The Secret is Sharing
By Dave Markowitz

In the last few columns, we've been dissecting the ego. And if you don't think you have one, then it's your ego doing the talking! It tricks you into disbelieving in its existence, and then when you do recognize it exists, it'll fill you with doubts about it--and all about you! Why? Because if you knew all about it, then you would do everything possible to silence it; you'd know it is the only true opponent and that everything else is an incomplete perception of reality based on the sole (dis)abilities of the five senses. These five senses are the tools that the ego uses to its advantage. And it makes sense to the logical left brain: if we can't see, taste, hear, touch or smell it, then it can't exist. Or can it?

Well, we can't smell love, can't see air, and can't touch God, in whatever form you choose that word to mean, yet we spend our lives pursuing love, breathing air, and worshipping God! So we don't have to see it to know it exists. In fact, we've all had experiences where something beyond the five senses spoke to us in some way. How many of you have thought about someone and then a few minutes later gotten a call from them? They were calling you before they actually called you! I know someone very well who said that as he passed by a woman playing on a swing-set back in the 50's that something told him to speak with her. They've been married now for 52 years! Some call this ESP, others the voice of intuition, others the voice of psychotics, yet who cares what it's called? Our ego does, that's for sure! It'll let you discount the intangibles, but the intangibles are where the true nature of reality can be perceived. Not that the five senses are bad or wrong, and not that you are incorrect or wrong for believing them, it's just that in a larger, un-cropped picture of reality, five sensory living is incomplete.

We all have an intuition, a voice in the gut that's told us the best or worst things for us to do or even say. These are messages from something beyond the five-sensory reality we're too used to living from. And when you can discern who is doing the talking, the voice of the ego or the intuition, we can truly get ahead in life. We find ourselves healthier, having more fun and abundance, and in great relationships, or at least taking quality steps towards these. How can we tell which is talking? Simple: discern who benefits from the action that's being recommended. If it's concerned solely with yourself, it's ego. If it involves sharing with others, or doing something for the benefit of others, it's your intuition.

Those living from ego are often too deep into the thought processes of the mind to hear the voice of intuition. They often won't try anything new. "Is anybody watching?" and "What if I do it wrong?" are the mantras of the ego. "I don't have enough time" and "I am so afraid of dying that I am barely living" are subconscious yet more detrimental versions stemming from the same mindset. And if you listen to those, you'll never challenge yourself, never grow, and rarely if ever learn anything new. Nor will you ever be truly happy.

According to Kabbalah, sharing is the secret to a happy life. And you know deep inside that when you do share unconditionally, you are filled with the most loving, warm feelings you can have. You can usurp the egoic, fear-based paradigm we're taught with a more heart-centered, love-filled one that taps into the sixth sensory awareness of intuition we all have, but like learning a new language or any skill, we have to work to cultivate it. Those who seem to have it all and are still unhappy have succumbed to the ego. They wonder, "Now that I have everything I need, others will try to take it from me" so they hide themselves or their possessions. Yet those who have it all and are happy, for example, Oprah Winfrey, Bill Gates, and Sir Richard Branson, all share almost as much as they receive. The latter responded to "How can you give 3 billion dollars to fight global warming" with, "How could I not?"

So, how can you make the time to listen to your intuition? How can you not?

-~*/