

Helen Hamilton
Talk at Virtual Retreat
Sunday, 13th November, 2022

You Are My Hero

I was pondering this morning what to talk about in this session because I wanted to share something that would, like all of the talks, hopefully have a big impact and maybe shift something within us that we might be struggling with, maybe we haven't realized. Most of the challenges I faced in my awakening I didn't realize I was actually going through until afterwards. I know that sounds very strange. I mean I knew something was very difficult or challenging but didn't necessarily know what that issue was, what that thought was that I was believing, etc. until I'd come to see later that it wasn't true.

Awakening is, as I've said, one of the most important things human beings can ever commit themselves to. It's also one of the most challenging because what we're being asked to do is to be willing to change our whole thought process. If we look at the average human being's thought stream, if we could somehow watch someone's thought stream for a whole day, even an hour, we'd see that nearly all of those thoughts, and perhaps for people not even on the pathway, it would be all of those thoughts are from the perspective of being a separate being, trying to make it through the world, trying to get what they need and want and all of that.

So you are being asked, really by life, by the Self, by YourSelf to really dig deeper than any other human being would. Something more challenging, in fact, than trying to... I've been watching a lot of Sci Fi lately so you'll have to forgive me. Getting on a spaceship and traveling a hundred years out to deep space, not knowing what was there because you would still have your own familiar thought process to take with you. Here we're being asked to take everything we've thought was true and see that that was wrong and then come to a new way of being with ourselves and with the world. And that isn't an easy thing to do. And that is one of the reasons why this community, this family that we have here in this retreat is extraordinarily important.

Even you can see that the people in this meeting, even now, want the same thing that you do and are finding it as challenging as you do and are going through the same difficulties and challenges as you are. How they show up in your lives may be completely different to how it did in mine.

So can it be that one of my roles is to be that person, that non-person, that made it through and is evidence that it is actually possible to change your whole thought process? That even when we feel that something is being asked of us that is too big, that is too strong, too much my life and perhaps our favorite thoughts about ourselves are not the ones we might think. Our favorite thoughts that we hold onto most might not be the ones that you really expect. We might feel on some level that the thoughts we'd want to have our most allegiance to, the most difficult and challenging, are the ones that make us feel worst of all. It's much easier somehow to let go of the idea that you're a good person and move into the Self, than it is to let go of the idea that you just don't deserve to be happy and move into the idea that happiness is your essential nature when devoid of believing thoughts.

It was much harder for me to transcend the idea that who I am is shameful and wrong and all of that. It was relatively easy for me to let go of the idea that I am getting somewhere in my awakening and I'm doing much better. Those thoughts, they weren't really all that much allegiance to but the ones that made

me feel the worse of all, that there was no point, that there was no hope, that there was no way forward, that I was never going to make it, those were the ones that life had to really pry away from me. Like if you've got a crowbar in something and you really had to pull. Life was like, "Give me these thoughts!" and I'm like, "No! You can't have them because they're very true." If you've ever been there yourself, I'm sure you have. And I sat there with this bundle full of thoughts that I will not give any headroom, any headway on because that was so obviously, absolutely true that I was living them everyday. This attitude that I was not ever going to make it to awakening. This kind of crazy dream I had about wanting to help people, teaching just seemed so ridiculously painful to feel, that I could ever achieve that, do that. It was much easier to hold onto the idea that I would never make it. To accept sadness, grief, unworthiness, despair than to push through.

So the reason I'm saying all of this is because you may have a different perspective of yourself than I do about you and you may have a very opposite perspective to the way that I see you, to the way the Self sees you, to the way the Infinite Beingness and Love, the Presence see you. I would like to try to shift your own perspective about yourself. So I'm coming in here with a crowbar and I'm asking for your help during this session to be willing to let me prise it open if you can. Just a little more willingness. Because when I was on my own journey, these ideas that bad things were happening to me because I deserved them on some level and because there's something wrong with me. It was so very seductive and powerful and I was totally, totally entranced by that idea. It kept on playing out over and over again. Why do bad things happen to good people? Why, if I'm trying my hardest on the pathway does my life keep turning to a complete mess? I was going to say another word there! So why, when I'm trying so, so hard, giving it everything I've got, does this keep going wrong? Awakening, life, whichever or all of the above. It's easy to have that experience conclude that there's something wrong with you as a seeker, a student or that you're somehow missing something vital or something like that. Some of the hardest challenges in any human existence will happen to those that have committed to awakening, some of the darkest times.

