

FROM YOUR NATURAL STATE OF BEING

WHAT AM I
DOING
WITH MY LIFE?

Sample Chapters Only



SCOTT ZARCINAS


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For Every Seeker

SAMPLE CHAPTERS

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8

*The letters are the signs of the ink; there is not one,
Save what the ink hath anointed; their own colour is pure
illusion.*

*The ink's colour it is that hath come into manifest being.
Yet it cannot be said that the ink hath departed from what it
was.*

*The inwardness of the letters lay in the ink's mystery,
And their outward show is through its self-determination.
They [the letters] are its determinations, its activities,
And nought is there but it. Understand thou the parable!
They are not it; say not, say not that they are it!
To say so were wrong, and to say "it is they" were raving
madness.*

*For it was before the letters, when no letter was;
And it remaineth, when no letter at all shall be.
Look well at each letter: thou seest it hath already perished
But for the face of the ink, that is, for the Face of His
Essence,*

*Unto Whom All Glory and Majesty Exaltation!
Even thus the letters, for all their outward show, are hidden,
Being overwhelmed by the ink, since their show is none
other than its.*

*The letter addeth naught to the ink, and taketh naught from
it,*

*But revealeth its integrality in various modes,
Without changing the ink. Do ink and letter together make
two?*

*Realise then the truth of my words: no being is there
Save that of the ink, for him whose understanding is sound;
And wheresoe'er be the letter, there with it is always its ink.
Open thine intellect unto these parables and heed them!"*

Abd al-Ghani an-Nabulusi
Cairo 1889

The Problem With Humanity

The history of humanity is scarred with torment and pain.

Suffering is an everyday component of our lives. In our efforts to eradicate the alleged causes of it, such as disease and illness, we have managed to conjure magical medicines and develop tremendous scientific techniques. In our efforts to accrue greater happiness and freedom, we have managed to build marvellous machines and invent terrific technology. We have tried in many ways to increase pleasure and limit pain, all to no avail. Hunger and famine are rife throughout the world. Wars and torture continue unabated. Women are still physically, emotionally and sexually abused. Children die in the thousands every day from preventable illnesses and lack of potable water. Mental illness, alcoholism and drug addiction are at pandemic proportions. Due to the over-exploitation of the planet's resources, the rainforests are dwindling at an alarming rate and the oceans' fish stocks are threatened with extinction. Our efforts to build a better world, one in which every man, woman and child can live in peace and harmony, where everyone has equal rights, has shelter from the elements and food to share, have been a failure.

Thankfully, this is not necessarily the whole truth. It may seem as if what we see is as good as it gets, but there is a path that will lead us out of the mess we have created. Although, it must be said, the path is not an easy one. It is certainly no quick-fix solution, nor is it pleasant or trouble-free. In fact, to the majority it will be repugnant. But it is, as it has always been, our only hope.

Like any disease or illness, two requirements must be fulfilled before a cure to humanity's suffering is even consid-

ered a possibility. Firstly, the presence of the illness or disease must be correctly identified and completely accepted before it can be treated: the acknowledgment of suffering is a prerequisite to its cure. Secondly, there must exist the will to eradicate it.

I know of a high-flying friend in the corporate world who refuses to accept the notion that he is suffering. In quiet moments, Peter readily admits to continuing bouts of depression, loneliness and fatigue, but will then claim that these symptoms are nothing in comparison to the “real” suffering experienced by those living in the Third World. It is as if the acknowledgment of suffering is a weakness, and weakness is not something the corporate world looks kindly upon. His ego will not even allow him to consider the possibility that mental torment is as valid as physical torture in regards to suffering. Consequently, his attitude of, “Everything’s all right. There’s nothing wrong with me,” leads to the delay of his healing and prolongation of his symptoms. Denial for Peter, like so many others, merely perpetuates the problem.

The second requirement for healing humanity’s problems is desire and intent, or will. Once the presence of suffering has been fully acknowledged, the next step is to develop the will to do something about it. In the Buddhist tradition, the desire to end human suffering is called compassion and the desire for others to find happiness is called loving-kindness. It is in fact no surprise that will is the beating heart of compassion and loving-kindness. Will opens up pathways that were previously hidden. If there is no desire or intent to change our beliefs or points of views, if there is no will to seek beyond the horizon, we won’t even look for alternative paths or routes to lead us out of our suffering. “Where there’s a will, there’s a way,” as the saying goes.

