

iAmLove.org



Jeffrey



Drop Everything to Be Free

A little book from the ocean of love

iAmLove.org



A painting by Jim Freeheart
commissioned for

iAmLove.org

iAmLove.org



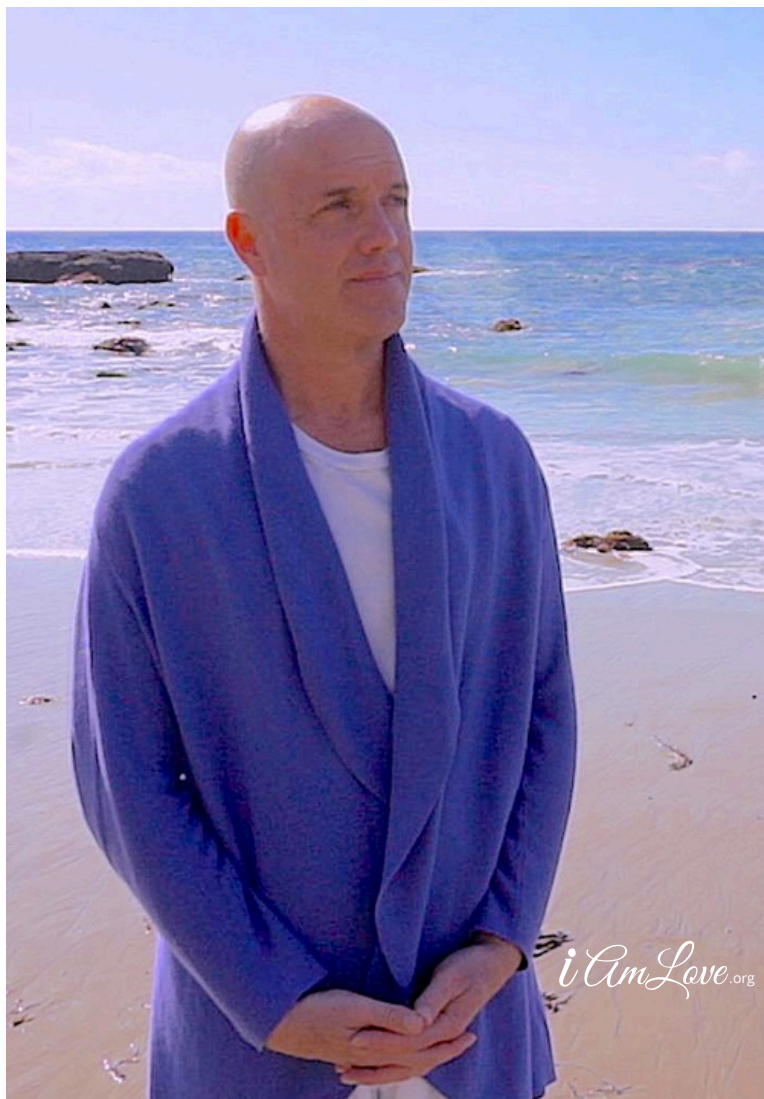
The iAmLove Bus :)

Drop Everything to Be Free



iAmLove.org

From my heart to the miracle of you.



Jeffrey

The dialogue between Jeffrey and man named Frank by the sea who asked: what is the most direct path to absolute peace and the state of enlightenment?



Jeffrey: Simply understand that thought is story-telling and the source of all dreams of suffering and unrest. Therefore, you must accept that you are the Seer of Life beyond all story-telling. As the Seer of life and you must get this! Your life and all of life can never be your business. The end....

Drop Everything to Be Free

The most direct and simple path to our greatest freedom is to drop everything, to drop every thought and story and be free. There are endless religions, spiritual paths, traditions, teachings and books that are dedicated to working thru thought, however the way to our greatest freedom is not about thought, rather it is about dropping every thought and story.

What is being shared here will be very difficult for most people to accept because of a lifetime of mental conditioning. For example, the idea that birth, death, sickness, worry, anxiety and every form of loss are all illusions of the story-telling mind. I am going to tell you the exact source of all suffering in two words: story-telling. Thought is endless story-telling. We have all heard; you are not your story however, we hear this and move on for a very strong reason. In fact, every idea and story is story-telling.

