

The Art of Being GUIDED BY LIFE

A quick exploration into the nature
of “getting out of the way”



with
TIGER SINGLETON

this material is a written transcript of a live event

InLight Connect

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Playful Disclaimer

I'm always moved to give some sort of playful disclaimer, and I guess that disclaimer tonight is...

Understand that the nature of what I do, in some way or another, I'm singing a song about what I find to be so incredibly beautiful about life.

In this, I understand that it looks like we're playing a game of students over there and teacher over here; but understand, that's so far from my intent.

Really, my intent is to enjoy myself. Being able to share in this way is what makes my heart sing, and in that, if I don't then I go absolutely crazy.

So... I'm here for the sake of my own sanity.

In the same way that if you go to a concert of a pianist, he plays a beautiful melody. You might find that you are enraptured by a sense of peace and stillness, you recognize a beauty.

Do you see how insane it would be to go up to the pianist and say *"you're the master of peace because I experienced peace while listening to you play."*

It makes the point that whatever your discovery, whatever you see, whatever you experience, this is something that you're open to, this is something that you're allowing.

The Nature of Art

The topic today is The Art of Being Guided by Life, and on the train ride over here, reflecting on this, I just felt such an incredible sweetness to this topic.

When you say something like "*the art of*" and we look at the nature of art, it kind of illustrates an effortless quality.

For those of you here who are artists, which is everyone in some way, you know those moments when life just flows through you.

It's almost as if you're out of the way and life has taken over. There's a beauty inside of you that's being seen and it's being expressed into the world.

There's something about this expression that we all crave. Something that says "*you know, I wish I could just get out of the way and let life move me. Let life breathe.*"

The Nature of Art

This is a profound recognition and an invitation, because it speaks to the fundamental desire of every human being. In some way or another it says *"I want to be free. I want to be what I am."*

In connecting with the fulfillment of this, naturally we have to look and see *what's in the way*, which isn't always the fun part; but required.

Do you notice how difficult art is when you care about what people are going to think?

You recognize how impossible it is to be present, to have a loving energy when you're concerned about the outcome. *"What's this going to be? What am I going to get from it? What are they going to think?"*

It's like as soon as we start questioning the future, projecting some impending doom or fear, the flow cuts off; then we start **"trying."**

The Nature of Art

Struggling, effort'ing our way through, desperately trying to reach the outcome. If we ever do get there, often we find out one of two things.

"It's not what I thought it was going to be"

or

"Actually never mind I don't want it."

Important to recognize in this quality of art, is that it flows in the present moment. The most profound art isn't trying to get anywhere.

There's absolutely no agenda other than being what it is. It's like the artists take solace in understanding that no one is going to know what they're painting.

Do you notice this?

You could paint a picture that in a way mean something to you, to see something within yourself and put it on paper, yet, nobody will ever see what you see. Everybody will see their own interpretation.

The Nature of Art

This is a profound discovery because we tend to be so concerned, and this often speaks to the massive hindrance that we have. Wondering what other people are thinking.

If within you is a desire to connect with such a flow, it's wise to ask yourself, *"are you willing to let go of everything that stands in the way?"*

If it's not flowing for you, then your answer to that is "no." That's okay though, because do you notice as I speak to these things, it starts to point directly at what's "in the way." What you're concerned about. Who's thinking you're thinking about. What outcome you really want.

What I've experienced in this life is that no matter where I think I'm going, I never get there. No matter if I thought I got there, I found out that I didn't.

I always and forever find myself back to the present moment. Back to the space of emptiness where I find, really, there is nothing to hold on to.

The Nature of Art

It's interesting to watch the mind become so convinced of what it thinks it wants; that's not here right now.

Do you notice that if you want something that's not here right now, the last thing that's going to flow through you, is art? Something says, *"I have to go get that thing first and then, then..., I'll relax."*

Of course if you do get that 'thing' you find another 'thing,' and find yourself years down the road looking back saying *"why didn't I just enjoy myself? What the hell?! I thought I was going to get something."*

Naturally, this inquiry is rather difficult if you come to such a space of Satsang (*this sharing session*) with the intent of learning something so that you can get something tomorrow. This will be a major disappointment.

Really, the invitation is to look inside of yourself and say *"okay what's really going on here? What's really*

The Nature of Art

going on, because yes, I see in my mind there are all these excuses. There's all this blame. There are all these arguments."

