



Keep Your Eye on the Ball

Once there was only one ball, and it hypnotized us. It seemed to cause our joy and pain and our pleasure and misery. It seemed to cause everything, and everything depended upon it. That ball was the world.

Now another ball has appeared, and it has become the new star of the show. The show is human evolution. This new ball is our **interior** experiences. Previously we did not pay attention to them until they became too painful to ignore, for example, our rage, jealousy, or grief. We *never* thought about them in the context of our evolution. On the contrary, they hindered our ability to evolve – to manipulate and control ball one (the world). Now ball two (our interior experiences) is *more important* to our evolution than ball one!

A great **transformation** in human consciousness is underway. We are transforming from five-sensory humans that are limited to the perceptions of the five senses into multisensory humans whose perceptions are hugely more **expansive** and entirely different. Our evolution now requires each of us to **consciously** and **wisely** choose constructive *intentions*. Five-sensory humans think their *actions* create consequences. Multisensory humans see that their *intentions* create consequences. This is a game-changer.

What does that mean in terms of the coronavirus? Suppose, for example, that you are confined to a small space or even a large one, and you are miserable. You feel lonely, listless, or depressed. You have no job, your child is ill, or (and) you are angry at being told what to do. Five-sensory humans think that the world causes these experiences. Multisensory humans know that dynamics **inside** themselves cause these experiences when the world activates them. They see what five-sensory humans are not able to see. Until they change these interior dynamics, they will continue to produce

painful emotions each time the world activates them. When the quarantine is lifted, your job returns, or your child becomes healthy, your difficult emotions will disappear, but the dynamics inside you that caused them will remain intact, and the world will continue to activate them until *you* change them.

Your issues are not between the world and you. They are between **you** and **you**. Plato, Buddha, and the Christ all fought their own demons and gained power from their decisions. All our great heroes did this. Could the Christ have gained the Glory that He did were He not tempted? Only you can choose a road that leads to **health** and **love** (power) or a road that leads to dis-ease and fear (powerlessness). When you focus on ball one (the world), you cannot do this. When you focus on ball two (your internal experiences), you give yourself the ability to **choose** between the constructive and destructive internal dynamics within you – between the **joyful** consequences of **love** and the painful consequences of fear.

Keep your eye on the ball.

Love,

A handwritten signature in black ink that reads "Gary". The letters are cursive and fluid, with a prominent 'G' at the start and a small flourish at the end.

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