

Life, Love, Healing - Rough Transcript

The original audio recording was from a live event with Tiger Singleton



The title of today is **“Life, Love, and Healing.”**

And to get right into it, Life. What I find to be hilarious about life is that anything you say about it, it's not that.

Like, if I were to ask you in the most sincere way, what is life? The most honest and sincere response would be silence; and we would feel it. This... is life. (The present moment happening of right now)

It answers the question, what is real? What is true? What is actually happening?

Just notice this. There is what IS, and then there's what you think about what is. One is what's true and the other is an idea, a perspective, a story being told; and that's beautiful.

However, it's monumentally important to understand this distinction. Between the reality of life and then what goes on in the mind?

To investigate the nature of life, of what is real, what is true, requires a stillness, a presence. Do you notice that to connect with what is real, you have to be willing to give up everything that is unreal, you have to be willing to start over.

To discover what's true, you can't bring with you an opinion. You can't even bring with you yesterday, you must start over. So, in the spirit of this, I invite us to just start over, and see life with brand new eyes. To maybe see yourself with brand new eyes and everyone around you. We can ask what's real? What's true?

If you've been on any sort of spiritual journey, somewhere along this path, you've heard the phrase "All is Well."

That phrase is speaking to the nature of what is real; not your imagined circumstance, not having what you want. In what is real, all is well.

To look at this moment right now, and to connect with the space that's here, rested in the truth, I ask you, where is the problem? Where is the chain that binds you to any idea that says you're not free? Is there anything in this moment that demands a sense of seriousness? That demands a restriction of any kind?

The answer is, no.

In the space of this moment, there is a vast emptiness that completely allows you to be. Everything that you are is completely held by this space we call Life, by what is real. You're free.

Every tension, every anxiety, every withholding of love, is tied to an idea about yesterday. Or, a future moment, not yet here. Everything that might restrict your being has nothing to do with Life.

Just see that.

It doesn't mean you're doing anything wrong; doesn't mean you messed up. Just see that. It's an opportunity to see something.

In the most fantastic way, there is this movement within your being that craves wellness; acknowledge that. It's a part of your makeup; that craves a space where "all is well," where you can finally relax and be what you are.

In fact, it's the driving motivation within your being. Look at everything you want to happen tomorrow. Why? *"So I can relax."*

Someone says, *"I want a billion Euros."* Why? *"So that I can relax right now."*

The comedy of which, our strategy has become *"I will stress myself out now so I can relax tomorrow."* ...And my favorite question, *"how's that going?"*

The container of this moment that we call Life, and playfully, our time is somewhat limited today, but the playful container of this life is awake. It's conscious. And in the awakesness of this life... is a design. Much in the way that something in you craves wellness, that's by design; it's not an accident.

In one way or another, this conscious design is attempting to point you in the direction of what you crave. Maybe it can be said in such a way that, you're not as alone in this play as you might think you are. That everything that is contained in the wakefulness of this space, is a part of that design. Whose sole function is to point you home.

If you investigate your entire life experience, what has been the point of everything?

In some ways, we can say the point has been to open you up to what you crave. In another way, we can say the point has been love's expansion. The point has been recognizing what's actually true. More and more, a deepening of recognition that *"all is well."*

What happens when you recognize deeply in your core that all is well, and you discover a presence in your being that is fully here? Is it anything other than love begins to flow?

Is there anything else that you want, then love being seen and then love being shared. Look at all of the ways the mind might project images of what you want. Do you see how they are just paintings of love? The ways in which you would enjoy to see love flow. All of the challenges you've been through, was it simply not recognizing barriers to love's flow? Being forced to see things that you are afraid of ultimately to discover that there's nothing to be afraid of, so love can flow.

You see, this is the only prize. This is the point of the whole damn thing. To see what's actually true.

It's important to recognize, because if you think the point is something else... Oh, how lost we become. I invite you to see this not just because I say so, but to look at your direct experience. To see that the only thing you have feared, is the loss of love. The only thing you want to gain, is to see more love.