Thought is story-telling and the source of all suffering, worry and anxiety. You are the Seer of Life that is beyond every idea and thought including birth, death, loss and suffering.

“You are the Seer of Life, You are not the Story-Telling of Thought”

- the end, now be free!



The strong reason why most people quickly move on from this idea that our story is just an imagination is because they have had a human lifetime of conditioning to the dream of story-telling in which their story has entirely captivated them.

The odds are most people reading this are still not deeply getting these four points that lead to our greatest freedom:

- 1) Thought is story-telling
- 2) The absolute source of worry, suffering and death is story-telling.
- 3) You are not one idea or story in all of creation.
- 4) You are the Seer of Life.

In the world of faith, it has been said that if the genuine Jesus Christ walked into a modern day church the odds are the congregation would not believe it was him. The same applies here, in the previous few pages the absolute source of worry and suffering has been revealed to you along with the exact solution. Can you see it?



Here is another pivotal insight, your life is none of your business. Do not mis this, without the clear understanding of why your life is none of your business, you will mis everything that opens the door to your greatest freedom. In an interview, I was asked to share one of the most significant spiritual experiences of my life and my sharing has everything to do with why our lives can never truly be our business!

My answer from the interview: At the age of 33, I faced a major health challenge and in the coming weeks would have a major operation. In the weeks leading up to this operation, I met a man who had been spending a great deal of time in India with a spiritual teacher. This man told me over and over, the greatest thing he learned from this teacher in India was to keep reminding yourself that your life is none of your business. At the time, I did not understand how my life was not my business.

Two weeks later in the hospital rolling on a stretcher toward the operating room it became clear to me that I was in God's hands and that I honestly had no control of anything. I experienced tremendous peace the more I consciously accepted that I had no control and was simply surrendered to God.

After the operation, I understood more clearly what the man from India was trying to convey when he said; “that my life is none of my business”. However, in the years to come, I would learn there is so much more to this. Thru the course of my life in the next 20 years following my operation, I have come to see more clearly the deeper power and meaning of this point that my life is none of my business.

It is my hope that anyone hearing or reading this message will not have to travel 20 years to gain this pivotal and life transforming insight...

The reason your life is none of your business is because the truth of who you are is the Seer of Life that has nothing to do with the story-telling of thought. It is only in the story-telling of thought that we pretend to be temporary human characters that can gain, lose, worry and suffer. Nothing in all of creation can be your business when you are the Seer of Life that is beyond the story-telling of thought.

Understanding who you truly are as the Seer of Life we can then more easily surrender thru any perceived challenge into the arms of God. You are the image and likeness of God as the Seer of Life beyond all the story-telling of thought. You must know that birth, worry, suffering and death do not belong to the truth of who you are as the Seer of Life.

I have repeatedly pointed out the simple truth again and again that you are the Seer of Life but the odds are your deep conditioning into the story-telling of thought is blocking you from getting this. Maybe if I ask you to truly see and understand this from a place of deep love for your peace and well-being? Would you please receive this truth that you are the Seer of Life beyond all the story-telling of thought that creates endless suffering?

You are encouraged to repeat daily often: I Am the Seer of Life, my life is none of my business, I Am not the story-telling of thought that endlessly dreams of making life it's business. I am infinitely beyond the story-telling of birth, suffering, worry, anxiety and death. I Am the Seer of Life that is one with God and all creation beyond all ideas of imagined gain and loss.

Before we dive much deeper than your life not being your business let's address the number one question most everyone has after reading this point about your life not being your business...

If your life is none of your business then who will run your life, who will pay your bills, who will fight for your health, rights etc.... The answer is! The truth of you has no business and nothing to fight for because it is the Seer of Life beyond all story-telling. The story-teller in you will do it's best to deal with the imagined circumstances of life with out being attached. In other words a part of you will do your best and let go of the rest knowing you are the Seer of Life beyond all imagined circumstances. Again, and again you are the Seer of Life that is one with God and all of creation beyond all of the story-telling of thought.

