

Unconditional Love lives within each one of us. It is what we are all made of. Yet every day we forget, defaulting to habitual thought patterns based on fear. This is a reminder of your true nature. Unconditional Love is your true identity.

**LACKING NOTHING, SEEKING NOTHING:
UNCONDITIONAL LOVE AND YOUR TRUE IDENTITY - THE
CHANNELED WISDOM OF ASCENDED MASTER DJWHAL KHUL**
By Tim Birchard

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Lacking Nothing, Seeking Nothing:

Unconditional Love
And Your True Identity



THE CHANNELED WISDOM OF
ASCENDED MASTER DJWHAL KHUL



Tim Birchard

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Part One: Lacking Nothing

Chapter 1: The Grace of Not Wanting

Yes. It feels unfamiliar to you to stand in the grace of not wanting. A new sensation, to realize that all you need is within. And when you see someone else experiencing fear, it seems curious to you. Moments like this it is important to look back on your own experiences in life... recall those times when you felt terrified and uncertain. When loved ones died. When you didn't know what you were going to do, and most powerfully, when your stomach felt tense all the time.

Moving and trusting is necessary on your plane of existence. Move forward without knowing what will happen next. This is the key. You are always safe and always loved, for you are love itself. There is no need to feel fear or worry. Just keep looking within and smiling in loving kindness to those around you, without exception. Look to those around you for clues and cues about what is needed in the moment. Follow the heart's expression of wisdom and you cannot go wrong. Even when those around you may seem confused by your words and actions. Fear not.

What is needed now is not something flashy or grand. Not something that is shiny and glamorous. The most powerful healing happens in the quiet of the night. Between breaths. During the pause, when the paint roller is pressed against the wall and is about to roll forward. That is the moment when the ego's chattering either reaches a thunderous crescendo and becomes all too obvious, or when it dies down for just long enough that you take notice. Otherwise, the mind stream can seem like background noise that becomes accepted as simply being ever-present. It becomes easy to ignore, and therefore, easy to take for granted and accept as truth without question, inquiry, or examination. This is called living on auto pilot, and it is not actually living at all. For freedom is unwittingly surrendered.

Only when the mind stream is recognized for what it truly is can freedom from attachment to one's own thoughts be achieved. And that freedom is not just hyperbole. Not just fancy speech here.

It is actual freedom from habitual patterns of thought and habitual patterns of action. The key here is the word "habitual." Intentional patterns of thought can serve the heart well; can move mountains. For they can lead to intentional patterns of behavior and action, which can change the world by changing perception.

It is the dull or unintentional patterns that can become ingrained through practice, through repetition, and attachment to these patterns can lead to unintended and not-very-well-thought-out (but oh-so-well-practiced) outcomes. This is a fact of life and should come as no surprise. You've heard it a thousand times: Play with matches and you're going to get burned. Or, looked at another way, Every journey begins with a single step.

Chapter 2: Freedom and Its Relationship to Pleasure

Freedom is often associated with sacrifice of pleasure on your plane. We speak of sensual pleasure. True freedom is the ability to choose your direction at any moment; the direction of your actions, based upon what is called for in the moment. Regardless of the thoughts passing through the mind stream at that time.

Sitting at the river's edge, you look at watch the ducks swimming by. Think of them as the thoughts that go by in your mind. To follow the metaphor, you could jump into the river and grab one of the ducks... or just follow it as far as you possibly can. One could spend weeks, months, years... a lifetime chasing a certain thought. "I must be successful." "Sex will lead to happiness." "This person has the power to complete me." "This person did me wrong."

Strangely, it can feel comforting or pleasurable to engage in attachment to thoughts. Or, rather, it can feel very disorienting to actively refrain from doing so. For so many it becomes such a common habit to grind away mentally on thoughts that it becomes an unexplored habit. And it becomes taken for granted as an aspect of identity itself.

"I am one who thinks this" becomes "This is who I AM." You see examples of this everywhere on your plane.