But what if that's happening for a completely different reason than what you might have considered? Would you allow me to give you another option to consider? Are you a separate being struggling to try to get to awakening, back to home? Or are you having all of these challenges because you're not doing a good enough job or something like that, whatever your mind is telling you? Or could it be that you are already the Infinite Self and that you are so completely already this epic love, compassion, wisdom, kindness, generosity, charity? That you chose this human incarnation and all of its challenges in order to feel these feelings, experience these doubts, these challenges and to change them back into Peace. What if you're not here as a punishment or trying to get back to some level of perfection? What if you're already that perfection and you took a look at the state of the world and said, "I'd like to do my part in this lifetime to transmute these heavy, heavy frequencies that human beings struggle with. What if you came here to feel shame and turn it back into Peace? And apathy and guilt and fear, anger, frustration and despair, hopelessness. What if that was the reason that you drew this body form to you? I'm saying this because it's a total 180 on why perhaps you might think you're going through these challenges. There's this one line that keeps ringing through my head so I'm going to say it. Of course, you'll know who said it. It says, "For God so loved the world that he gave his only begotten son." I'm paraphrasing. But there was a point for me where that really made sense. If I already am This, why would I choose to come back here in physical incarnation, at least? Come back, a relative term. Why would I ever choose to come back to such a challenging, difficult lifetime with all the things you've gone through up until this point and will go through until the end of the body? What would be the highest reason? We know the lowest reason that

our mind suggests, but are you willing to let me pry these thoughts away from you, that you're being punished or something like that on some level by life, by the Self?

You know, you're not really a separate being, so every time you feel fear and transmute it, feel it a little bit and a little bit of it goes back to Peace, you simultaneously change the overall level of Consciousness of all humanity.

That's what it means to be the One. That you're not just working through your stuff, your challenges, your karmic patterns. You're working through everyone's. I don't mean to put a burden on you. "Oh God, I've got to save the planet now!" I tried that and it's really quite dull! I still pick it up every now and again. But do you realize the power and the difference you're making even by attending this session, this retreat by committing your life to this?

Every time you feel some shame, or apathy or despair or guilt and you just let it be a little bit more inside you, let it exist, you're making it that much harder for the rest of humanity to hate themselves, judge themselves, to feel what human beings feel on a daily basis. Then the power that happens when a group of us come together like this, it really, I cannot describe how that makes me feel inside. If I try to describe that, I won't be able to finish the rest of the session. So you'll just have to kind of feel it inside of yourself and sense it.

So I'm going to ask you again. Will you let me prise a gap, leave a gap into why your life has been the way it has? Could you be so powerful, so compassionate, so wise, so loving, temporarily forgotten all of that in thoughts, agreed, we all do. But nonetheless, that power, that compassion said, "What can I do for manifestation? What can I do for the world? What can I do or be for the greatest evolution for humanity? What can I do to be an embodiment of this love?" Would you have chosen an easy lifetime? Or would you have said, "Let me look at some of these heaviest frequencies that we might encounter and see what I can do about them."

Of course, none of us remember this on a conscious level, at least until a certain point in our awakening we might become conscious of the fact that we did choose this on some level. We didn't ever sign up for the horrible ways that we might have been treated or have treated others. But we might have on a general level signed up for perhaps the most challenging lifetime that we could handle. That's certainly been true for me. This has been the most challenging lifetime that I can remember for a very long time. But knowing consciously why that is occurring changed everything. I'm having to remind myself and I'm reminding you right now what you knew before you had this physical body. That you are succeeding in this most noble and holy mission because here you are waking up. Here you are being brave. Here you are facing the challenges. Here you are coming together in a community. Here you are still attending retreat. I still haven't scared you off yet and we're on day three, so you're doing pretty well!

To have come through the illusion enough out of the other side of the illusion of being a separate being, enough at least that you know that there is something else to aim for and that there might be a higher purpose for this existence. That is profound. When you look at how many human beings are still totally caught in illusion. And of course there is nothing wrong with that. They will come out of it when they come out of it, when they are ready. You're already coming out of it. You've already found the truth of your being to whatever extent you've experienced that. And then you're already empowering yourself to work through these things. They might just seem like my challenges with my karmic patterns, my horrible

finances, my messy divorce, my battle with my kids, my career that doesn't seem to go anywhere. Whatever it looks like in your life, it is something that is happening species wide. Everyone is scared. Everyone feels hopeless sometimes. Everyone feels that they can't get what they want.

