



## **Fuel For An Endless Fire, by Adyashanti**

Most people are in a constant state of struggle with themselves. Tremendously burdened by the past and in constant anticipation of the future, most human beings are rarely able to be fully present for more than very brief moments. The tremendous openness and intimacy that is required to be fully present is beyond most people's ability to sustain for more than a few moments before they habitually contract back into the familiar condition of separateness and struggle that so characterizes the human condition. [...] In order to be truly free, you must desire to know the truth more than you want to feel good. Because, if feeling good is your goal, then as soon as you feel better you will lose interest in what is true. This does not mean that feeling good or experiencing love and bliss is a bad thing. Given the choice, anyone would choose to feel bliss rather than sorrow. It simply means that if this desire to feel good is stronger than the yearning to see, know, and experience Truth, then this desire will always be distorting the perception of what is Real, while corrupting one's deepest integrity. In my experience, everyone will say they want to discover the Truth, right up until they realize that the Truth will rob them of their deepest held ideas, beliefs, hopes, and dreams. The freedom of enlightenment means much more than the experience of love and peace. It means discovering a Truth that will turn your view of self and life upside-down. For one who is truly ready, this will be unimaginably liberating. But for one who is still clinging in any way, this will be extremely challenging indeed. How does one know if they are ready? One is ready when they are willing to be absolutely consumed, when they are willing to be fuel for a fire without end.

--Adyashanti