in the absence of spiritual transformation we would just go about ruining it again. Our poisoned world is a reflection of our poisonous thoughts and feelings. You can't build a house on a rotten foundation, and our minds are the foundation of our common world. Yes, we must address the crisis of the earth, but at the same time, we must also address the source of that crisis in ourselves.*"

*The same goes for social change: if, say, a utopian socialist state were imposed without eliminating the roots of greed and competitiveness in each one of us, the old injustices would quickly reappear. In fact, one could argue that all such attempts have failed precisely because a social revolution cannot revolutionize the deepest reaches of the human heart; that the urge to power, to domination, to profit can only be cleansed from the inside out."*

In a recent conversation with my wise friend, Louise LeBrun, she said it even more succinctly, "*It has always seemed bizarre to me that 'people' cannot see 'hope' in claiming the ugly parts of who we are. Those orphans of our Wholeness are (to me) what's missing in order for us to create differently. They make up a hidden 'thumb on the scale' of our creations that leave us puzzled by our own self-sabotage."*

Mindlessness can be so obtuse.

Personally, I maintain my faith in the goodness of the individual, but I have none whatsoever in the collective. Quite frankly, I find the majority of humans to be immensely depressing. Lacking

any desire to know one's Self beyond the "mortal meatbag" makes for a mundane, fearful, selfish, and empty species unworthy of perpetuity.

The relationship between being conscious, awake (and staying awake) and present; and being able to choose intelligently for ourselves rather than being caught in the coma of habituation, is paradigm altering. I can count on one hand the few I've met who are committed to freeing themselves from the coma of habituation in a sustained manner, however. It is a never-ending journey with no final destination that appeals to few. But without our willingness to know our Selves beyond the coma of habituation, eventually we disappear.

## The Blight of the Conditioned Mind

Many are now speaking out about the peril of widespread denial and the peddling of [optimistic messaging](#) in a world that needs our awakened attention. Indeed this is problematic and only adds to the ever-growing laundry list of worthless distractions in the world. Of course, there is also rampant availability what I now call, "[the delusional disclaimer](#)" (with today's most vocal poster boy for just that, [David Wallace-Wells](#)). You know how it goes, "... We're at the point of no return/we're fucked/we're heading towards annihilation, blah, blah, blah; ***BUT THERE IS STILL HOPE*** if we can stop emissions/stop polluting/stop using plastic/stop eating/stop breeding/stop breathing/stop this/stop that, blah, blah, blah." Delusion is the absurd notion that 7.7 billion human beings (and growing exponentially) are capable of stopping anything other than what is familiar and comfortable. Let's get real here folks.

One thing that few are willing to entertain is the concept of extinction and how the human species is not exempt from this imminent probability. The conditioned human mind is adept at convincing itself of its omnipotence, even in the face of total biosphere collapse. It treats extinction as an abstract concept that happens "out there"; a faraway notion that occurs only to other species *not* of the human distinction.

We may "think" we are part of the spiral of Life, but it was never thinking that connected us to the spiral of Life. We've always been connected. In fact, thinking is what traps us in the illusion of separateness and the confines of our culturally conditioned identities. *Thinking is the creation of separateness and the experience of scarcity, fear and limitation.* As my partner, [Deb Gleason](#) recently said, "Thinking, language and thumbs, and we think we fucking rock." (I do surround myself with the wisest women who don't mince words.)

We may believe ourselves to be clever, intellectual and smart, but we are ignorant when it comes to the boundless ways of the Universe. The more aligned we are with thought, the more removed we are from our infinite, true nature.

The dilemma of modern society is that we seek to understand the world. Not in terms of our inner consciousness, but by quantifying and qualifying what we perceive to be the external world through science, reason, logic and rational thought. Science, in particular, is worshipped by the

masses as “*The Great Word*”, not to be challenged or questioned. In my radically unique way of viewing the world, however, I see things very differently.

Mainstream science is the linear, Newtonian language of patriarchy, materialism and separateness. It leads to a parochial worldview locked in the absolutist confines of the conditioned intellect. It is incapable of experiencing and seeing the greater Whole of Life beyond the rigid box in which it was created. Scientific progress—from the mainstream medical model, to mainstream climate sciences—is ponderous and slow, and requires exact proof every inch of the way. Scientists are trained to look at the minutia of data and ignore the bigger picture. This fragmentation leads to an inability to connect the dots, even when the dots are in plain view.

By worshipping the holy grail of science, our worldview narrows and we become powerless to the stories of the external authorities who we believe, “know better”. Like the dogma of patriarchy and religion, the dogma of mainstream science is unyielding with its deathgrip on the human psyche. Our rigid belief in the linear, predictable nature of the planet, for example, is proving to be asinine as Gaea consistently transforms herself much “[faster than expected](#)”. As a species who thinks they’re so smart, we really know nothing.

