

Duality

Duality in any form, no matter how beautiful or compelling, is still duality. Duality is always changing forms, flowing from one things into another. Even higher dimensions and levels of sensitivity are still duality. It can be so amazing and miraculous that we begin to think that we have found the secret. It is when we say "This is it!" That we stop flowing with it. It is important to realize the gifts that come, but let them pass. Do not try to hold onto them for you stop the flow of what is to come next. Even if you were witness to a wonderful miracle, know that it is still duality, and let it happen. I say to myself when I have an insight that is beautiful, "That is so lovely, but that is not me. That is duality."

It is not about shunning

Duality because of it being an illusion that we must get rid of completely. You won't. It is about seeing that which is most beautiful and amazing and saying, "Even-though that is amazing and beautiful, it is not me....I AM." Perhaps something truly magical will happen as a result of you being the catalyst, just by being there. But do not marvel at it. Enjoy it for what it is and know that even that is not you. As you do this, duality does more and more to be more and more. It is not trying to deceive you, it is reflecting you. Who knows where that ends.