

# Wake Up Call #16a

## *Separateness is a Subtle Deception of Physical Life*

I don't think separateness is true. It's a deception. You come to the physical world, and it looks like everything is separate ... here! But spiritually - in your spirit - in your feelings - we feel together with things. In singing, there are ways that we can be one. So, which is real - one or separate? Which is truer? Which is the deception?

Well, let's look at it. If you go with the separateness, it leads to ownership, because if something is mine, it's not yours - if it's yours, it's not mine. So, you start to feel ownership of things. Do we want that? Or is that possibly a great thing - like a gym that you went in to work out? Is the physical world a workout to overcome separateness? Maybe, if you go with the separateness, but the spiritual is truer, then you would use the physical separateness every day, (like we are going to do with our wake up call today), to overcome separateness.

Think about it. If we have ownership of things, if everything were truly separate, it leads to a greedy feeling. You get these paper things you put in your pocket - "mine-not-yours certificates" I call them - I guess we call it money. Who's to say *you* should have that money and *they* shouldn't have that money? The other gets cut out. So, physicality leads to separateness leads to ownership leads to greed. Do we really want to go down that road?

How can we reverse that and use the fact that we're down here in this gym where everything appears separate? One way - in today's exercise / wake up call - you would overcome it by

*gifting*. The next "mine-not-yours certificate" you spend, pretend it's a gift and you intended to spend it to make some 'other' feel better. The company who's going to get the profit - the person you're handing it to - every time you spend - for like a day - think of it as a gift you want to give. And you will start to reverse the feeling of separateness - at least for you - with the other.

There's your exercise for today. I'll see you in one of those tomorrows.