Taking a medical point of view, a patient must develop the will to improve his or her state of health before healing can

begin: a patient must *want* to get better. This includes agreeing to the type and course of treatment and any other procedures identified by the health professionals, what is known as compliance. Wanting to get better may sound like plain common sense, but it is surprising the number of patients that have a vested interest in remaining unwell and that secretly harbour abhorrence to any treatment that might actually improve their condition. Pain and suffering to some, is beneficial. It can provide much needed attention to the lonely. It can provide a sense of bitter joy to those with a masochistic personality, to those that know happiness only through wallowing in misery. Most of all, it can provide a sense of identity, or more precisely, a sense of victim identity to those with a highly developed blame personality. I know of a man with a particular narcissistic bent who likes nothing more than to regale his guests and fellow bus commuters with stories of malpractice and outrageous indecencies perpetrated by the medical or legal profession. He has become bitter with age, but the last thing he wants is to get better and end his suffering. He has invested so much of himself in his pain that to become pain-free would, in effect, be a loss of identity. And that, to him, would be like dying.

In finding a cure (do we dare yet call it salvation?) for the suffering on our planet, therefore, we must identify and acknowledge what the problem facing humanity actually is, and then we as a collective whole must want to do something about it. We cannot afford to live in denial of our problems, nor can we afford to have a vested interest in maintaining our suffering. The fate of humanity and the planet is at stake.

Acknowledging the Problem

Our beliefs are the eyes with which we see the world and ourselves. They are the filtering system of our reality, and if we are to get to the root of humanity's suffering we must

first acknowledge that every problem in the world begins with our beliefs. The pandemic error in thought afflicting the human condition, the cause of all our suffering, is the belief that we are born in isolation with nothing. The basic tenant or assumption is this: born isolated from our Source, and everything else in the universe, we start our life from scratch and must work to accumulate as much as we can to make up for the shortfall. We must fill the void of nothingness we feel inside with material wealth, and the one with the most at the end of their life is the winner. Like a noxious weed, this idea takes root in the nooks and crannies of our psyche where it is nurtured and encouraged in the hothouse of our society. Its roots dig deep and take hold, becoming so entrenched that it is almost impossible to remove and eventually maturing to spawn its own seeds and spread them on the winds of time. The next generation believes it without question and passes it onto the next, and the next, and the next, until it is so ingrained it is called human nature.

Buddhists call this error in belief an illusion, or ignorance of the Nature of Reality. Christians, Muslims and Jews more commonly describe this error as the Fall from Grace, Adam and Eve's banishment from Eden for eating the fruit of the Tree of Good and Evil. It has other names too: sin, insanity, discrimination, darkness, somnolence, inattention, and even unconsciousness. There are a lot of negative connotations surrounding these words, especially the word sin, so I prefer to call it a failure to remember who we really are, which I have termed *forgetfulness*.

At the deepest level of our being, on the other hand, we remember exactly who and what we are. The memory of our connectedness to our Source is still intact, but it is a memory lying dormant beneath the veil of *forgetfulness*. So what, exactly, is it that humanity seems to have forgotten about its true self? What is it about ourselves that we believe we are lacking from the moment we are born? What is it that we

believe we need and want? What is it that we think we must accumulate through the lifelong search and pursuit of a career, a house, a partner, or simply a good time?

Essentially, the varieties of human conditioning can be pared down to the search and pursuit of five things:

1. Joy
2. Security
3. Acceptance
4. Peace
5. Freedom

These five states of being are, effectively, the experience of love. They are what we think are missing from birth, what we believe we need more of. At all levels of body, mind and spirit, they are the embodiment of wholeness and completeness. As will be discussed, the attainment of love – joy, security, acceptance, peace and freedom – in varying degrees, is the very motivation for doing what we do. Every single one of us has sought, or is in the process of seeking, happiness, safety and acceptance. We have all striven for peace and freedom in our life. We have all done this because, in our forgetfulness, we believe that we don't have enough love. That is, we feel the desperate lack of joy, security, acceptance, peace and freedom entering our lives.

