

Issue 2

Story Waters Weekly

Esoterica I

The One Self



Esoterica I

Introduction from Story

I am pleased to offer a piece of esoterica for the second issue of Story Waters Weekly to convey the range of what I seek to offer through these articles. This week's issue is very much like an energy walk through text, offering the advantage of allowing you to take as long as you like over each sentence.

I love writing esoterica because it is the closest point between my speaking and writing as it is the deepest and most expanded point in each; as such it is a state of profound *simplicity* which compels the reader to a certain conceptual space or energetic level – a state where revelation flows into experience easily.

Each sentence must be met and felt in order to be fully experienced; it is the invitation to an energetic rather than ideological experience. If it is rushed or met at a mental level it will often seem as if it is saying very little and many of the sentences will seem to be the same; and yet when contemplated and felt, each variation in the wording opens a new dimension of realization. These words are a continual invitation to experience the simplicity of spirit, of energy, that underlies the complexity and detail of life.

I encourage you to read this text from a state of stillness and openness; stopping whenever you feel full. Meet each sentence as if it is a window and the experience unfolds by looking through it rather than at it. Each sentence is energetically pointing at something beyond definition; for these are words that invite the release of definition.

With love,
Story Waters

Esoterica I

The One Self

So much of the spiritual path can be said to be the expanding of your awareness of what you are feeling. For many, to fully contemplate and realize this sentence is to let go of dogma around what spirituality is. At the heart of spirituality is simply becoming more aware of your experience, becoming more aware of the feeling that is your experience.

The experience of being in conscious unity with your feelings is incredible. It is joyful to not experience discrepancy between what you are feeling and what you are thinking; it is to *know* what you are *feeling*. It is a state of being where you experience your feelings as being self-evident; you are connected to them; there is no confusion around what you are feeling. This is an experience of unity between experience and feeling. This is to feel undivided, which for many is the realization that all life is different states of the one source energy. This is the experience of harmony between *the Self* and *the Experience*.

Clarity of *Self* is when the mirror of reality becomes clear in its reflection and you know without doubt that what you see in the mirror is all you. In this release of any perception of discrepancy is the experience of not perceiving difference between the reflector and the reflected. It is to know yourself as the whole of the reality you are experiencing, rather than being the perceiver of something that is external to you. It is the unification of *Self* and *Experience*. It is to meet *Experience as Self*.

This is an expression of the core spiritual teaching of 'know thyself'. *Know thyself* is not about coming to know more and more details about yourself; it is not a mental statement; it is about coming to be fully conscious of your energy field, which at its heart is no more and no less than the experience of how you are feeling. There is much ideology and complication around the idea of energy fields and many are not sure what is meant when their energy field is referred to. Allow the simplicity of realization that *you are the feeling of your energy field*.

To experience your energy field consciously realize that:

You feel your energy field.

What you are feeling *is* your energy field.

The *only* thing you are *ever* feeling is your energy field.

Your feeling is the experience of your energy field.

You experience other people's energy fields only through how they affect your experience of your own energy field.

You ultimately have full choice over the state of your energy field.

To be a conscious creator is to choose to become fully conscious of your energy field.

This text is designed to help you become consciously aware of your own state of feeling such that you can experience conscious harmony with your energy field. It is to awaken into the direct experience of your energetic nature. This is to wake up to more of *All That You Already Are*. It is to move a degree (or order/level) of experience from unconsciousness into consciousness. It is to more clearly *be* what you *are*, which is to say in order to awaken simply come to more transparently *be* who you most feel *you* are – just be your *Self*.

The significance of becoming aware of what you are feeling cannot be overstated if your goal is energetic awareness. What you seek, no matter what terms you may choose to express it in, is at its core a state of *Self* realization – the realization of what your energy field is and that *you are it experiencing itself*. This is to know your *Self* to be a self-aware, ever-transforming state of being.

Even when your realization is your unity with *all* life, with *All That Is*, it is still a realization that births through the experience of *You*, and you are an experience of *Self*. You cannot take *You* out of the equation. You cannot escape your *Self* and you do not need to. All that you seek is within *You*. This is to say that there is no state of being that is not within you to experience; there is no experience that your *vessel of Self* is not capable of being. This even includes *Source / the Godhead / the Void*.