Every single seeker of truth starts out feeling that it will never happen for them. And here you are working through those frequencies, those vibrations. It only takes, and this has been proven now scientifically, one percent of the human population being at least slightly awake to the truth of their real nature to cause a global shift. I can't exactly remember, I think that's like, I worked it out at one point, 750,000 awakened beings or 2,000,000 or 3,000,000 beings that are at least even aware that there is something to be aware of, or some mixture of those. That's not really an impossible number, is it? That's something very doable and is already in progress. Here we are in this retreat now, and if you think of all the nonduality teachers and students and sanghas and groups and gatherings, all the churches and organizations, everything. All the books that have ever been written that are out there now. It's well in progress and you are a part of that.

Can you imagine for a moment on an energetic level before you had this body this kind of satsang happening? OK, what are we going to focus on this lifetime when we all have our incarnations? Well, let's go through what we're going to go through, and then we'll find each other, and then we're really going to work together consciously to transmute these heavier frequencies and shift the whole level of human consciousness. One ocean, infinite number of waves, one ocean. It's all water. And somebody said, "I'll have this horrible divorce" and somebody else said, "I'll really struggle with my kids". Then somebody else said, "I'll take a feeling of betrayal so I can really work through that" and somebody else said, "You know, I'll be born in England" and "I'll go to India" and "I'll go to New Zealand". Maybe I said, "I'll show up in England and help you and we all come together. Can you imagine some kind of satsang like that going on? Knowing that we were going to forget each other completely, get totally lost, for a while. And then this joy of coming back together. There's something so extraordinarily courageous and brave about that. Knowing you're going to set off on a journey with total amnesia about what the journey's about and how to find the destination and everything. No map, no compass, nothing. The only thing you could take with you is this nagging feeling that just would not go away, that there is something not right about life as you are living it at that point. Something to find somewhere other than what we were experiencing maybe.

So this is really important, isn't it? If you allow it, it will reorient your whole awakening as an act of profound and immediate love. There is absolutely nothing that this perfect love cannot feel and absorb and transmute back into Peace. That maybe the fear, the shame, the apathy, the fear, the hatred, the guilt are on their own journey back to Peace. They're on their own awakening back to Enlightenment and they need a conscious human body that's willing to feel those to let that process occur. To do that we need to step away from the thoughts that are causing us to push away that emotion and allow as best we can in any moment to feel it. Because you know there's no need to tell you this but I'm going to say it anyway. It's hard to feel fear and not push it away. Perhaps even harder to feel shame and not push it away. Hopelessness and despair. We would rather feel, I would have rather felt in my own awakening, I would have rather felt terrified or really angry than feel shame or something like that. It took more courage to feel shame than it did terror. In fact, I didn't really feel like I had a choice with terror. It just kind of happened anyway. That was almost I'm going to say easy but it wasn't because it just came upon. Shame I could just distract myself from endlessly and did. But eventually there was a conscious choice.

This is what I'm here for. And I have to tell you this is what you're here for. You don't need to get out your Superman or Superwoman cape and your tights and all that and that I'm going to go out saving the world. Or maybe you're saving the world and always have in ordinary human acts of compassion for yourself. Every time you try to help someone feel better. Every time you feel something instead of pushing it away. Everytime you continue on the path to awakening even though it's ridiculously challenging. Even everytime you dare to want this even though it seems impossible. Could you be saving the world then in so many ordinary ways where you just smile at someone that looks like they're really having a tough day? Or help someone reach something off a shelf in the supermarket that they can't reach before they even have to pluck up the courage to ask you, you know? That's not me, by the way because I'm very short so I'm the one usually asking, "Could you possibly get that for me?" But you get the idea. I used to, when I was really insecure, really insecure, I used to do my food shopping online so I didn't have to try to speak to anyone. Get it delivered. Now it's kind of an opportunity for me to go and smile at some people. They think I'm a bit weird sometimes, right? Because I don't know them and I'm smiling anyway, but some people respond. Sometimes it makes a difference.