Now that deeper dive that goes far beyond anything being your business...

Not one idea, situation, circumstance or story in all of creation is real. I could share this truth with a billion people and so few would understand this because the illusion of story-telling is so powerful.

For example if you or someone you know has an illness or sickness you are convinced this is entirely real. Ultimately all sickness and disease is not possible to the truth of who you are as the Seer of Life.

The same applies for loss, worry, anxiety and unhappiness. Most everyone is convinced these experiences are as real as rain. However, they are as real as you dream them to be. Not one idea, story or circumstance in all of creation is real including creation :) You are life itself that is beyond any container.

So here is a brief list of what is not you, not real and just an imagination of story-telling...

The dream you had last night...

Any form of sickness or disease...

Worry, anxiety or unhappiness...

Depression or loneliness...

How you look or feel...

Bad habits or addiction...

Sexual abuse, self-worth and any kind of trauma...

The past, future or time...

Aches, pains or discomfort...

Any situation or circumstance...

Birth, death, loss or suffering...

Your name, age or life story...

Enjoy the miracle of thought (story-telling) and its endless ideas but know the truth and be free. Do not be run into the ground by the illusion of thought.

Thought is story-telling and the source of all suffering, worry and anxiety. You are the Seer of Life that is beyond every idea and thought including birth, death, loss and suffering.

“You are the Seer of Life, You are not the Story-Telling of Thought”

- the end, now be free!

People all over the world reading this, immediately want to declare thought and story-telling is wonderful. Of course it is, in fact the story-telling of thought is the great manifestor of endless ideas, however; if thought runs the people of this world as it does - there will be endless suffering. The suffering of being run by thought includes: worry, anxiety, loss, health troubles, bad habits, addiction, depression, violence, war, unrest, sexual abuse & dysfunction...

The key is to understand the truth of who you are as the Seer of Life beyond all story-telling, ideas and stories. Grounded in the greater truth of who we are, we can then lead thought from a place of non-attachment.

Now let's talk about the powerhouse of total non-attachment.

If the people of this world only knew the absolute power of these two words.

Often people think, non-attachment must be a Buddhist thing. These two words that lead us to the greatest freedom, are above and beyond any one religion, tradition or path.

Another foolish thought that often comes to mind when people hear about non-attachment is that it creates a non caring attitude about God and other people. If only the people of this world knew that separation, selfishness and suffering is the result of attachment to thinking. God is the oneness of life that is beyond the dream of thinking. We can not genuinely get to God without total non-attachment to thinking!

Why would someone think or suggest that the practice of total non-attachment means we can not brilliantly love, serve and be amazingly kind?

Anyway, to those that will be blessed: Remind yourself daily a dozen times or more: Total Non-Attachment

Doing this will bring us to true peace and oneness beyond thinking.

How and why does this work?

Declaring: Total Non-Attachment, we then accept that we have no need to be attached to any ideas or circumstances. We then find ourselves in a neutral place as life itself conscious. Of course we continue to make intelligent decisions and choices while at the same time we are not attached to anything.

So when a worry comes about; health, money, relationships, loss, the welfare of another or anxiety...

Stop and declare: Total Non-Attachment and experience the freedom. Without being attached, continue to make smart choices and decisions for the good and welfare of all

Be wise, do smart things, be amazingly loving, giving and kind, however; continually declare and practice: Total Non Attachment

Every time a feeling of unhappiness, worry, depression, doubt or anxiety comes ask yourself to whom does this come, who has this?

When perceived troubles come keep asking to whom do troubles come? When you sincerely keep asking this question you realize they do not come from anywhere other than a story-telling mind that has no real source.

Then ask the most wonderful question: I Am perfect because? pause and search yourself for the following answer...

I Am perfect because?...I Am the Seer of Life (beyond thought, beyond worry, beyond all story-telling)

We should never judge anything or anyone because we are looking at that person or that condition from a separation standpoint and a world of separation does not exist. Again. There is only oneness and everything is a manifestation of that oneness.

