

Paradise Hidden In The Wreckage

Some of us want the big beautiful life, the career, the lasting relationship, but as much as we try, there always seems to be a ghost in our machine. In my case it was like a reoccurring fog in my mind.

In my twenties when other men my age were pursuing the career of their choice, I was dealing with mental health. But I suffered in silence and depended on a mask of humour to survive. There was no treatment plan, no clear narrative, just a feeling of being at odds with the world and myself.

"It felt like life was crashing up against me."

I slept on more couches that I care to admit and I lived in my old Chevy Belair for a time. I remember one sad day when a cop approached my mobile living arrangement and asked why I was living as I was and how it happened. I had no answer for him. It felt like life was crashing up against me.

Don't get me wrong. I did have a good times and good friends, but that darkness was always there, deep inside of me waiting to sabotage my thoughts and my life. I felt confused and defeated, and of course I looked for substances and drinks to drown it all out.

Currently, MAID Canada is considering the inclusion of mental illness as a prerequisite for their services. If MAID, medical assisted death, were around at the time, would I have taken advantage of it? No, I'm pretty sure I wouldn't have. But I share my story as a beacon of possibility for those who may see MAID as their only path.

At some point, I had enough and I began to explore my mind and my motivations. I read about psychology, quantum physics, and consciousness. You know, light reading. Books like the Tao of Physics and Elemental Mind and I got my hands on university textbooks about psychology and physiology.

I kept a journal and ask questions to no one specifically and life in general. Incredibly answers came. I began to be set free when I saw that it wasn't the world crushing me and my spirit, it was my mind traumatized by early life events.

I also began some deep mind practices that finally took care of that darkness within me. One morning I'll never forget, after an evening of mind practices, my life became like a white light and the darkness was gone for good. I felt a deep lasting peace and joy. During my morning drives to work I'd break out in laughter. It was simply a joy that exuded from within me like it was there all along but forgotten.

*"Life creativity is the portal to a paradise
that we all have within us."*

Discovering the depths of this mind creativity became my mission in life and eventually led to the biggest takeaway of all: This life creativity is the portal to a paradise that we all have within us. It's our natural state that we are born into and is the paint of our childhood canvas of life.

Those difficult times I lived through were more about survival and control of a life that appeared out of control. Early life trauma took a flame thrower to my paradise, or so I thought. In fact it was always there but my dark mind blocked the light. I found my way back and my Being Paradise program and book, *Swimming With Gandhi and Einstein* are the path I took.

I wasn't the doctor of my mind troubles, but I was like the patient who got a hold of his own medical charts and did something about it. I share my story with anyone who thinks it's the end. It's not! Your difficulties can be the catalyst for the discovery of your own personal paradise. It's your mind, it's all in your hands.