

#13: Transcribed from a Research Reading by Penney Peirce,  
conducted at a class on Healing Emotional Pain  
at The Center for Applied Intuition, summer 1987

## Beyond Suffering

Copyright Penney Peirce 1987

*"It is a terrible thing, this kindness that human beings do not lose. Terrible because when we are finally naked in the dark and cold, it is all we have. We who are so rich, so full of strength, wind up with that small change. We have nothing else to give."*

—Ursula K. LeGuin

It's deceptive when people advise you to "just love yourself" and everything will be fine. Our predominant model of living is linear, that is, we visualize projecting or sending love to one another. So we naturally use that image when thinking about loving ourself. But how can we get outside ourself to project love back to ourself? You cannot be separate from yourself in order to see yourself, or love yourself. You can only BE yourself and that means if you ARE love, the only thing you can do IS love. Love is who you are and love is what you do. So, don't love yourself, just love. Just love, just love, just love. "I am Love, I am Loving." Don't try to receive love: Be love. The only time we move into suffering is when we try to receive love, when we try to love other people so they will love us, or when we try to love ourselves by looking at our images through other people's eyes. We have lost our connection with the central issue that we ARE love and all we want is to radiate it, share it, experience it, and feel it in motion.

So if you know who you are, why do you ever stop yourself from doing that? You need to go into a deep state and feel the sense of truth about who you really are, then from that place you must say, "There's nothing else in this world except me, and I am Love, so my whole world is Love. And I will never allow anything that is not this, that does not have this quality of oneness and love, to exist in my world, in any of my dimensions—third dimension, fourth dimension, fifth, sixth. So—the alternative to suffering: the statement "I AM."

You must first have the experience of yourself, and secondly, you must bring that experience into the body, into the here and now. It must become a feeling. How do you do that? You center. Bring your awareness inside your skin: Here. What does "here" denote? It denotes the body, it denotes space. Then you come into the now. Now denotes time. Time and space—put yourself squarely into the intersection of time and space where your physical body exists; come into alignment with that location. And as you do you say, "I am Love; and I am Here, and I am Now. 100%. There's not one part of me that isn't Love, not one part of me that isn't Light. I am everything." This is what we might call the warrior's stance—total presence, total conviction, total knowledge, no doubt. So, you are Love, you are Here, you are Now, you are in the body, you have BECOME the body AS the higher superconsciousness.

Next, start expanding the bubble of your present moment, in terms of space and time. So from the awareness of being the body, next become the aura; "I am everything around me for 3 feet, 5 feet, 10 feet, above and below. I am the luminous egg. I have no skin; my body is open. I am light permeating everywhere. I am a collection of particles of light floating in space; a ball of light." Let the light clear until you simply feel its presence in everything around you, and keep expanding yourself, gradually including everything into your conscious awareness, until you reach a point where nothing in this world exists outside of you. "I am the world; the earth exists inside my consciousness; the peoples of the world live inside of me. The solar system lives inside my awareness." You can go as far as you want, making the universe personal—then you can come back again.

But realize that as you increase your awareness of size, which is space—you have also increased the amount of time you have. You have empowered yourself for action, because you have unlimited time and space. And, if you have included other people inside your consciousness, they are being created by you and are therefore a part of you, an aspect of you. And they must be embodying a certain thought or facet of your identity. So there is a learning here—that as you look at others and say, "This is me. How is this me? What is the message they bring?", then you'll know more about your own inner dynamics and the ingenuity of your creativity.

The skin is no boundary. What occurs inside your mind, the thoughts that are seeded to you from the inner self, are also happening in the outer mind, that which we often refer to as the "environment" or your world, your reality. The environment is your outer self. The inner and outer selves always act in unison, so that if you will start matching up or aligning the occurrences in the "world" with the same thoughts inside your brain, you will feel bigger, more confident and at peace, and more of your Self will be available to the conscious you.

So, to summarize a bit, the key to ending suffering is to be fully present, here and now, as your true Self, including others within you as your Self. If your Self is Love, they are Love. If you are in harmony, they are in harmony. If you are Love, your whole world is Love if you have merged with your world. If you are loving, the world is loving, the people in your world are loving, loving anything in their world, and if you come near them, they love you. You are "in love" together.

If you are your Self, there is no suffering. And yet there will be people who occur within you who still suffer. Just be with them. Don't believe them. Think, "I hear you, and I KNOW you are not hearing your Self. I am going to be with you, fully, for even just one moment." Let them feel your presence, let them merge into it as much as they wish, let them become you, as you become them. Let the beingness equalize, and your certainty will transfer to them and they will KNOW. And it won't be you who's done it, it will be the Self which has done it. It's your alignment with and affirmation of what is already so, being communicated to the part of them that knows this is true as well, to that little spark inside them which has never been blown out. That little spark perks up, says "You are right! That's what I've been waiting for, and now I can come into activation. And I will displace through my own presence all that is not true in this personality." As this occurs there is the possibility of instantaneous healing, sudden positive personality changes, or personal transformation.