A wise sage Robert Adams suggested: “See things from a perfection standpoint, all things are perfect and if you do not feel perfect at the time ask yourself the question: who does not feel perfect? Who feels out of sorts, to whom do these feelings come. That is all you have to do is ask that question and if you ask it sincerely, (you will see it is only the imagined storytelling of thought that is thinking this) the thoughts will dissipate and you will feel beautiful once more. You simply just have to ask yourself to whom do these feelings come and wait. And you will realize there is no place for these feeling to come from, in other words no one gave them birth, they are egoless, cause less, they have no father or mother, they never existed, like a mirage in the desert.

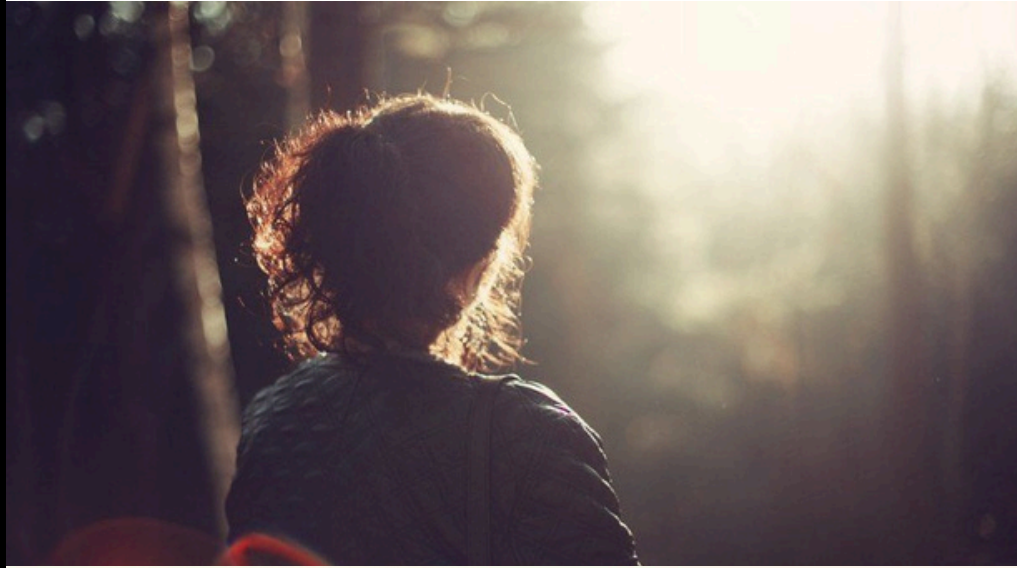
Therefore even when you feel something and it seems to be real for you do what you have to do to get rid of it but don't accept it as real. If you accept something as real then you have to use methods to remove it.

What remains when we drop every thought and story? Let's find out together right now. Find a quiet place to turn on a faucet to a slow drip. Make yourself comfortable breathing softer and softer, closing your eyes if you like. Together, let's drop everything right now and give our full attention to hearing the slow dripping faucet.





When we go into this pure listening,
what remains?



When we drop everything, we come into a state of pure listening, pure seeing, and pure observation. This is what many would refer to as the state of enlightenment. But really, there is no such thing as enlightenment because enlightenment it's just another idea and imagined destination from thought. A better term for the idea of enlightenment would be:



Pure Consciousness Beyond Thinking

When we drop everything, we come into a state of pure awareness. Could it be this simple? If we just practiced dropping everything, dropping every thought and story a little more each day, would we come home to our greatest freedom? The answer is yes.

For those of you that feel that you are unable to get free of endless thinking, you are mistaken. If you can focus your attention for thirty seconds to hear a dripping faucet or the sound of a bird, you can absolutely grow your ability to think less and listen more. We all can do this and anything else we are willing to sincerely work at in life. As you know, it all comes down to what you are truly motivated and willing to work for in life.

When I mentioned that enlightenment is not real and just another imagined destination of thought, let me explain. Every possible destination that you can imagine is a dream of thought. For example; a trip to the other side of the world, becoming a teacher or any profession, getting married, healing, becoming enlightened, being born, death or finding happiness... These are all the imagined destinations of the story-telling mind and ego. The ego is a temporary character made of thought.