You know what the real issue is? *"I'm not allowing myself to be myself."*

"I've imprisoned myself in a world of expectation, of obligation, of which much does not resonate with the sincerity of your heart.

*'I'm living somebody else's life.
I'm being what somebody else wants me to be."*

You know the biggest pain you'll find, the only pain you'll find, is a self-rejection. A denial of what is alive within you.

What is this life if it's not an opportunity to discover something beautiful and give it away to the world?

The Nature of Art

What is this life if it's not an opportunity to see the magic, in the miracle of what you are, and then sing and dance while you're here?

One of the fundamental misunderstandings of being human that creates such a pain of distance, is that we're under the assumption that we're here to get something. That there's something 'out there' that you don't have.

Just notice, this has been the conditioning, that you're going to go into the world and get something. How's that going? Do you see that to assume you're here to get something, at the same time you're assuming that you're missing something? If you're missing something, then there's no art.

Okay, that was the warm up.

Come Home & Trust

As it relates to being guided by life, somewhere inside, you have to find an exhaustion; something within that is exhausted with trying to control life.

Something that sees the way you've been trying to do it, the way you've been trying to make it work, isn't working. In that absolute exhaustion, you become open.

Do you ever notice some of your most profound breakthroughs in life, come through exhaustion; through deep pain and suffering? Why is that? Because you're ready to let go, because you've given up.

There's a humility that says "okay life I'm ready to listen." The good news is you don't have to wait until you're exhausted. Sooner or later you're going to recognize that life is knocking on your heart. Whispering, saying "Come home. I've got you."

Come Home & Trust

What we find in that place of exhaustion is a willingness to let go of everything; to let go what you want tomorrow. You ever notice these are the profound moments of breakthrough in relationship, when you're willing to give up the relationship.

When you're willing to let go of how you think it should be, then you're able to be honest.

Notice this. If you want something in the future, you won't be honest right now; because you might not get what you want.

Same way in relationships, why aren't we sincere, why aren't we honest? Because it throws us into the unknown, and what is art other than the unknown and absolute honesty?

What is art other than a willingness to let go of how things should be? To hold lightly the rules knowing that you're not bound by them.

Come Home & Trust

You see within you, within every human being, there's an inherent connection with all that is. It's almost like recognizing your worry throughout this life, if you were to look at all the times you were anxious, stressed, worried, and you would ask “*okay, what is this really about? What was I really worried about?*”

What you are worried about, is that you wouldn't make it to this moment right now. Somehow you wouldn't get here, and be okay; and here you are.

You made it; and probably nothing went how you thought it was gonna go.

Yet, something was taking care of you. Something was looking out for the realness of what you are. Not looking out for what you wanted in the future. Not looking out for you being able to avoid what you're afraid of, but looking out for you.

It's this space that calls, and says “*I got you, let go.*”

What does it mean to let go?

Come Home & Trust

Well, as it relates to art, it's almost like saying *"I let go of what I think this is supposed to be. I let go of how I think this should look, and I'm willing to play; so let's find out."*

The conditioning for the human being, oh my goodness, do you see how much we are convinced that we know how it should be? Who's right and who's wrong? What's good and what's bad? We're constantly trying to navigate between these polarities.

Saying *"once we get it figured out then we'll paint."*

Part of the art of being guided by life, it's not trying to conform life to your personal will. It's seeing the will of life and falling into an alignment with that.

It's seeing the Truth of Life and surrendering to the truth, regardless if you like it or not.

For example, if it's raining outside, do you think life cares about your argument with the rain? No. The

Come Home & Trust

truth of life is that it needs to rain. How do you know? Because it's raining.

These things are actually quite easy to know, *"is it's supposed to be raining, yeah, it looks like it."*

You see human beings tend to trust life, in the same ways that they try and trust other people, which is saying *"I will trust you if you do what I think you should do. I will trust you if I don't have to see what I'm afraid of."* That's not trust.

We try and trust ourselves with the same flavor and say *"okay self, I'll trust you if you feel how I think you should feel."* That's not trust.

Trusting life is incredibly easy when you let go of what you're trying to get from life. Because what you haven't realized is that life has already given you everything; and my God, that's such a statement, but, so incredibly true.

You Can't Go Wrong

Do you notice the moment you think you can get it wrong, is the moment you start being violent to yourself?

Just notice this.

You were taught this, that you could get it wrong. Because other people are scared and confused, and don't understand what the hell is going on.

See this, if you believe that you can get life wrong, you get scared. What happens when you get scared? You go on defense. You start protecting. Pushing away. Closing down.

