

The Inner Search
Universidad de Santiago
Escuela de Ingeniería.
Septiembre 2002

Have you ever thought how odd is to be alive?. This life that circulates trough our body and which is met by you and me in this moment. You and me are separated by a gap and by a space. If you look around yourself you will find a gap which separates us form the other people. When they look at me, what do they see?, it is just a body?, do they look at me as if I were a chair of a blackboard?

While you are following me try to have sense of you are alive. You should have sense of yourself while you are reading this lines.

For an instance... you can see this gap between both, you can realize you exist and that you and I are alive.

To be alive, what a extraordinary thing!. We could not exist. How could it be to be dead?. Do not be here. If you still having sense of they as a existing persons while reading this texts, they will be bordering the search of the inside of ourselves.

We will talk about Looking at he inside of ourselves we are awaking up in this moment. But... what is the reason for doing so?. Why do you want to awake a look at the inside of yourself. Is it not enough for you looking around your daily life and see you can study, work, love and enjoy yourself? What could be anybody interest in searching for a new look? Why should you be interested in finding out a new way of looking, a new reality?

We have got so many questions in our minds and in our hearts. We are no happy with the answers because they do not seem to be true. The same general crisis, the impossibility of building a human world proves us that the real answers to our doubts are no clear to everybody.

There is a question that has come with me forever and that each day becomes more and more important for myself. That is the question: what is the sense of life?. Where are we going? What is about dead?. Does the dead exist?. It is possible a completely human society?

Who has answers to my questions?. You, you, may be you. A book from the library, any institution, may be everybody, or just a few of us. Anybody, sometimes did know it and we have almost forgotten as time goes by?.

For many of you are those questions really important and if they are not, it does not seem odd that they are not?

There are some many questions which are impossible for us to be answered without awaking an internal look. Without opening our interior world y and without knowing the secrets which are kept inside of ourselves.

For many time I have been looking for this answers to those questions thinking that somebody has them and they were given to me by this person. Somebody very special, the love of a woman, some forgotten book in a old loft, somebody from the space who

gives me a special energy. I could not accept that those answers were in my interior world. How could it be possible for them to be in my inside world, if my interior world is built by memory from images and sensations. Memory from my past in a gone world, images of fantasy or about a future that has not come or diffused sensations which come from my body.

In taking part of the working groups and helping other to overcome the suffering, changed my concept of reality and I have been understanding the importance that the internal world has for the human being in order to built an external world. I have understood there is something very important in the human life. In everybody lives there is something very big and very deep. In everybody mind, really truth can be found, the sense of what is real, the community between the human beings and of every part of the life. This energy is inside of everybody and communicate us with everything. This energy can not be seen by the senses and only it can be reached by the insider look.

On having started taking contact with us themselves, realizing that we exist, a looks that departs from us e wakes up and goes towards the world. We realize that this way of being is not habitual. That constant we get lost of us and forget that we exist. On having taken contact with us, I realize wherefrom we are and wherefrom other one is, I start taking contact with what happen to me. Many things happen to me, but here there are two big experiences that we need to differentiate in our internal world: the unit and the contradiction.

The actions that we realize in the external world leave in our interior a sensation of unit, of fullness and others actions leave contradiction sensations, suffering or inner violence. To discover that my actions produce in my precise records of unit or of contradiction is the beginning of the training of the inner look. To discover that are our actions and the answers give by us in the world, what produce the experiences of unit and contradiction with enormously consequences. From a point of view more ingenuous we could think that they are stimuli that come from the outside world, which provoke these experiences. Observing that I am saying exactly the opposite thing. You only can verify or reject it investigating across the inner look.

The contradiction removes me from myself, it banishes the look of myself and it takes it towards outside, losing it in the world of the things. This seems to be the difficulty to deepen the inner look. There are certain knots in this interior world produced by our contradictions that expel the look of the interior. It is possible to take light up to these knots of darkness and to dissolve and to allow them the inner look to continue deepening its search.