We've heard at some point that, love is all there is. Maybe not fully understanding it, but you've heard it. You see, the word love, like every other word, is a pointer. It points to something.

When I say the word love, the mind creates an image, an idea; and it's not that. It points to something, it points to something that cannot be contained by an image. In the same way that someone calls you *"Mary"*

or “Steve,” that doesn't say anything about you. To give it a name does nothing to define it, it just points.

What is love pointing to? It's pointing to the truth.

If we were to describe the experience of love, we would use many words that all point to the same experience. In some way or another, that experience would be wholeness. Imagine, and I'm going to point to this as a way of illustration, not as something to capture, but imagine you're in the most unconditionally loving romantic relationship. This partner of yours says,

“I just love you. I don't want you to be this or be that, I love what you are. All parts of you. I love it when you get irritated. I love it when you're happy, when you're sad.”

“All those things that you're insecure about it's the most adorable thing; because there's nothing really wrong. I support you and your freedom to be what you are. If you change your mind too, that's fine.”

You see this projection of wholeness, when love looks out it sees that which is complete. As human beings, we crave that.

This projection of wholeness resembles the space of this moment, of Life. No argument. No, should or should not. Everything is allowed. As Is. In that, you can see why the nature of life would be described as having a loving nature. Completely allowed, equally.

One of my favorite things to do is to be in nature and watch the chaos. Trees falling over, leaves making a mess. My God, the bugs are fighting with each other. Do you see in a very real way, it can be chaos?

But what happens if you zoom out and you see the whole damn thing?
“Oh, my God, look at that. That's amazing, it's alive, it's beautiful.”

When you see the “**whole**” thing, all of it.

Do you notice every element in the forest is allowed to be what it is? There's no one standing in the middle and saying, *“you do this and you do that. Stop fighting.”*

Everything is free. And guess what, you are free to not like it. But that is what is. Everything in the forest is loved, equally. Everything in the forest, whether you like it or not, serves the whole.

Could you imagine walking through the forest and saying *“these mushrooms smell bad, we should get rid of them? Man, it would be such a much more pleasant place if these leaves would stop falling.”*

This is what the misunderstanding says, *“if only we could clean this up, then it would be lovable. If only we could make it how I think it should be, then I could relax.”*

This speaks to the nature of 'argument,' to argue with what is. Do you see that to argue with the falling leaves is to not understand the falling leaf? Again, it's not wrong, you're free, you're allowed to argue with the leaves.

Notice how that argument, is an excuse for withholding love. Then you have a divine revelation and realize that the leaves fall to feed the ground. If they did not fall, there would be no ground for you to stand on. In that, because of leaves, you are allowed to be you. You are not separate from this. Now, as they fall, you see them dancing; and you say *“Thank you, leaves, for being exactly as you are. I release you.”*

Love emerges.

This is what's called healing. Real healing. Not the human being's superficial idea of healing, which is getting what I want. The human being looks at the tree and says *“the leaves are falling, the tree must be broken. We need to heal it.”*

All that IS is already healed. It's already done. The only thing that asked to be healed is the way that you see. The more we investigate this, the more you will discover, all things that are done are done in stillness. They are not done by frantically running around. They are not done by forcefully changing this or changing that.

They are transformed through the blooming of love. An aroma that is shared from your being. For this to emerge, you must do nothing, for it is the nature of what you already are. To connect with this space one must be willing to be still.

Oftentimes, that stillness shows itself after you have exhausted yourself. Which is beautiful. We as human beings, innocently, and in the most adorable way, think we know something. We have to exhaust ourselves into a space of the unknown, where we are willing to surrender; which is another way of saying "to be still" and to see what's actually happening.

Clearly, the invitation for whatever disharmony might be marinating inside of you, the invitation is to see, that what you're blaming is simply a distraction. It is a way of avoiding the real issue. Again, not as a way that you're doing it wrong, but as a way of "opportunity" to see what's really happening. Because, the craving within you for love, wholeness, healing. The answer to which is already in You. It's already done.

There are aspects within our consciousness that are innocently confused, that desperately wants to avoid looking. Understandably. Because to really see, you would have to let go of everything.