

Boring, Boring Boredom...

Perhaps the most hated state of all, more so than sadness and anger, is boredom. What is boredom, what is it that makes us bored, and why do we hate it so much?

You have probably noticed that there are three distinct kinds of boredom.

- 1) You're not doing anything or don't have anything to do, and you feel bored.

This is a common kind of boredom. You simply don't have anything to do, and it bores you. This is a light kind of boredom, it is emotional boredom. Particularly in the modern age, we are constantly overstimulated by all kinds of activity. Whether it be the rush to get to work, work itself, or the drive home followed by dinner and TV, or social media, youtube, or reading blogs, we have information and entertainment thrown at us every which way. It can therefore be said that this kind of boredom is natural, but it is not entirely. It is natural from the perspective that it happens to almost everyone, but it is unnatural in that we need to look at what's really happening. It is not natural to have a need to do something all the time. There is more to us than activity.

We have hearts, being, and consciousness. We have intelligence. We are deep people. Sometimes it should be ok not to do anything, just to be. But man is disconnected from his essence. The essence that can just be, without thinking too much, without doing anything in particular. Our energy systems are a mess, constantly in overdrive. Whether it is the coffee or the alcohol or the cigarettes that we consume, the junk food, the constant sitting in front of the television, the computer, or the constant glancing at our smartphones, our energy systems are unable to stay at rest. This kind of boredom is a reflection of this unnatural state we live in.

The solution lies in finding our center. It lies in re-learning how to **just be** with ourselves. Once you relocate your center, once you are able to abide in your consciousness, being and heart, you will find what monks have been talking about for centuries. A peaceful sense of existence while you do nothing, which is remarkably intelligent and lucid in nature; it is intelligence at rest. Note that intelligence at rest is not the absence of it, but it's restful quality. You can actually rest in intelligence, as intelligence. It is quite happy to do so and it has other benefits like improving your creativity and bringing a joyful state of being to your activities too. Learning this isn't hard, it's all about intent and guidance. Have the intent to find your true center, and read books from authors who propagate this, such as Eckhart Tolle, Osho, Wayne Dyer and Deepak Chopra. The state comes to some more naturally than others, but do not be disheartened, it's just another adventure!

- 2) The second kind of boredom is when you have things to do, but they all seem boring. You can't seem to get stimulated at all. Your work, your favourite coffee drink from Starbucks, your relationships, all seem stale and boring.

This kind of boredom is the next stage of boredom, extending from the first kind. But, it represents an existential movement into light, even though at first it might not seem so. Not having anything to do makes you feel restless and bored, this kind makes you feel more depressed. It makes you feel like something is missing in your life. And, something is...

It is a direct call from your inner being to return to it. The first kind of boredom is your first meeting with boredom, an introduction. It's telling you that something about your day-to-day existence is lacking something essential that holds everything together. Because that something is missing, you try to hold your life together with activities and addictions.

But, in this second kind of boredom, this flaky and irresponsible relationship with life is no longer the focus; your lack of connection with yourself is. Man without his true center is like a ship in a storm without oars or sails. You are subject to the forces of nature, not a part of nature yourself. It is a body without a soul, a mind without sparkling intelligence. Every action you do, every relationship, hammers into your head the same thing: something is missing. I am incomplete. I am not whole.

That wholeness is innate within you, you have just moved far away from it. You need to experience your consciousness in its entirety, let it fall back on itself, to experience vivid, creative intelligence with no object. You must rest in your being, that vast expanse of space where there is nothing to do and nowhere to go, where the very fact that you exist feels like a blessing in itself. Your lacking connection with your heart, the center of creation, which reminds you of the divinity that you come from. It makes you feel like life is worth living, even if things aren't going your way.

Like with the first kind of boredom, the solution also lies in intent and guidance. Once you realize what is lacking, finding your way home is easy. And there are countless books and videos to help you along the way.

- 3) The third kind of boredom is much deeper, you can't even feel it as boredom. It is an existential impasse that you face in your life. Nothing feels worth it, something is **sorely** missing, you feel that if you can't find some driftwood to hold onto you will just die inside. It's not even characterized by sadness or a sense that something is lacking. Something **is** lacking, so much so that you're having a crisis. Nothing makes sense, what's the purpose of it all?

This is not an extension of the first two kinds of boredom, but is connected to the same essential problem. It is a disconnection with your heart, with the divinity within you. You might be sleeping all day and not doing anything but not feeling bored. Your being, in fact, in

disconnection from compulsive activity, deepens. Your thinking is no longer muddled. How can it be, when such a clear and distinct existential crisis has presented itself and needs solving? No, this kind of boredom is due to not being in touch with your heart for too long.

You feel torn at the very core. You don't know what anything means anymore, if anything has any value. That is because the one true thing of value, the divine essence within you, is not shining freely in your life. At the heart of existence is pure love, and meaning. That meaning can't be expressed in words, it is enough to know that it is. That there is meaning to life. And that's what you can't feel any more, not even a little bit of it.

What's needed here is a drastic change of events. Go to a meditation center for a retreat, or an 'inner being workshop', there are many. Or, simply spend some time in nature, a month or two. Slowly, you start to realize your essence again, in connection with nature. You find that the nature you took for granted, even perhaps thought of as something outside you, is vital to your existence. It represents the purity of God's creation in the 3-dimensional plane. It reminds you of who you really are; divine at the core.

Then, meaning will return to your life. Purpose and balance will follow. The crisis is not a presence of some alien element, but the absence of something essential. Read some books, spend time in nature, watch some videos from teachers who propagate getting in touch with yourself. And, as always, this process is deepened and hastened by intent. Having the intent to find what's missing always leads to the right place. It guides your journey.

Boredom is of many kinds. Some more superficial, like feeling you don't have anything to do. Sometimes despite whatever you do, you feel bored. And, sometimes, more rarely, you don't even want to do anything. All kinds of boredom represent the same source problem; disconnection with your true nature. Meditate, be in nature, listen to music, spend some time with yourself. It can be difficult at first, you will feel even more bored. But keep with it steadily, and your inner gems of heart, being and consciousness will slowly start to resonate at a higher frequency. When the frequency becomes strong enough, they will overflow into your life, bringing joy, meaning and guidance.

May you find yourself, find your center, find what's missing. It's right there, closer to you than anything else. You have simply forgotten it.