
The Paradox of Enlightenment

1 mensaje

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The Heart Intelligent

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Every man is born
Zorba the Greek, and
every man will die as
Zorba the Buddha.

~ Osho

The Surprisingly Simple Paradox of Enlightenment

Multitudes of people follow some kind of spiritual path, but very few succeed in realizing the ultimate truth and become 'enlightened'.

Why is that?

When you feel angry, confused, vulnerable and upset, you go to a doctor or psychiatrist, a priest, a therapist, a coach, a healer, a specialist, a social worker, a palm reader, or an astrologer.

You take up religion, are born again, get into philosophy, become an agnostic, an atheist, take the Insight or Landmark Seminars, tap your forehead with EFT.

You get all your chakras balanced, try some reflexology, some kinesiology, go for ear acupuncture, do iridology, get healed with lights and crystals. Get all your DNA strands activated.

You meditate, chant mantras, drink green tea, try the Pentecostals, do the Rosary, breathe in fire, speak in tongues, pray, implore and beseech. Try magic mushrooms and psychedelics.

You get centered, learn NLP, try actualizations, visualizations, study psychology, do a past life regression, join a Jungian or dream interpretation group.

You get into Rolfing, the Alexander Technique, Feldenkrais, jog, jazzercise, zumba, spirit dance, trans-dance, practice yoga, have colonics, get into nutrition and aerobics, hang upside down, wear psychic jewelry.

You see your homeopath, chiropractor, naturopath. Or try transactional analysis, discover your Enneagram or Myers-Briggs type, get your meridians balanced, join a consciousness raising group.

You take antidepressants, get tranquilizers, get some hormone shots, try tissue salts, have your minerals balanced. Learn astral projection.

You become a vegetarian. Eat only cabbage. Try macrobiotics, go organic, go raw, eat non GMO. Try fasting. Take amino acids. You go to health spas. Cook with exotic ingredients. Eat fermented foods. Take brain enzymes, Bach flower remedies, eat only grapefruit.

You meet with Native American medicine men, do a sweat lodge. Go on a vision quest. Find your Animal Guide or Spirit Guide and build them an altar. You invoke the spirit of your ancestors, and the spirits of the wild.

You go to the Amazon jungle and visit a shaman. Go on a retreat. Sing tribal chants. Relive past lives. Visit the underworld. Scream primal screams. Take medicine plants, ayahuasca, peyote, San Pedro, Santa Maria, iboga. Hold hands in a circle and get high.

You go to India. Try to find your soulmate, eat, pray, and love. Find a new guru. Take off your clothes. Get blessed by Baba Somebody. Swim in the Ganges naked. Stare at the sun. Shave your head. Eat with your fingers, get really messy, shower in cold water. Sing Kirtan songs with people you've never met.

You try hypnotic regression. Time-line therapy. Do psychodrama. Punch pillows. Join a marriage encounter group. Go to Unity. Go to Agape. Go to Bible study groups. Write affirmations and stick them to a mirror. Make a vision board.

You get re-birthing. Cast the I Ching. Read Angel Cards. Do the Tarot cards. Study Zen and the I-Ching. Get into the occult. Study magic. Work with a kahuna. Join a mystery school. Learn a secret handshake. Try color therapy and subliminal tapes.

You take a shamanic journey. Walk El Camino de Santiago. Go on pilgrimage. Visit Mecca. Walk barefoot. Sit under a pyramid. Read Nostradamus. Prepare for the worst. Get a negative ion generator.

You go to Tibet, become a monk and sell your Ferrari. Chase after holy men. Meet the Dalai Lama. Become a yogi. Renounce sex and going to the movies. Wear some yellow robes. Join a cult. You try Chinese herbs, moxi-bustion, shiatsu, acupressure, feng-shui.

You try to improve the ecology. Save the environment. Save the planet. Get an aura reading. Carry a crystal. Carry a gratitude rock. Get a Hindu sidereal astrological interpretation. Visit a trans-medium.

You go for sex therapy. Try Tantric massage and tantric sex. Join an anonymous group. Travel to Lourdes. Soak in the hot springs. Wear therapeutic wooden sandals. Get grounded. Raise your kundalini. Inhale more prana, and exhale out the black negativity.

You try golden needle acupuncture. Check out snake and bear gallbladders. Try chakra breathing. Get your aura cleaned. Smudge your home with salvia and sage. Meditate in the great pyramids of Egypt, Mexico, or under a wooden one you built at home.

You take more courses and workshops. Buy lots of books then read some of them. Watch Oprah. Subscribe to lots of journals, email newsletters, websites and podcasts. Attend every webinar, teleconference, and online Summit you can find. Download every mp3, mp4 and pdf your computer can take. Like and share every inspiring post on Instagram, Twitter or Facebook.

You, me and many of your friends have tried all these things, as part of our endless search for something we call 'Enlightenment' which promises an answer to our suffering, our pain, our confusion, our shame.

Have you ever thought that maybe this thing called 'Enlightenment' is not something we'll ever find "out there" in the world, and that's precisely why we can't find it?

Maybe **Osho** was right when he said that every man was born *Zorba the Greek*, and dies as *Zorba The Buddha*. The Greek meaning, *the human*; the Buddha meaning *the Divine, Sublime or Eternal*.

What if there's a paradox to Enlightenment that says...

That in order to experience 'enlightenment' you first have to stop giving a darn about it, and instead get shamelessly real and connected to what makes you fully human and connected to the humanity in others. All this, so that you can eventually surrender it and rise into the Lightness of your Divine being.

In other words, the path towards the light requires you to first love and embrace ALL of your humanity - this means your light, your darkness as well as your shadows - BEFORE you can even attempt to become an enlightened being.

This would make 'Enlightenment' an inside-job. Wouldn't it?

It would also make it available to you right here, and right now. Wouldn't it?

Because your heart is the only unconditionally loving place where *Zorba the Greek* and *Zorba the Buddha* sing and dance together.

Feel free to leave your comments [here](#).

Love.



Your Guide

Photo from the film *Zorba the Greek*, starring Anthony Quinn

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About Gabriel Gonsalves

Gabriel is a professional coach, writer, artist and explorer of *The Path of the Heart*. He loves to create things that touch people's hearts and share them with the world. For more information about Gabriel or to receive weekly coaching tips, free trainings, news, and updates, visit www.heartintelligencecoach.com.

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