At the widest level, it is the realization that even the experience that you are one with *All That Is* is an experience of *Self* even if that is a state far removed from an embodied sense of *Self*. This *Source* state is the *Self* that knows no *Other*. This can evoke great fear within the embodied and thereby differentiated *Self*, for it is to stand alone in experience; it is the experience that stands alone. It is what many experience as *the Void* or *nothingness*. It is the experience that embraces all experience. The *Source* is where the fullness and the emptiness are one. The one is the many. The all is the nothing.

Freedom to not fear this state of nothingness, of ‘no other’, is one of coming to realize that there are *many* within *the One*, the many birth from *the One*. For humanity in this moment of questioning on Earth, it is to realize that there are many within you. This is simultaneously the more personal realization of the one is the many and the many are the one.

To become unified between your feeling and experience is to integrate all aspects of your *Self*. It is to become undivided. However an aspect is not destroyed, it does not lose its individuality, when it is integrated. There are many aspects within you. The *one of you* contains *many*. This is the realization of the birth of ‘other’. There is a source experience of you as one, and then stepping from that there is an experience of the many being within you. The source experience is that ‘*other*’ is *within you* rather than being external to you – the external is seen to be *of the* internal.

This is a very foundational level of reality – it is the bridge between the *One* and the *many*. It is to peek through the illusion to realize what is being said here. What you see, when you see what the illusion is, is the experience of seeing that the nature of illusion is just beautifully perfect. There are no words to define it, for it is simply to see that reality is a beautifully clear mirror and that it is perfect that you are stood before a clear mirror of your beingness. This is the realization that to be in this reality is the perfect choice for any being that is choosing to be here for all in essence are seeking the experience of *know thyself*, for it is why *Source* chooses to eternally unfold into more unique experiences of what it already is. The *Self* is constantly falling into itself.

This is to know that you are holographic in nature, for the mechanism of reflection is internally holographic rather than there being a separate mirror (for nothing is separate). The mirror within you is the many stepping from the one, just as when you divide a hologram the whole image remains completely within each piece. This is the mechanism through which energy either steps up or down its vibration. Within you is the ability to traverse this mechanism, thereby experiencing reality in a more or less dense way. This is to see that what is dense is still a mirror of what is not dense. This is the realization of the equality of all being, which is at the root of *Self*-acceptance.

All that has been said here is that you, your experience of *Self*, your experience of feeling, and your experience of reality are all one and the same. They are all one state of being, reflected through different orders of holographic expression/perception (expression, perception and creation all being the same thing at their heart). This is done to create the ever unfolding experience of *Self* – the experience of freedom.

You are *Source* creating through the experience of being human, by creating a unique perception, which creates a unique reality, which is the experience of being you. You are *Source* choosing the experience of being you. You are *Source* experiencing itself through *Self*-creation – through creation itself.

Thoughts for the Day

Stop for just a moment and energetically step outside the routine of your day. See a flame like a pilot light in your heart. Watch it drop to the base of your spine and then begin to grow in size, ferocity, and beauty. Feel it fill your torso, shooting up through your crown. This is your new potential for the day. This is within you every day if you choose to consume its gift – the ignition of a new potential, a new reality, a new choice of who you are going to be. Live in the celebration of being alive, of being on fire with life.

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Whenever your day becomes overwhelming or events feel like they are going wrong, stop and feel your center, feel yourself to be the calm eye of the storm. Take the time to consciously connect with your spirit, for within that experience is the remembrance of the feeling of trust for the flow of your life that exists beneath any surface drama; though it may not look like it in terms of surface events, know with all your being that this flow is carrying you to exactly where you want to be.

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We are each free in the scope of our creation, and can therefore choose to create limitation. Our choice is so powerful that we can choose to have no choice. We can choose to experience the Now as being caught up in our minds. From the experience of our unity we can choose to be alienated. And so it is that what we fear is simply that which we have not yet chosen to fully know. Like all things, fear is but the expression of our choice to experience.

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