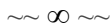
The problem is that most of us don't know, or have failed to remember, that we have already been given everything that we are searching for, in *abundance*. Most of us have forgotten that we don't need a fancy car or house to be happy; the Joy of Being already exists within us. Most of us have forgotten that we don't need a husband or wife or partner to feel safe now or when we retire; the Security of Being is already assured within us. Most of us have forgotten that we don't need a high-powered career to feel accepted by our friends or family or community; the Accep-

tance of Being is already affirmed within us. Most of us have forgotten that we don't need to be in control of everything and everyone to feel at ease with the world; the Peace of Being is already within us. Most of us have forgotten that we don't need to own nine houses and a portfolio of stocks to liberate ourselves from the rat race; the Freedom of Being already exists within us.

This, therefore, is one of the greatest secrets of all: *you are already where you want to be*. You are already in the embrace of love.

Why then is this knowledge confined to just a few? Why does the majority of the world continue to suffer with pain and torment?

The answer comes back to belief and the nature of free will.



When we forget, or reject, the notion that we are connected to our Source of joy, security, acceptance, peace and freedom, when we cling to the belief that we are born with nothing and must spend a lifetime acquiring material wealth to make up the shortfall, we invariably end up living a life of despair.

Says Eckhart Tolle in his book, *The Power Of Now*, "... your natural state of *felt* oneness with Being [Source]... is a state of connectedness with something immeasurable and indestructible, something that, almost paradoxically, is you and yet is much greater than you. It is finding your true nature beyond name and form. The inability to feel this connectedness gives rise to the illusion of separation, from yourself and the world around you. You then perceive yourself... as an isolated fragment. Fear arises, and conflict within and without becomes the norm."¹

The despair we have all felt at some point in our life stems from the continual, never-ending “conflict within and without” that accompanies the belief of disconnection from our Source. When we, the letters of the Book of Life, believe we are independent of the Ink that is our essence, our constitution, when we believe ourselves to be our own writer and creator, isolation is the inevitable and predominant experience. Moreover, if the initial belief of separation from our Source – *forgetfulness* – is maintained and reinforced over our lifetime through our thoughts, words and actions, the isolation we feel becomes deeper and deeper until it is a bottomless pit of emptiness. We look inside our hearts and see a horrifying abyss of dark nothingness. We know instinctively that this insatiable void cannot be satisfied with worldly things, yet in fear we still try to fill it with money, power and positions of authority because we do not know how to achieve wholeness by any other means.

Within time, the need to fill the hollowness inside becomes our reason for existing. Life becomes nothing more than a quest to kill the terrible feelings that arise from the pit of that dark void: unhappiness, insecurity, rejection, turmoil and entrapment. In order to nullify our sufferings, the human personality compensates with what psychiatrists refer to as coping mechanisms. Laughter, sex, drugs, sport, relationships, and work are just some examples that can and are used to cope with life’s difficulties. Some of us cope by spending money, what the media likes to refer to as “retail therapy.” We buy anything and everything to smother the horridness of our suffering; cars, houses, diamonds, chocolates, the list is endless. Others cope with their inner emptiness by throwing themselves into work and career, often at the expense of meaningful relationships with their family and friends. Even fantasising is a coping mechanism. To create a fantasy out of our lives – the romantic prince we wish to marry, the sporting hero we want to be, the multi-

million dollar lottery we hope to win – is a common method of coping with our daily pain.

The problem, without diminishing their importance in our life, is that coping mechanisms do not deal with the cause of the suffering; they only plaster over the surface and offer only short-term relief. They can even add to the problem they are trying to cope with. The delight of a new TV, or the thrill of sporting achievement, eventually passes us all and we are left with the feeling of emptiness once again, often worse than before. The fleeting joy of a new career lasts longer in some, shorter in others, but it never lasts until retirement. Relationships soon lose their romance, and it isn't long before our eyes start to wander.