I am a Democrat. I am a Republican. I am a Musician. I am a Scholar. I am a Smoker. I am a Rebel.

Society feeds this misperception every day through advertising, doing what it can to sell you objects... by encouraging you to associate your very identity with temporal objects and experiences that are transitory in nature. When you overlook the transitory nature of existence on your plane, it becomes easy to forget your True Identity.

It can become easy to associate identity with the physical body and its adornment, development, shape and size. Entire industries are based on nothing other than focusing on certain aspects of the human physical body; specifically, shape and size.

Yet the truth remains. The physical body is not your identity. The contents of the mind stream, ever-changing, endlessly, are not your identity. Your identity is nothing other than Unconditional Love. Unchanging. Unceasing. Never-ending. The more you reflect upon this truth, the more peace you will come to know in your daily life as the volume of the noisy world around you gets turned down. You will still find yourself “in” the world, just not “of” it.

Listening, watching, observing carefully that which takes place within you is the direction to move. So many spend their waking moments carefully observing that which appears to surround them. Watching the news. Watching their coworkers. Observing their friends. Talking about what happened downtown when the neighbors became upset. Trading judgments about the choices some celebrity has made. Comparing one’s situation to another’s. Trying to get “rich.” Trying to get “famous.”

If you were to dedicate this time and energy to exploring the vast world within, you would certainly find yourself. Ha ha ha. You thought there were more words to that sentence. But that was exactly the point: You will certainly find Your True Self by looking within. Anywhere else that you direct your attention will not bring you to this realization.

The path toward attachment to glamor will never bring you Home. Only when you become disillusioned with the emptiness of glamor will you be ready to look within. Either that, or by trusting the advice of those older brothers and sisters on the path and avoiding it altogether. But sometimes the child must eat so much sugar that he gets sick

before he will accept the truth of the matter. This is fine. In time, everyone's perceptual lenses become clean and the next wave of evolution transpires.

Chapter 3: Characteristics of Unconditional Love

Unconditional Love asks nothing of anyone else. It demands nothing.

Let's take a deeper look at Unconditional Love in the human experience. By definition, this is a love that is unaffected by external conditions. The reason it seems rare in the human experience is because humans commonly identify yourselves with the human body. That is, you become attached to the thought of your human body. How it feels. How it looks. How it functions. And you mistake it for your very being.

It is the fear of losing the human body, of losing one's (supposed) identity, that prevents so many from returning your attention to your actual, original, true identity: Unconditional Love. Loving unconditionally looks like this: If someone compliments you, you love them. If someone casts aspersions, teases you, makes fun of you, publicly humiliates you, you love them. If someone ignores you, you love them. If they make promises to you and then break them, you love them.

If they physically attack you, you love them. If they physically torture you, you love them. If they bring to an end the functioning of your physical body, you love them.

There are human role models who have achieved this, but it is not an easy path. It requires surrendering the dream state of one's ego and paying absolute attention to the present moment. Letting go of a dream is simple. But not necessarily easy. It can be done on your plane of existence. With commitment and dedication, it can be achieved. We urge you to accept the challenge.

Unconditional Love is like a fire that burns endlessly. The camp fire doesn't care what is nearby. It doesn't mind who steps up to warm

their hands. It simply generates light and warmth. For everyone. For anyone. For no one. It does not try to gauge the surroundings and adjust or adapt how much light or heat it provides. It simply generates heat and light.

Similarly, the person who rests in Unconditional Love remains unaffected by the perceived events taking place around her. She rests unbothered. The volume on the noise of the world has been turned down. She finds a point of refuge within her own heart and places her attention there again and again, no matter what is happening around her. During a celebration, she remains calm and joyful. During conflict, she remains calm and joyful. This is the person who serves as a lighthouse for those around her. They wonder how it is that she can emanate joy during painful times; during times of loss, tragedy, and suffering.

Whether happy or sad, she remains joyful. Happiness comes and goes. Sadness comes and goes. These are simply emotional states, which are based on thoughts. "This is how I want things to be." "This is not how I want things to be." Desire versus Fear. Two sides of the coin of attachment. Memory of pleasure versus memory of pain.

