

THE PATH OF ENERGY, THE PATH OF SHIVA AND THE PATH TO THE PATH (OR THE PATH OF THE INDIVIDUAL)

Trascript of 23rd December 2020 Dialogue

Question: 'You said the best way is the way of no effort and the second best way is the way of energy. If I am correct. Can you say, what is the difference between the two?'

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Francis's answer:

"First of all, these two ways are for one who travels already on the Path, not for someone who is still on the path to the Path. The one who has still not entered the Path - in other words - the one who is not yet open to the possibility that awareness is universal, this one has no choice, this one will travel to the path of effort, because as long as we believe to be a separate entity, everything we do is effort.

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So the effortless path and the path of energy, which is similar, is only open after the revelation that we have no evidence that Awareness is limited, no matter how we have acquired this certainty, the acquisition of this certainty that we have no evidence that awareness is limited puts us in the Path, and at the moment the Path of Effortlessness is open. The path of effortlessness comes from the understanding that, because our true nature is free and always present, any effort to get 'there' takes us away from it.

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Another way to describe this understanding is that if the final goal is the ease of being and the effortless nature of our true nature, how could more effort take us close to this ease of being.

The best analogy I can give for the Path of Energy is one of the surfer. The surfer surfs on top of the wave, he does not need to propel himself to the shore, he uses the energy of the wave as a means of transportation to the shore. So in that sense, he doesn't have to supply the effort, the wave supplies the effort. In this metaphor the energy is whatever phenomenal perceptions, if you will sensations, the universe is supplying us with, at every moment.

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So the path of the energy is the effortless surfing of those sensations. That's why these two paths are one and the same, they are simply two different descriptions of the same. In other words, whatever you do to progress on the path, make sure that it comes from your heart desire, that is that which you want to do at this moment, in other words there is no reluctance, that it comes from your inner freedom directly."

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