

# “I” - Insights

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*Note: It is good to get up early in the morning to contemplate the meanings of life. One never knows the light of mind that can be discovered in the darkness of night...*

True happiness is not what you feel, it is how you are. True happiness can only come about when one is in the right place, at the right time in the right way. Only Heaven can guide one's course through life. Only Heaven can see around the corners that we cannot. Only Heaven can see beyond the limits of what we want to be true. One who therefore lives for Heaven will find Heaven's path. Only such a one can be guided to the still waters that refresh the soul.

Heaven guides us beyond emotions and beyond rational thought. Follow you emotions or follow what you think is rational and these same limitations will end you up in a limited place. There will never be happiness there, nor will one ever find personal fulfillment following such blind guides.

When one says “I want” and pursues what “I want” one may indeed get what one seeks, but in the end what “I want” will not be fulfilling. The “I” can never be fulfilled as long as “I” stand alone. For “I” do not recognize that what “I” am truly seeking is nothing more than “My” own fulfillment. And only Heaven can guide “Me” to where “I” am supposed to go.

As long as “I” make “Me” the center of my world and the focus of my interests, “I” will always be misguided and will follow paths that do not lead to fulfillment, “I” will always remain empty and sad. Is this not a waste of time and effort? Why should “I” pursue that which does not fulfill “Me” in the end? Why should “I” pursue a short-cut that does not take “Me” to the proper end?

These are good questions, yet when you ask them, most do not have the answers. When life centers on the selfish individual, life makes no sense and has no fulfillment. When everything is all about “Me” and what do “I” get out of this or that, there can be no fulfillment and no lasting happiness. These are not just words, they are a living truth that cannot be killed and cannot die. One cannot change the natural way simply because “I” do not like it.

As long as “I” lead, “I” will never find the way. This is why there is so much unhappiness today. Unhappiness leads to bitterness. Bitterness leads to anger. Anger leads to apathy. Apathy leads to violence, against oneself and against others. This is why people today do not care anymore about others. They care only for themselves. Most think that if “I” am satisfied then all is well, yet they realize all too soon how fleeting such satisfaction truly is.

Like an addiction to drugs, many today are happiness junkies. They seek to feel happy and high, no matter what the cost. Poor misguided fools follow their emotions and what they think make



sense. Miserable souls put on one face before others and fear to remove their masks and to gaze upon their true crying face underneath.

Stop following what "I" want. Stop living for "Me" alone. Start living and doing for others. Seek not what what "I" get out of this. Seek what "I" can give, not what "I" can receive. It is a sort of magic, but in the giving comes the receiving. How? I don't know! It is how Heaven does things, and who can understand the ways of Heaven? I can see them and I can follow them, but understanding them is beyond "Me."

So, I stand fulfilled because I do not follow my emotions that guide me to murky waters. I do not limit my thoughts to just what is rational and what makes sense to "Me." There is something more, greater than what "I" can understand. "I" can see it, although I cannot explain it. "I" call it FAITH and that is what I live by.

When "I" live by this faith, it guides me away from "Me" and towards others. Although "I" do not always understand what it is that "I" am doing at the moment, "I" still know it is the right thing. In retrospect "I" look back and see the wisdom in Heaven's guidance.

"I" have come to recognize the subtle nudge of the Invisible Hand. "I" follow its subtle direction. The Hand of Heaven has never failed to guide "Me" to the still waters. Therefore, "I" now know true happiness and fulfillment. It did not come about doing what "I" wanted. "I" did not achieve it by doing what "I" wanted. Indeed, only when "I" stopped was "I" found.

It is strange how when "I" try so hard "I" fail so much and when "I" surrender to Heaven and live by faith how everything works out. How can this be, why is this so? "I" do not know. But "I" do know that it is real and that it works. So that is how "I" live. Maybe you should too?