

## **The Inner Terrorist (talk by Levent 09/21/01 after 9/11)**

You resonate with the terror, because you have your own inner terrorist. The fear of your own inner terrorist, your dark side, is projected onto the world. You are at war with yourself, and are afraid to find it outside you. But life is both dark and light. And there is more than just terror. We can learn how to appreciate the beauty as well as the pain and misery. Have you considered the possibility of joyousness here on earth--living with a sense of adventure and not just a sense of the past? Have you considered the possibility of living in the present moment, with awareness, with hope and joy, not expectations and memories?

Negative energy is titillation, it often brings us spurious negative "pleasure." It is the ego's way of keeping us small, in our limited identity, and of maintaining the *status quo*. So we are conditioned by the past, maintain our positions, and enjoy the energy of crisis, horror, and excitement that gives us illusory enjoyment. The voice of the terrorist in us, the ego that keeps us from recognizing our true being, is very loud.

Attending to and recognizing our own precious being, on the other hand, makes the authentic joy and peace live in us more and more. We need to be able to breathe, to breathe deeply. We need space in our psyche. Space to live.

Who are you? Think about a dead body. Is this a person? What makes someone a person? What is life? You are indescribable, infinite, loving awareness. When you say, "I don't exist anymore" or, "I feel like I don't exist," who are you? When you are *not*, you still are. You are powerful, wise, loving.

What is life? What animates us? Spirit. In order to be whole we have to know all the parts. There is something more than body that doesn't have a name. It is nameless, real, continuous, essence. It doesn't die. When we begin to remember, we get a sense of that something else which makes us alive--we get a sense of that greater reality that holds this one. We feel our own value more deeply. Otherwise, we live in fear and separation. We are precious beings. When the clothes are gone, dissolved, when the ego and fears are gone, we still are.

We are here to learn to love. In the expanded space and time, all there is, is love. We are all loving. But this doesn't mean that we don't have our own roles to play here. In human form we do hurt each other. Yet it doesn't mean that love isn't there.

We see how a small group of terrorists has such destructive power. A small group of lovers would also have capacity for creative power. Usually, we pay so much attention to the negatives, the horror stories, the violence. We don't acknowledge the good. We can change this. If we learn to stay awake consistently, and to stay awake to each other and each other's divinity, then we can bring this to others. We can help them to wake up and remember.

Fear distorts and blinds us to what we see, and to our own self-knowledge. Otherwise we could trust our perceptions. Our mind creates fears, which are superimposed onto our true perceptions. We are more loyal to our fear selves than to our loving selves. We immediately tune into our fears, but not into our loving. We can learn to pick up on the lovingness in ourselves and in others. But be careful--even if we get to know ourselves, we won't necessarily become perfect beings.

What would your life look like if you didn't operate from fear? Next time, stop yourself. Stop believing in fear. Be who you know you are. Don't be ashamed to unabashedly affirm that the Self *is*. People need to hear it. You need to say it! You were. You are. Always. In that Always which is beyond time. You are that rather than this. Love that in you. Acknowledge it. Stop hiding from it. Be proud of yourself. If you heal yourself, you heal the world too.

### **Wholeness**

We are here for wholeness, the state of enlightenment. The memory of our wholeness is in every cell. Someone once asked me, "Where is consciousness?" Consciousness is in every cell, through the tissue level, the cell level, the atomic level, in the nucleus of the cells, in the DNA. If you travel all the way, where do you end up? Perhaps at the edge of infinity. Can you breathe this in? That infinity is within us. And that is where consciousness is, too. There is so much in us to use--the preciousness is vast. In every cell, there is a memory of divinity, the wisdom of the cell.