



CHAPTER 21 | Universal Principles

The process that leads to self-awareness can be promoted by actively applying a number of universal principles in your daily life. One of the most important of these is that you strive to be with your attention in the present moment. If you are with your mind at events of the past or the future, then you are not present. Life takes place in the here and now. In the now you perform an action. You say something to someone, someone says something to you, or you see others around you doing things. Man moves from event to event. Therefore the experience of life takes place constantly in the now. Events from the past have become part of your history. You do not know which events will pass you by in the future. A conscious human being therefore lives with his full attention in the moment. Only in the present are you able to use your thoughts and feelings effectively. After all, only from the this moment can experiences from the past be applied and your future is created. Eckhart Tolle has written several books on this subject, including *'The Power of Now'*. In line with this is the acceptance that it is as it is. In your life, in the lives of your loved ones and in the lives of all other people here on earth, events take place continuously. From the thinking and the ego man has the tendency to give a positive or negative judgment. This has no added value whatsoever. It does not change anything about what has happened. The motive for this usually lies in fear. Fear is a product of the mind, is completely subjective and is in fact nothing more than a mind game. Fear is a thought that looks at future events that are seen as undesirable by the person in question. Suppose a natural disaster has occurred somewhere, a plane has crashed, an accident has happened around the corner, or a known person has died unexpectedly? Surely these are events that have taken place in the life of another person and therefore have primary meaning for those persons themselves? What use is it then for you to be anxious about them afterwards or to have an opinion about them? Again and again you see that the reality of everyday life gives people cause to point out culprits, to get angry or to start behaving in an anomalous manner. This behaviour is counterproductive. It contributes nothing to one's own happiness. It is a waste of energy and time. It's anything but living mindful. Nor does it make much sense to have expectations about people or future circumstances. Expectations are thoughts about how it might be in the future. Expectations are based on assumptions and not facts. Therefore, you cannot answer the question of what you expect from something or someone unless you can see into the future. You can only experience the person or events in the moment itself. If you create expectations for yourself, you create disappointments for yourself in equal measure. No matter how we try to plan everything, what lies ahead remains uncertain. Reality is always different. You can't talk about what you don't know. You can only say something about the facts and circumstances that are known to you. Preferably do so when you are asked if the subject is discussed. People have a tendency to give their opinion about things unasked for. Or make unsolicited statements about other people or events. The motive for this usually lies in one of the known motives such as recognition,



power, result, kinship or certainty. It is ego driven behavior. It takes you further away from who you really are. Accept that everything that happens or doesn't happen in your life has a reason. Not every seed that is planted will be harvested. The irreconcilable does not unite. The universe gives you what you need. Only what is good for you will come to fruition. If you go against this principle or do not act with purity and integrity, you will find that relationships or things that have not been effortlessly established will ultimately be unsustainable and will not give you joy.