As Joseph Selbie writes in, [The Physics of God: Unifying Quantum Physics, Consciousness, M-Theory, Heaven, Neuroscience and Transcendence](#), “*The religion of scientific materialism is very influential. Not just many scientists, but also a huge percentage of people in the world are unknowingly members of the church of scientific materialism because they have embraced the credo, ‘everything that is or ever will be, is the result of matter/energy interactions and nothing else.’ But make no mistake, the idea that everything that ever is and ever will be, springs from the interactions of matter and energy and nothing else is a belief, not a proven fact. Despite the efficacy of this scientific method, it is not the case as scientific materialists would have us think, that science has applied the scientific method to all possibilities for non-material realities and proven them all false. Rather, science as an official body has become so convinced of the truth of scientific materialism that it simply doesn’t explore alternative possibilities. The bias toward material explanations for all phenomena is so strong that it nearly eliminates the possibility of funding for any scientific inquiry that attempts to explore realities other than the material.*”

We may seek to know the innermost forces that create the world and guide its course, but we are conditioned to believe this Essential nature as something outside of ourselves, not as intrinsic to our own nature. We are incapable of understanding that the Force of this Essence is the deepest truth of *what we are* and that it is ***the exact same Force in all things living***. We really are so much more than what we have been conditioned to believe ourselves to be. Remembering this truth allows us to finally see through the illusion of separation and realize that there is no animal, bird, insect, fish, reptile, amphibian, tree, flower, moss, plant, or other human being that we are not connected to.

To free ourselves from the suffocating paradigm of separation, we must create an entirely different paradigm—in our lives and in our world. Because of its staggering limitations, the dominant paradigm of separation is incapable of taking us anywhere else. By operating from within the confines of what we already know, we can only create a replica of what we already have. To discover the power of inner vision and create something radically different, we must let

this paradigm go. The intellect is incapable of inner vision. It is only through the conduit of the body that inner vision becomes real.

Imagine a paradigm where the underlying presupposition is, “I am created in the likeness of god —not as a reflection—but as a unique and authentic expression of god itself!” A radical notion that shatters the illusion that separates us from the truth of what we actually are. Dogma and religion have instilled upon us that we are merely reflections of god; that we must seek to measure up to the almighty, judgmental patriarchal monarch sitting on a marble throne somewhere in the sky. But this is yet another lie to ensure we remain small and compliant to an inauthentic paradigm. Without belief in the dogma of an external god and the subsequent separation from the truth of *what* we are as the Creative Force itself, the more beautiful world of our imaginations becomes real. In fact, it could be nothing else.

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**Note:** For readers with an aversion to the word, god, feel free to substitute with what works for you, be it Source, Divine, Creation, Soul, Betty, Wilma, Fred, Barney, or whatever. My point is that we are not our mortal meatbag bodies; we are the infinite Creative Force itself, animating mortal meatbag bodies. Living from this truth changes everything. Fear, despair, blame, shame, hate, and separation all disappear; and what remains is connection, unity, compassion, respect, integrity, kindness, honesty, and profound authenticity.



## Thinking, Thinking and Still More Thinking

“Everything is within. Everything exists. Seek nothing outside of yourself.”

—*Miyamoto Musashi.*

In its thousands of years of existence, species homo sapien sapiens has been incapable of evolving beyond the limitations of the conditioned intellect. In fact, human beings are so deeply steeped in logic, reason, linear, literal, and rational thought that little exists beyond the intellectual realm so devotedly worshipped. The consequence of this intellectual fixation is a Soul trapped in a frozen body, and a global collective of talking heads with tired, changeless stories. The blind normalization of numbing strategies (pharmaceuticals, alcohol, social media, drugs, gaming, porn, shopping, gambling, food, sex, excessive exercise, and so on) ensures the longevity of Soul disconnect, and the subsequent separation from Life. Disembodiment on a collective level makes for an unfeeling species capable of unfathomable brutality. And once again, we wonder why nothing ever changes.

While we live our lives pursuing life, liberty, and happiness “out there” as if it is a commodity, we’ve become slaves to our own desires, stories and cravings. But happiness—or more importantly, the peace that comes with inner acceptance—is not a thing that can be pursued or purchased like some cheap trinket. This is yet another illusion from the endless play of form. In Buddhism, samsara, or the endless cycle of suffering, is perpetuated by the incessant craving of pleasure and aversion to pain. Freud referred to this as the pleasure principle. As a result, everything we do is an attempt to create pleasure to sustain the comfort we think we want. And if

we're not thinking about ways to create pleasure, we're thinking about ways to distance ourselves from the pain that could transform our lives. Our directive thinking about what we want or don't want is destroying us.

We say we want change, yet we want stability at the same time. We've got one foot on the gas while unremittingly riding the brakes. Our thinking minds relentlessly drive us toward stability, security, and pacification of the senses at the expense of our connection to the spiral of life; and our intrinsic need for evolution, growth and change.

With morbid fascination we watch killings, tsunamis, earthquakes, wildfires, sex scandals, political corruption, and wars. We incessantly fill our minds by distracting ourselves with meaningless information. TV shows streaming from every conceivable device, video games, social media, texts, emails and so many other trivial things ensure we never look within. We allow ourselves to be mesmerized by the endless stream of new images, new information, and new ways to tantalize and pacify the senses. In times of quiet, inner reflection, our hearts may tell us there is more than our present reality; that we live in a world of hungry ghosts, endlessly craving and never satisfied.

