

Love Your Existence (feat. Alan Watts)

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look, supposing when you've got up in the morning you had to switch your brain on and you had to think and do as a deliberate process waking up all the circuits that you need for active life during the day, why you'd never get done! because you have to do all those things at once, how could a centipede control a hundred legs at once? cause it doesn't think about it, so in the same way, you are unconsciously performing all the various activities of your organism, only unconsciously isn't a good word because it sounds sort of dead, superconsciously would be better, give it a plus rather than a minus because what a consciousness is is simply a sort of specialized form of awareness when you look around the room you are conscious of as much as you can notice and you see an enormous number of things which you don't notice, if for example i look at a girl here and somebody asks me later "what was she wearing?" i may not know, although i've seen because i didn't attend but i was aware perhaps if i could under hypnosis be asked this question where i would get my conscious attention out of the way through being in the hypnotic state i could recall what dress she was wearing, so then, just in the same way as you don't focus your attention on how you make your thyroid gland function so in the same way you don't have any attention focused on how you shine the sun, so then, let me connect this with the problem of birth and death which puzzles people enormously of course because in order to understand what the "self" is you have to remember that it doesn't need to remember anything just like you don't need to know how you work your thyroid gland, so then, when you die you're not going to have to put up with ever lasting non existence because that's not an experience. a lot of people are afraid that when they die they're gonna be locked up in dark room forever and sorta undergo that but one of the most interesting things in the world, this is a yoga, this is a way of realization, try and imagine what it would be like to go to sleep and never wake up, think about that..children think about it, it's one of the great wonders of life, what will it be like to go to sleep and never wake up and if you think long enough about that something will happen to you, you will find out, among other things that it'll pose next question to you what was it like to wake up after have never gone to sleep, that was when you were born, you see, you can't have an experience of nothing, nature appalls a vacuum, so after you're dead, the only thing that can happen is the same experience, or the same sort of experience as when you were born, in other words, we all know very well that after people die, other people are born and they're all "you" only you can only experience one at a time, everybody is i, you all know you're you and we're so ever beings exist throughout all galaxies, doesn't make any difference, you are all of them and when they come into being, that's you coming into being you know that very well, only you don't have to remember the past in the same way you don't have to think about how you work your thyroid gland or whatever else it is in your organism, you don't have to know how to shine the sun, you just do it, like you breathe, doesn't it really astonish you that you are this fantastically complex thing and that you're doing all of this and you never had any education in how to do it, never learned but you're this miracle..well the point is that from a strictly physical scientific standpoint, this organism is a continuous energy with everything else that's going on and if i am my foot, i am the sun, only we've got this little partial view, we got the idea that no, i'm just something in this body, the ego, that's a joke, the ego is nothing other than the focus of conscious attention, it's like a radar on a ship, the radar on a ship is a trouble shooter, is there anything in the way and conscious attention is a designed function of the brain to scan the environment, like a radar does and note for any trouble making changes but if you identify yourself with your troubleshooter then naturally you define yourself as being in a perpetual state of anxiety and the moment we cease to identify with the ego and become aware that we are the whole organism, you realize as the first thing how harmonious it all is because

your organism is a miracle of harmony, all these things functioning together, even those cupasols and creatures that are fighting each other in the blood stream and eating each other up, if they werenâ€™t doing that you wouldnâ€™t be healthy, so what is discord at one level of your being is harmony at a higher level and you begin to realize that and you begin to be aware to that the discords of your life, the discords of peopleâ€™s life which are a fight at one level at a higher level of the universe are healthy and harmonious and you suddenly realize that everything that you are and do is at that level as magnificent and as free of any blemish as the patterns and waves.

Lyrics Submitted by Kindell Tucker

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