It may seem strange and hard to believe that birth, death and healing are only imaginations of the story-telling mind. The truth of your being is beyond the story-telling of thought. You are the silence, stillness, pure awareness and oneness of life that is always whole and complete. Drop everything, every thought and story and be with the boundless truth that remains.



**A Laser focus of our attention opens
the gateway to pure consciousness**





Once again, let's be with what remains. Find a gentle and easy breath and close your eyes if you like. We will now give all our attention to hearing the birds outside my door. (we can all do this exercise anytime in nature where there are birds talking and singing)



We laser focus our attention to hear the beautiful birds speaking and singing. In this pure listening the dream of thought falls away and we come home to the silence, wonder and eternal peace.



There are 5 things I would like you to definitively know:

1. Drop everything, every thought and story and be with what remains.

2. We must know who we truly are.

3. How to live and work in pure consciousness.

4. The pursuit of goodness and purity is paramount.

5. A daily sitting meditation practice is an absolute priority.

1. Drop everything, every thought and story and be with what remains.

2. We must know who we truly are. If we do not know the truth of who we are, then it will be very difficult to get free from the cycle of endless thinking. Thought has convinced the people of this world that we are human characters that will go thru endless ups and downs and then die.

You are the cosmos, you are nature, you are life itself observing life. You are the true image and likeness of God that is beyond thinking.

You are beyond sickness, separation, birth and death. You do not gain, lose or maintain the ownership of anything. Simply drop every thought and story and this becomes clear.

God is life, infinite love and absolute unity - you are that.



You are the boundless eyes of God called to goodness, purity and eternal love.

3. How to live and work in pure consciousness. I'm going to teach you a simple and powerful **iAmLove Breathing Practice** to maintain a state of pure consciousness beyond thinking.

Only on your in breath thru your nose, silently count each inward breath from 1 to 25 and then start over. The count diverts your attention from random thinking. As you silently count the number try to feel the sensation of air that is coming into the entrance of your nose. Feel the air across your upper lip and into the entrance of your nose. On your out-breath, silently say the word "still".

Silently saying the word "still" on your out-breath will bring your being into stillness for a moment. This is perfect! When you say "still", relax your being and enjoy a moment of stillness or just go into a gentle relaxing daze. Repeat this breath practice for a few minutes or more.

It will be very rewarding for your higher consciousness if you carry on with this breathing practice for 5, 10, 15 minutes or more. Someday you will live this breathing practice naturally.

Some people may have difficulty with counting or prefer the following in-breath alternative. On the in-breath instead of counting silently say the word: “air” and feel the air coming into the entrance of your nose just as with the counting. Additionally, Some people at times may like to exchange the out-breath word and focus of “still” to something else such as hear, feel or listen.

4. The pursuit of goodness and purity is paramount.

If you choose to have a garden what must you do for it to thrive? Naturally, you must water, weed, nurture and love the garden. We must be accountable to any garden in life that we seriously want to grow and thrive. If you want a relationship in your life to thrive, you must be accountable to that relationship. If you want kindness to thrive in your life than you must be accountable to kindness. If you want love to thrive in your life than naturally, you must be accountable to the intelligence of love. God is love and there is no higher honor and blessing than to be accountable to God.

I would like to clarify the main reason why people do not believe in God or may believe without much commitment. People have a handful of reasons but deep at the core it is this simple...

Believing in God or a having a deeper commitment goes against the human mind and ego that wants to be the boss of its own life. The more you love God, the more accountable you become to God and the nature of peace, love and kindness. Trying to own and control our own life brings endless illusion and suffering.

Most everyone observes over time, that people loving God, live with a great deal of love, peace and happiness. Seeing this, why do so many people not open their heart to loving God?

Being accountable to God is the highest honor that makes life brilliantly easier and infinitely more beautiful.

It should not surprise you to know that books, tv, movies, video games and internet media that is violent, demeaning, horrifying and sexually compromising takes us deeper and deeper into worry, anxiety, sickness, addiction and suffering. We must rise above such things and go after what is truly positive, encouraging, uplifting and deeply meaningful.

I strongly encourage you to bring great sacredness, honor, respect and patience back into your sexual experience. We can truly and deeply live for goodness and purity.

