

I AM NOW

The feeling is: I am done with woman and world.

The hope is: I can get out of everything and be free.

The need is: to stop paying attention to anything.

The insight is: I am while things happen or don't happen.

The actuality is: my life is painful, everyone dies, nothing lasts,
I am now.

The now is: open and free as things appear and disappear.

The result is: being.

STABILITY

You long for a stable situation. Good health. Financial security. Peace on earth. But you observe that everything changes.

Over time, your body breaks down. Money comes and goes. Wars begin and end and begin again.

Your life experience is always changing. However, as a man of zero, you realize that I am is unchanging. You feel the same I am, regardless of how much your experience changes through life. I am sick. I am healthy. I am poor. I am wealthy. Experience changes, but always I am.

I am is your refuge. Even while experience changes, you are being. I am.

In the way of zero, you stop seeking stability in experience and stabilize as the I am you always are.

SEEKING IN WOMAN AND WORLD

The man of zero naturally gravitates to the peace of nothingness.

Some men lean toward the crazy fullness of festivals, dancing, music, fashion, and parties. Some are fulfilled by long conversations with their lover, preparing elaborate meals, and playing with children. Some thrive on keeping busy and seizing the day.

Don't compare yourself to other men.

If you love the empty bliss of awareness, give yourself permission to relax as the peace of simply being aware.