Because that is the nature of addiction: it gets worse. It escalates. Like drug addicts, we need more of what we think we need to get a high. We seek it out. We *chase* it. Individually and collectively the pace of our life rapidly increases. Before we know what's happened we find that we have no time for anything except to chase more wealth to be happy and content, bigger houses to be safe and secure, more promotions to be important and accepted. We spend so much time chasing these things because what we have accumulated isn't achieving the results we want – permanency – to feel happy, secure, accepted, peaceful and free all the time. The void is still there, if not bigger and darker. Sooner or later we come to the dreaded realisation that the abyss inside will never be satisfied. We get worn down with the attempt, tired with the chase. Life becomes pointless. Despair sets in. Like Peter, my corporate friend, we become cynical, cranky and depressed. Shrugging our shoulders, we say to ourselves, "That's life. You take the ups with the downs. It's as good as it gets."

There is a way out of our despair, however. By dispelling disbelief and opening the doors to the possibilities that we are not born isolated and separated from our Source of joy,

security, acceptance, peace and freedom, we can begin to acknowledge the real causes of our suffering and pain – *forgetfulness*. By ridding ourselves of the belief that we must start from scratch and then spend a lifetime accumulating material wealth to make up for the shortfall, we can begin to acknowledge the denial of our suffering and develop the will to do something about it, to remember our connection to our Source.

We can and we must if we truly care about this life.

Developing the Will

Developing the will to end our suffering and pain on a permanent basis, developing compassion and loving-kindness for ourselves and others, cannot occur without the acknowledgment that we are still connected to our Source. The relationship is like that of ice and water. If we consider humans as living icebergs, then water, the vast ocean, is our Source (excluding, for the sake of this analogy, that icebergs are freshwater and the sea is saltwater). The same molecules of H₂O that constitute our being are the frozen, solid, or physical materialisation, of the non-solid, watery essence from which we have arisen. Although we exist on a different phase or vibration from the Source, the Source is in us, as us, and not something separate or severed from who and what we are. Essentially, we are created or “frozen” in the image or likeness of our Source, as it were, disturbed crystallisations of perfect fluidity.

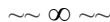
Similarly, to use the analogy of ink and letters described in the poem at the beginning of this book, “*wheresoe’er be the letter, there with it is always its ink.*” The Ink, our Essence, is that which we cannot exist without. It is, if you like, our Being, our Life, our unseen Energy. As such, we, the words, can consider ourselves as written with invisible ink.

There is also another analogy to consider in regards to the relationship we share with our Source. As ice crystallises

from water, as letters are written from ink, our dreams are populated with created images that have arisen from our own consciousness. In dreams, people and places may look and feel very real, but they are only illusions of the intelligent source that creates and energises them, our mind. Dream images are not real. They come and go. The only constant is the creative mind that sustains these images within the context of their own particular time and place.

Likewise, this universe is created and energised by an invisible intelligence, a “Big Mind,” to coin a Buddhist phrase, which sustains everything contained within it in the flow of time and space. It follows then, that the act of dismissing the possibility of a Higher Intelligence is somewhat like a person in your dreams dismissing the existence or reality of your mind, the very thing from which it is being created. It is also to assume that the human mind is the highest form of consciousness in the universe, which is to believe that humanity has already achieved its evolutionary goal and that what we see is all there is, that this is as good as it gets. If this were so, then there is no possibility to end or cure our individual and collective suffering.

Without a Bigger Mind there simply is no hope for us, or indeed the planet.



There is a suspicion that the human mind is not the pinnacle of evolution, however. Those that reserve judgment on this are generally those who, at some point in their life, have doubted that what they see is all there is, that this is as good as it gets. They have an intuitive knowledge that the cause of humanity’s suffering is linked to the severance of human consciousness from the human spirit. They therefore realise that a spiritual bridging or reconnection is required to establish any sort of a permanent cure to our suffering.

Unfortunately, the belief in God, or a Higher Intelligence, often lumped together under the term “Religion,” has often been scorned as hypocritical and superstitious and disregarded as a valid means to healing the world’s problems. To many, religion *is* the cause of the world’s problems. Granted, the double standards of religious institutions and the violence of religious fanatics over the centuries have not done themselves or their faith any favours, but this says more about humanity than it does about the true nature of the spiritual path that religions call us to follow. God, our Source, doesn’t cause hunger or start wars, humans do. God, our Source, doesn’t rape women or abuse children, humans do. Humanity has a long history of ignoring the needs of its fellow beings, just as it has a long history of using any justification – famine, over population, oil, water, and the favourite of all time, God – to go to war and commit untold atrocities on one another. Humanity has always found an excuse not to feed a hungry family. Humanity has always found it easier to blame the gun rather than the finger that pulled the trigger.