All of these thoughts are like the blue bird that flies into the room, circles, and then flies right back out the window. The bird is gone now. How long will you think about it? How long will you remain in a dream state, assuming that the memory of the bird has importance? Assuming that the memory of the bird is an ongoing experience with value and weight? Assuming that your sadness over the "loss" of the blue bird is a good reason to suffer?

In the end, there is truly no good reason to suffer. Suffering is self-created through attachment to thoughts, ideas, memories. The attachment comes through judgment of events as favorable or unfavorable. Good or bad. And these judgments come from mistaking

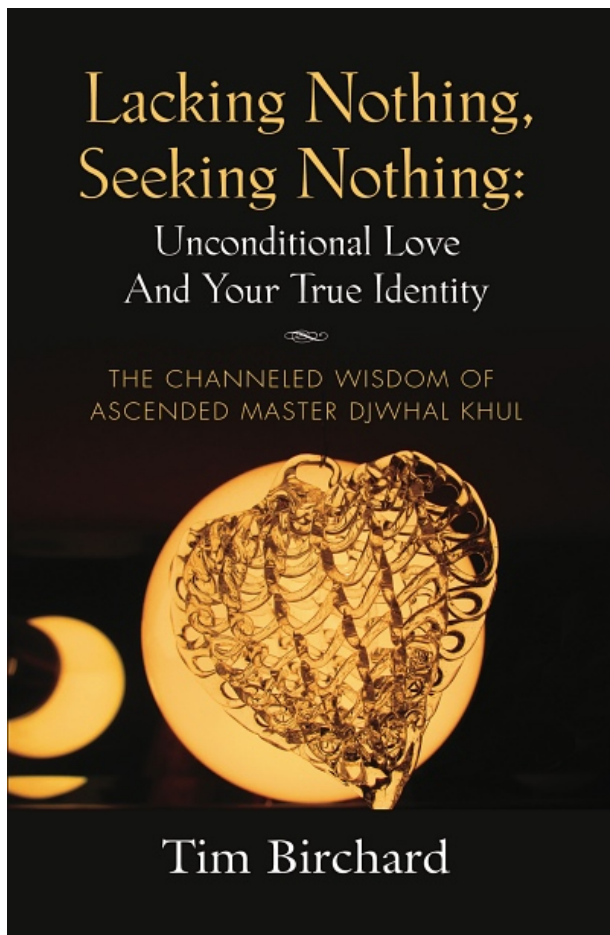
one's identity for something they are not. You can only say that you prefer certain conditions if you're assuming you know what is best for the perpetuation of your own well-being.

When you realize that your own well-being is impossible to threaten, then all conditions become perfectly acceptable. In other words, you cannot truly die. The physical body dies; it has a lifespan. A beginning, middle, and an end. But the actual You does not end when the body ends. Everything that DOES end with the ceasing of the physical body, was not actually real to begin with. All of the preferences. The collection of judgments known as the ego. This dies with the body. It is not part of True Identity. Awakening to this realization before the moment of the physical body's death is a true gift, a precious gift to be treasured. Seek it at all costs, for on the other side of that realization lies true freedom.

With this true freedom comes vast, expansive joy that is dependent upon nothing at all. No conditions can shake it. This joy is characterized by a sense of calm presence and attention that continues as conditions ceaselessly shift and morph.

Look for this within yourself in your own daily life. At the grocery store parking lot, when someone takes "your" parking space. Notice what comes up. Who decided what space was "yours"? Did you go from happy ("hey, there's a close space for me!") to angry ("why did that person steal my space?!") in an instant?

Identifying too closely with judgments, which are nothing more than thoughts, and then assuming those judgments to be Defining Characteristics of one's self, leads to the creation of suffering.



Unconditional Love lives within each one of us. It is what we are all made of. Yet every day we forget, defaulting to habitual thought patterns based on fear. This is a reminder of your true nature. Unconditional Love is your true identity.

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