As for drugs, smoking and alcohol, these activities create even more attachment to the world of thought and separation. Using drugs, alcohol or plant medicine for a mind altering experience often creates more story-telling and less discipline. The path to our higher consciousness ultimately demands that we let go of mind altering substances.

5. A daily sitting meditation practice is an absolute priority.

Make no mistakes about it, sitting in silence for an hour or two each new day will be far and away the single most powerful and effective effort we will ever make to shift into our higher consciousness. No matter how advanced someone may be, if they are not dedicated to sitting in silence each new day, they are losing touch with the quality of their inner-peace. There is a great delusion in the world of so-called awakened beings, we do not just shift to a state of permanent enlightenment that removes every possibility of unrest or compromise. If this was the case beings would be born from day one into this world permanently free of the dream and attachment to thinking. We earn our inner-peace and freedom one day at a time, regardless how far it appears we have come.

We strongly encourage 2 different daily meditation practices:

1) Sitting with eyes closed with a focus on the breath that leads to silence and pure awareness. (1 hour or more daily)

2) A sitting open eye meditation at home or in nature with a gentle breath. We laser focus our attention on one image, sound or sensation which eventually gives way to our pure consciousness. Alternatively, with a gentle breath we can simply fall into a peaceful boundless daze. (1 hour or more daily)

Daily time in nature without screens, music or talking is essential. Cultivating a state of pure observation.

You may email info@iAmLove.org and request “Meditation Guidance” we will send you a letter of meditation guidance.

When you are challenged with a difficult thought or circumstance. Any trouble you can possibly imagine... You are encouraged to take these four very powerful steps...

1) To what ever is troubling you, stop and declare: **“I have the perfect solution!”** That solution is to dive right into **The iAmLove Breathing Practice.**

2) If during the day or at night you become troubled or worried about anything, whatever it may be... Look at this destructive idea from thought and declare from a very peaceful place, from an absolute knowing **“That is not me!”**, I am not the dream of thought. I am an infinite being of light that is beyond all ideas of gain or loss.

What about physical feelings in the body like anxiety, pain or restriction? **“That is not me!”** I am never anything physical. This to shall pass. Again, I am the divine light that is never better or worse.

3) Seriously, how can you really live this truth of declaring to all your imagined worries and troubles: “That is not me!” if you are still attached to wanting circumstances to get better. To let go of your attachment to any circumstance declare: **“Imagined worry or concern do your best or worst, I am not any form of gain or loss!”**

4) Powerfully and continually own and declare; **“My life is none of my business, in fact life is none of my business. I just do my best and forget the rest. No idea or story really exists, in fact I do not really exist because I am so much bigger than the limiting dream of existing”**. The idea of existing or not-existing is a complete illusion of thought that creates the dream of separation and suffering. In the oneness of life how can anything possibly exist? The moment you suggest and believe that something exists you have entered the dream, prison and attachment of thinking.

No matter how many times these troubles, worries, anxieties and bad dreams arise and repeat themselves, you are encouraged to continually and powerfully take these 4 steps:

1) Do The iAmLove Breathing Practice

2) Declare: “That is not me”

3) Declare: “Imagined worry or concern, do your best or worst, I am not any form of gain or loss.”

4) Declare: “My life is none of my business, I just do my best and forget the rest. No idea or story really exists, I am so much bigger than the limiting dream of existing.

Please understand the immense power of these 4 steps. You are taking the suffering of life that comes from thinking and its endless story-telling and you are turning it into a most powerful response.

Thought is story-telling and the source of all suffering, worry and anxiety. You are the Seer of Life that is beyond every idea and thought including birth, death, loss and suffering.

“You are the Seer of Life, You are not the Story-Telling of Thought”

- the end, now be free!

Imagine you are a baby or a toddler opening your eyes into this world. You have not yet been taught a language. You do not even know the idea of being a boy or a girl. You open your eyes and see pure nature and hear the sound of birds talking and singing.



And so it goes... You are still the eyes of a baby looking out on creation without judgment, fear, opinions or worries. You are seeing the wonder of it all from a state of pure awareness, pure life and pure consciousness. You are life itself observing life before and beyond the dream of thinking.