We've created a maelstrom of data flying around the planet to facilitate more and more thinking. We wage wars against diseases, enemies and problems; inevitably making things worse with our inability to think in holistic and unifying ways. Since the dawn of the internet, never has there been so much thinking, and never has there been so much turmoil on the planet. We have an endless supply of ideas for how to "save" the world and fix problems that only exist because the mind created them; yet every time we think up a solution, we create significantly greater problems.

What good is all this thinking if it doesn't lead to greater peace, connection and joy? Are we happier, more equanimous, and kinder as a result of all our thinking? Or does it isolate us and disconnect us from the deeper, more meaningful experience of Life? In a world that relentlessly pulls at us and distracts us from our Selves from the outside—filling us with more and more content under the guise of "truth"—we've become not only confused, but utterly lost to the Soul. As philosopher Ervin László once said, *"(In our separation from nature and the cosmos), we have engaged in a kind of thinking that is an aberration of human nature, and more like the self-replicating cells of a cancer."*

We can continue to search outside of ourselves and feed the insatiable intellect with an ever increasing supply of information, data, statistics, opinions, reports, advice, facts, research, science, and so on, but it won't change anything. If it were to change anything—especially in relation to planetary collapse—it would have happened several decades ago when much of this intellectual fodder was already available.

The conditioned intellect is a strange beast. It requires a steady supply of "food" to keep it going (in the form of information, facts, data, stats, research, etc), but it is incapable of doing anything beyond eating, and talking about what it eats—constantly. Incessantly. In essence, the human intellect is adept at distracting us from where where perpetually evolving truth lies: within.

The conditioned mind, which is obsessed with the external, material world is what prevents us from experiencing our inner, vibratory nature. Carl Jung said, “one who looks outside, dreams. One who looks inside, awakes.” By turning our consciousness within, our perception expands and we are finally able to see the illusion of our separateness. It is only then that we begin to experience our connection to *all* Life once again.

## **Losing Mind, Finding Self**

While western culture focuses on exploring the external world using thought and analysis, other ancient cultures have developed equally sophisticated means for exploring inner space. It is the loss of connection to our inner world that has created imbalance on our planet. The ancient tenant, “know thyself”, has been replaced by mindless distraction and the hypnotic world of material form.

Whether we choose to remember or not, however, we are all living manifestations of a Greater Force. No matter how saintly or sadistic we may be, the Force of Creation lives within. When we choose to remember this truth, “reality” takes on an entirely different shape and our lives become richer in meaning. To paraphrase Louise LeBrun, *“What if we remembered that we are immense and boundless in our potential? Because you and I are godforces. We are the living manifestation of the Force of Creation. We are Creators. That is what we are here for. We’re not here to hang out comatose on the fringes of reality. **We are here to create reality.** None of us had parents who taught us that, because they didn’t have parents who taught them that. The story that you and I have been told is the norm, is the aberration. There is much more occurring that is far more compelling than the story we’ve been told about who and what we are. Godforces cannot not manifest. We are manifesting all the time. When we manifest from a coma with our eyes closed, we are still manifesting. The question is, do you like what you are manifesting? Because you are creating it. And as you created it, you can change that creation in a nanosecond if you own that you created it.”*

There is great power in owning the Creation of our lives. Yes we live in a collective reality that is manifesting from a coma, but we still have the power of manifestation in our own lives. We are not victim to the choices of others unless we choose that to be part of our Creation. Because the dominant global collective is manifesting a lifeless reality from a comatose state, our time as a species on a habitable planet is quickly winding down. As Italian author, Paola Antonelli recently said, *“We will become extinct; extinction is normal, it’s natural. We don’t have the power to stop our extinction from environmental breakdown, but we have the power to make it count and design ourselves a ‘beautiful ending’.”* Paola is a wise woman. She is a wonderful example of the Force of Creation manifesting mindfully.

Lately, I’m noticing an increasing number of people allowing the awareness of near-term extinction into their realities. Many struggle with sustained states of grief, anger and despair; helplessly chanting the, “we are so fucked” anxiety mantra. Having moved through these emotions myself, I no longer focus on “we are so fucked” anymore. I already know this. It’s old news. I also don’t feed my intellect with the ever growing body of news, articles, videos, reports, podcasts, and blog posts that confirm how fucked we are. It doesn’t help me live my remaining days any better. In fact, it only distracts me from what matters most: compassion, integrity,

connection, peace, and generosity of spirit. There is nothing intellectual about any of that. I'm at a place in my life where intellectual fodder is of little value to me anymore. My truth comes from the only place I trust: within. And so I now live my life accordingly.

You see, I've reached a place of acceptance and no longer feel the need to fight or resist what is. In reaching this place of acceptance, I can live out my remaining days with expanded consciousness and *be so much more*. In that, I feel a deeper connection to the sacredness of Life. Because I know that I am so much more in an infinite realm of energy — which can neither be created nor destroyed — I'm at peace.

My focus now is on living presently without relying on a future to motivate me. The brutality of this civilization is a given. Finding the joy regardless, is not. That is up to me.

*In fact, that is up to every one of us.*