So I hope that I really shocked you about why you're here. I hope that you have allowed me, and I'm feeling, I'm really feeling from you all have allowed me to put at least a little gap in why you think you've had the life you've had. What would any of this be about really if it wasn't about love as in the most holy act of love you could do would be to give birth to a human incarnation, your own incarnation, to bring that forth from your own desire to change everything for everyone. To make it better. Never has that been more possible than this moment right now with the internet, with tv, all the things, all the tools we have, with YouTube, access to non-duality teachers and teaching. That you would have had to give up your entire life for and move to a different continent if you wanted to pursue that in previous generations.

So are you willing to let go of this one most prized thought you may be holding onto more tightly than anything? Perhaps the thought that you're failing at this awakening stuff or that you're never going to get there. Or the reason that these bad things happen to you is because you're a bad person. OK, that's three thoughts there, you know? We hold onto those equally with intensity. And a lot of the work I do, eighty percent of that time is about this crowbar thing. If you would just help me out a little bit more on this. I know you've already done it as I'm talking, I can feel it. But let's go for a bit more. Let's go for a little more.

What if you are here as a loving presence already? What if you undertook that mission knowing that you would forget and then come back to remembrance? What does that say about you? Lost and alone in the world for a while and yet knowing on some level that that was what you wanted to experience and come back through the other side again. That somehow we would find each other again however long that took. And in that we would have already transmuted a whole load of frequencies.

What is this transmuting, really? It's just feeling what you feel without resisting it which is what we do in Silent Sitting.

Can you then reorient your entire reason for wanting awakening? Could it be a holy act of reverence for the real Self that you are and willing to sit, my body to sit and feel what it's feeling? Its frequencies are just floating around in the ether of guilt and shame and fear and anger looking for the most conscious body that will give permission to exist inside them for a short time or for as long as is necessary and

needed. I couldn't think of any higher use of this lifetime than that. That makes you an extraordinary being already. And of course everyone else is, too. But maybe they're not conscious of that yet if they're still caught in illusion. That makes you an extraordinary being. It also makes you my heroes.

You are my heroes. I hope you know that. I'm saying this because it might be very different from where you came into this retreat. I'm the teacher, you're the student. You've got to try to figure out how to get to where I am and all of that nonsense. What if it's not true? I say nonsense because it's absolutely nonsensical to what's actually occurring. I know it feels like that. What if this retreat is more a gathering of beings that have revered and taken on the highest mission consciously and now coming back to that remembrance? That at some point we have done this, your mission should you choose to accept. No, I'm joking. I have that music in my head now! Mission Impossible theme tune. But you have made that choice at some point. And that the reason that you already encompass is just simply now coming down and being allowed through the higher energy levels: auric bodies, spirit, soul, whatever, from the unmanifest pure sentience through those subtle energetic layers that you are and into the mind and body. That's all that's occurring actually. And in that is a great power, a presence in the body to be able to feel these things. What if that's all it's ever been about? Consciously working with what's happening. The biggest challenge you will ever face in doing that is your own thoughts about yourself.

So I would hope that I've given you some new thoughts about yourself and I really would be grateful if you would hold onto those tighter than the idea that you're just not succeeding and that you don't deserve to. What if you're so already succeeding that you've chosen those levels and frequencies of thought so you can change them? Unworthiness. Can you imagine what would happen on this planet if every single human being suddenly, overnight, because of a shift, that one percent, could no longer feel unworthy or unlovable? What would happen then? Joy, peace, clarity. Absolute sharing of resources, more than enough for everyone. Human beings working together, supporting each other. Consciously creating how we move forward from here as a species. That gives me goosebumps. It gets me really, really inspired.

So as we go into this break in a moment, maybe just sit with what you've heard, what you've taken in. Maybe just ponder that you're here for a very different reason than you think. That maybe your own awakening is just the first start in that, the first step. And then from that, some extraordinary life purpose. You don't even need to know what it is. You just need to be open to it. It will show itself. This body's here doing its bit. First of all, the inner life purpose will awaken to the Truth and then how that expresses itself outwardly is unique for each one of us. But it will be the same mission. To change everything. To bring joy and Peace and love to the world in whichever way you do that. Most likely not like this at all. Through just being you. That's something really powerful there.

So if there's a gap now, please don't let it close. Please continue. You've all got your own crowbar to wedge it open even further. It would be an absolute honor and privilege for me if you left this retreat having everything fundamentally shifted about why you are here, your thought process.