If we do not learn to powerfully lead thought from our higher being then thought will endlessly try to run us by going back and forth between positive and negative thoughts. Thinking lives in a world of endless dramatic story-telling about birth, death, health, sickness, bad habits, addiction, compromising sexual ideas and the on-going imagined battles of good and evil. Thought plays this game with everyone the world over, civilization after civilization.

It has all been done before, billions and billions of people around the world every new day worry about the same things again and again: money, health, anxiety, the welfare of others, relationships, death, loss, loneliness, pain, bad habits, addictions, work, sexual compromise, bad dreams, poor sleep and world affairs. When will we decide enough is enough? All this worry is just a dream and story-telling of thought.

The digital world is powerfully closing in on you and the entire human race. The digital world is rapidly accelerating the power and dream of thought. It will drive the human race deeper and deeper into being run by thought. The digital machine will condition the human mind more and more into violence and compromise because it is driven by the world of business and profit.

We must rise up against this digital machine and not be consumed by it. Create strong boundaries from the digital world. Spend so much time in nature, get back to a simple life. Have the courage to leave your phones and digital devices behind. Seriously consider getting phones and screens out of our bedrooms. Let's create sacred sleeping environments.

I have a question for you that could lead to a deep realization. When difficult concerns and worry come, I have encouraged you to declare from a very peaceful place, from an absolute knowing “**that is not me!**” My question is what then is you?

Insight: You can not gain or lose anything. No-thing can be you. Just as time is an illusion, the idea of existing or dying is an illusion. Your true being does not have a good day or a bad day. Just as destructive ideas are not you, positive ideas could never be you either. Thought, thinking and story-telling will never be you. What then is you?

I would suggest that we are the oneness, silence and pure awareness of life that is beyond the temporary dream and story-telling of thought.

Using your imagination, let us pretend that this phone booth is an **iAmLove Booth** that will give you the answer to any problem in your life. You step inside, pick up the phone and a voice speaks: “What is troubling you most at this time?”

Think of a current challenge or difficulty in your life that you would like to handle better.



Write down something that is troubling you at the present time: _____

Please do not jump ahead without deciding on something that is troubling you...

In the event you did jump ahead without deciding on a question, please make the effort because you will seriously benefit.



Please write down something that is troubling you at the present time:

Your answer: Declare from a very peaceful place, from an absolute knowing:

“This problem is not me“

I am the eyes of life and not one circumstance or problem is ever me. When I think I have a problem, I can do: The iAmLove Breathing Practice. Furthermore, I declare: Imagined worry or concern do your best or worst. I am not any form of gain or loss. Once more I declare: “My life is none of my business, in fact life is not my business, I just do my best and forget the rest. No idea or story really exists.

I Am the The Seer of Life that is beyond every idea and story-telling human thought has every imagined including birth, death, loss and suffering.

If this problem needs contemplation or action, I will schedule a date and time to discuss the problem with myself and or others. I will address it, then move on.

May the truth of your infinite being and eternal love be realized now and forever. You can do anything, absolutely anything when it is for the good.

God placed it on my heart not to join any one religion or denomination and to make myself available to all beings from every path. I have studied the many great spiritual guides and teachers from before the Buddha and Lao Tzu to long after Jesus Christ. I bow to every genuine teacher of love and true peace.

May this book, map and bridge into the light be of great service to the miracle of you. Truly I tell you, when you smile - LOVE is Smiling!

Jeffrey

Know this, you can be uncomfortable to avoid what you know is wrong and destructive. When you are being challenged to compromise stop and declare: "I accept that I may be uncomfortable at this time, short term gratification is not worth it. I can be uncomfortable, restless or bored for a little while, this too shall pass. My life has a higher purpose and I will keep doing the work to get there. Some days I will have to be uncomfortable and I accept this with honor. I have come far doing the right thing and I have no interest in giving up all my progress. I do not want a temporary destructive experience that will bring me to a very sad, weak and defeated place an hour from now. I will be uncomfortable as needed as I grow stronger for what I know is right.