There is a great knot the biggest of all that apparently it(he,she) is in the root of the oblivion of my same, where the look cannot come and is the riddle mas important to open the door of the internal world and of the sense of the life. We die. At least it seemed. If we observe that it(he,she) happens to us opposite to this fact, we begin again to internalizar the look. The time we experience it immensely. Still(yet) knowing that it(he,she) is not like that, we do not experience the finitud. We live not only forgotten of that we are alive(vivacious), but also forgotten the empire of the death.

If they remember again that they exist, they are aware that they exist while our conversation is going on, they return to feel this look that goes out from the interior towards the exterior, they will verify that habitually the look is missed. It(she) is caught in

some illusions that leave the sensation of sense us. It is very difficult to recognize an illusion as illusion. Actually(indeed) it(he,she) is not possible. My look is caught in an illusion and I do not have way of realizing. But is here that periodically these illusions shock with events that wake me up. Often we get disillusioned in the love, in the work, and spend(pass) it badly because we believed that the things were of a way, but then they ensued from other one. This shock of the illusion with the events of the external world is experienced as failure and is what returns to wake up the internal look of his(her,your) illusion. It is the failure of the illusions what takes us to the search of a new interior reality.

There is another reality in the interior world that is appearing in the way we internalise the look and in the way that we dissolve our contradictions. The force and the faith exit. The hope exists, the longings, the dreams that the humanity has always dreamed about and which incite in order to looks for the way of constructing them in the social landscape. In this inner world everything has passed, thousands of years of history have been humanized, and everything that happened is wrapped in a suit of dreams. In this inner world there also are the guides who orientate our actions towards the real fate.

Something very big and good sleeps inside of each person and it can wake up if we take an inner look towards these regions of the being and of the self.

It could be supposed that this world is not real since it is not a world easily to accede for the external senses. We are accustomed to considering that the real thing seems to enters us as perception. Nevertheless, what we perceive is totally influenced by our contents of the inner world. Everything we call really, is a structures that we do between what we perceive, we feel and we remember. The inner world concerns completely this external world. Not only passively, it is not a question only of a dyeing agreement to the state of mind in which I am. This internal world is provided with a premeditation that not only to the external world but constructing it. This premeditation moves this internal world towards outside of the human being, constructing the exterior reality and not simply colouring its filter. If this internal world is full of contradictions and suffering, the construction of the reality will be in the external landscape. If this internal world is in touch with truth, or with the sense, the construction that is realized will be experienced as sense and fullness.

The importance is so big that " the reality " of the internal world is impossible to be separated from the interior world to the exterior. Conscience and world turn out to be indissoluble, not from a philosophical point of view, but indissoluble from an existential point of view. The denial and the hollow that has been done of this internal world in the western culture, the attempt of confusing "reality" with "materiality", has left the human being adrift, forgotten wherefrom it comes and to where it goes.

The sense is not anything from out imposed to the conscience and the ability of sense. It is exactly upside-down. Something to the interior of us who starts expressing in what we do. Something from the interior of us which expresses in the world and communicates to other human beings.

When we communicate with certain parts of ourselves, and it expresses towards the human world, we start providing with sense what we do and experience sense in the life.

But this is not the usual thing. The normal thing is to believe that the sense is external to the human being, that there are certain things out of the mind that on having possessed them they will give us sense. This is the root of without sense. We believe that certain

persons, certain reason, certain work, certain titles, are what one can obtaining, and it will change our life. In the pursuit of these "illusions", of these false senses, the life passes up to finding the death.

Old beliefs have accompanied the human being for many centuries, are being falling down. In this difficult area we have to live, if we sharpen the hearing and the inner look we will feel as the depth of each one of us and in doing so we will attract our look towards it. I have the impression something very important is taking place in this inner world. Something that comes from very far strains for emerging in our conscience and which want to be looked and listened.

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