

## Internal development

# Suffering

**A**ll our dreams are the same, in different expressions.

All our dreams have at the core the ingredients of Love and Happiness, and there is no greater Creator than Love in all of Creation. It all starts with Love, and if we dare to follow through, it all ends with Love.

Many people do not dare to go deeper and face the pressure/lack that the dream creates and prefers to run a different way, whichever way where they don't have to feel anything. But how can we achieve a dream if we don't dare to feel?

The pressure we feel is a reminder of what we dream of, but which in our ignorance we have mistaken for a reminder of what we do not have, and therefore referred to it as the word "suffering".

In order to live the dream, we need to face what we call "suffering", and lift the lid and go deeper. There under the "suffering" lies the infinite space from



which everything is created. There under the "suffering" we come to a place that holds all possibilities, and it is from here that we can receive guidance, inspiration, feel, see and live the dream we have so long longed for. When we so come through the pressure to "the other side", we will notice if the dream we dreamed was true for us. If the inspiration remains with its calm presence, we know it is true, if it "disappeared" then it was something we thought we dreamed of, and are now freed from it.

## **The difference between what drives us and the creation itself.**

We can make a simpler analogy with water.

How can we feel and appreciate what it feels like to drink if we never have been thirsty? Many of us today have access to water when we feel we need to drink, before we get thirsty. So we find it harder to feel grateful for many things, as we can just "pick them straight off the shelf" so to speak. But something that no one, regardless of origin, can pick directly off the shelf is our dream of love and happiness. Because they are not on any shelf in the store, but are under the feeling of pressure/lack that we call "suffering". Thirst is the one that drives us, but it is not the one who ends our thirst, for thirst will always be thirsty. What liberates us is to see the thirst for the drive it is, but which in itself does not contain the answer.

The lack/pressure is the one that drives us but is not the one who creates our dream, because the loss will always miss. What liberates us is to see the lack/pressure as the drive it is, and which in itself is a tool, a reminder of the dream that we want to create.