This is the misunderstanding, that somehow you can get ART wrong, and so you don't paint.

The idea that “somebody might not like what you have to share with the world, so you don't share.” I'm sorry, but that's ridiculous.

You Can't Go Wrong

It's ridiculous because you cut yourself off from the beauty of what you are; because of an innocent misunderstanding that says "*you could get art wrong.*"

You see we're, terrified of freedom because we don't know what's going to happen.

We have to let go of ourselves and somewhere inside we say "*well if I'm free I might hurt someone's feelings.*" Probably., and that is its own kind of art.

Do you realize the most violent people in the world are the ones that feel like they're prisoners?

Whenever you're violent to any degree, you feel like you're not free.

Do you realize, to recognize how inherently free you are, there would be no violence in you at all?

You Can't Go Wrong

You would see that you're so free that you don't need anything from anyone. So you let go of everyone, letting them be who they are.

I'm telling you, this fear that we have, it's so cute; because it's an innocent misunderstanding based on a lifetime of fearful conditioning.

Believing what we only think we know.

Not questioning, *“is this really true?”*

It's like moving in your life afraid that you might hurt somebody's feelings.

Do you realize that you're not really scared of hurting other people's feelings, actually you're scared of being rejected? You're scared of how they might see you. What they might say about you.

Do you realize, you moving in an authentic and sincere way, is the truth being the truth?

You Can't Go Wrong

Do you realize, that whenever you get your feelings hurt, or your heart broken, you are encountering the truth of life? It's an invitation to align with the truth.

When you move in your authenticity, and your naturalness, what you really are, and it hurts people's feelings, it's an opportunity for the truth to be seen.

Notice this, anybody that has ever hurt your feelings, you wanted something from them, and they didn't give it to you.

You found out they didn't have what you wanted. You found out they couldn't rescue you.

This is why when you follow your heart and you move sincerely, other people will have lots of negative things to say, because now they have to see the ways they don't allow themselves to be themselves. So they do what they can to stop you from being yourself.

Which is an invitation for you to look within yourself and say "*what's really true here?*"

You Can't Go Wrong

In the recognition of this, you can say *"you know what, I love you, but if I don't be what I am, I'm going to die. If I don't breathe, if I don't allow the truth to be the truth, I cut myself off."*

They might reply *"But I want you to be 'this'."*

"I'm not that." Is the truth.

"Then I can't hold onto you," fear replies.

Gently... *"You're absolutely right. So find what you can hold on to; the truth."*

You see there's a spiritual idea that when people wakeup, we're all just going to get along and hold hands. Everyone's gonna like you. This is not how it goes. It's not.

You Can't Go Wrong

It comes down to this, "*do you want the truth, or do you want to be accepted by the world? Do you want to be free, or do you want to make the world your prisoner?*"

When you can stand on your own authority, in complete love, which is an extension of freedom for the world to be the world, for other people to be other people, you will find an incredible guidance from life.

We can't hear life's guidance because we're trying to get things from other people and the world. Trying to protect what people think about us.

If you want to be free, and I mean really free, you have to first extend freedom to everyone and everything. You have to give it away first.

Which is almost like bowing to everyone. Honoring them as they are, wherever they find themselves on

You Can't Go Wrong

their path; knowing that you don't need them to be this or that.

How much does that hurt, to want somebody else to be something other than what they are?

It hurts, and you see the only reason we want people to be something other than what they are, is because we're scared and we want to hide behind them.

It's like "don't be you, come stand right here so I can hide behind you, and not have to see the truth."

Guess what?

Sooner or later they're going to move. The seasons will change, and you will be stripped bare; somewhat forced to see the truth of things.

There is nothing in this world to hold onto, and in that, you can finally enjoy this world. Set it free.

About the Author



Tiger Singleton, founder of InLight Connect, is a meditative speaker, Satsang facilitator, poet, and author who shares wisdom and insight from the heart.

He holds events, workshops, and retreats all over the world, and shares regularly in audio, video, and written format online; gently exposing the opportunity to connect with your heart's most sincere resonance.

“Satsang,” is a Sanskrit word that means “a meeting with truth.” It is the Quiet Investigation into the nature of Self & Reality; an opportunity to explore a deeper sincerity into this experience we call Life, Living, & Being.

Satsang, is not entertainment for the ego; it is a fire that burns away ego so that the nature of your most sincere Self might bloom with colors yet to be seen.