Despite the doubts surrounding its validity, the spiritual path has always been, and remains, the only viable and permanent means to ending suffering and pain on the planet. It is the only solution that gets to the root of the problem. How many more women need to be raped, how many more children need to die of preventable illnesses, how much more of our rainforests do we have to destroy to realise that the scientific methods we are employing to fix the problems of the world are simply not working? The world as we see it – hunger, rape, mental illness, wars, torture, environmental exploitation – are but symptoms of a far greater suffering that exists in the hearts of every man, woman and child. The world is groaning with humanity’s pain and everything we have done so far to remedy the situation – the impressive feats of science, technology and medicine – has only ban-

daged our suffering. It hasn't provided a *cure*. Nor will it, because it cannot get to the root of the problem.

Yet even if we don't believe in an omnipotent Source, or an Eternal Spirit, or a Higher Intelligence, a momentary willingness to dispel disbelief of the spiritual world still has beneficial consequences to the individual brave enough to dispel that disbelief and to the lives of those that that individual is involved with. Surface reality may seem otherwise, but that doesn't detract from Ultimate Reality. We may feel a huge void of sadness, insecurity, rejection, turmoil and entrapment, but under this surface illusion, beneath this veil of *forgetfulness*, is a Vast Stillness that transforms any darkness into light, that quells any chaos into serenity. Inside each and every one of us remains a connection to the alchemic Source, which transmutes our leaden pain into golden peace. The problem is that most people simply don't believe it. It's a promise too good to be true.

Part of the process of developing the will to do something about our problems therefore involves coming to terms with a reality that is somewhat different to what we consider it to be. It involves disregarding the popular belief that we are born with nothing. It involves acknowledging that we are actually born with everything we need, that we only have to remember and access the abundant joy, security, acceptance, peace and freedom we already have through our connection to our Source.

Alas, when push comes to shove, whatever our sex, age, race, or religion, most of us have greater faith in the power of money than in the power of Being. Despite our great technological feats in the last three centuries, humanity's essential beliefs haven't changed all that much since our ancestors emerged from the jungles of Africa. When Jesus turned the tables of money at the Temple, he was frustrated at such complicity. The love of money, as the Bible says, is a root of all kinds of evil.² Not money itself, but the *love* of

it, and it is this that competes for the love of God. That is why the Bible has more references to money than heaven and hell combined.

The spell of Mammon is certainly dazzling. Money hypnotises you with the promise of providing everything you need and want. The ultimate seductress, it lures you into its embrace. But its promises are covetous and false – they never last – and what keeps you, me and everyone else under its spell is our own desires, our own self-interests, the weeds of need that grow in the fertile soil of our most intimate beliefs and fears. Why do we want a car, a house, a wine cellar, or a trip to Europe? Invariably, to have the things we think we need to be happy, secure and accepted. We want to have peace and freedom. We want to feel loved. It's what we all want.

What remains for each and everyone of us to experience the abundance of our Natural State of joy, security, acceptance, peace and freedom on a permanent basis, to sever the never-ending cycle of suffering, is a change in will or intent to reconnect with our Source, that “something immeasurable and indestructible” residing in the centre of our being. What remains is to identify and change our motivations for seeking worldly cures for our spiritual sufferings, a change that begins by taking the path we, en masse as a race of people, have not yet truly explored.

What remains is to step forth, individually and collectively, upon the spiritual path back home.

~~ *Points of Remembrance #1* ~~

- Suffering is an everyday component of our lives.
- Your acknowledgment of suffering, and the will to eradicate it, are two prerequisites to its cure.
- Beliefs are the eyes with which you see the world and yourself.
- The cause of suffering is *forgetfulness*: the belief that you are born in isolation from your Source with nothing and must accumulate material possessions to make up for the shortfall.
- The varieties of human conditioning can be pared down to the search and pursuit of five things: Joy, Security, Acceptance, Peace and Freedom.
- *You are already where you want to be.*
- Coping mechanisms do not deal with the cause of suffering.
- Like a dream, this universe is created and energised by an invisible intelligence, a Big Mind.
- The spiritual path remains the only viable and permanent means to ending suffering and pain on the planet.

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