

Title: Love, Serve, Remember.

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This article will be different to most of the rest that I have submitted. All of my previous entries have in essence been challenging our nations Judicial System. But this one is something everyone can relate to because well, we're human. The title some of you may recognize from one of the great cartographers of the human consciousness Richard Hilpert or formerly know as "Ram Dass," (servant of God).

I am in no way affiliated or own any rights to his work. I am also not affiliated to the Love, Serve, Remember Foundation. That being said, the concept of Love, Serve, Remember, is one that anyone and everyone should be privy to. Man has always asked life's simplest question "Why are we here?" However, this question has no simple answer. Many different people exist with many different fundamental notions on what life's about. Ideas of our world which are built into the very language we use, our ideas of logic, and what makes sense all together.

This question is an important one, because the answer will affect our daily lives in everything we do. Many nights I have laid awake and thought about this. Thought to provide an answer as simple as the question itself. Then it hit me. That no matter who you are or where you are. No matter age, race, socio-economic status, or sexual preference, we ALL are out trying to achieve the same thing. Avoid suffering and achieve happiness.

We are social creatures but we have this tendency to disconnect. We have this hostility towards the external world because of superstitious and absolutely unfounded theory that we exist only 'inside' our skin. Alan Watts said it perfectly "billions of years ago you were a Big Bang." We have completely shot ourselves out. We no longer feel that we are the Big Bang but something out on the end of it.

But we are! We are the big bang, the original force of the universe appearing as whoever we are. The primordial energy of the universe manifesting in this particular way but we define ourselves as separate from it. We say 'this is me and that's other,' when we are as continuous with the physical universe as a wave is continuous with the ocean.

It's so obvious and yet we could be in a room full of people and feel alone. We and our environment are interdependent systems. We know who we are in terms of other people. Now I promise you that almost everyone has entered a moment of clarity that things are not as they seem. The conceptual model that we have become conspirators to about what reality is, is actually a fragile veil we put up against the unknown. This is where everyone got screwed up. Wake up and realize there is unity behind the diversity. And when you finally experience the

the unity man! You are at home in the universe. You are the universe, why are we afraid? You aren't vulnerable, you are you, I am you, and the world is you.

When we were born we started off with this undifferentiated self. There weren't boundaries saying this is me and that's other. Other cultures and civilizations early on realized they were interdependent. The Sumerians and Native Americans to name a few. So I ask you (all my readers) to begin to shift. If we are not separate why do we avoid conversation with someone on the bus or in the store. Why do we force ourselves to feel alone? You're not alone.

Avoid suffering and achieve happiness, why do we not contribute to each others happiness? Instead we covet and criticize. Love, serve, remember. Love all, serve all, and remember the unity behind the diversity. It doesn't cost to be a good person. Yes I am incarcerated yes I'm being screwed over by the system but I tell you what. If any of these people involved asked me for help I wouldn't hesitate.

Another thing people need to realize is that no matter how bad things seem it's absolutely the way it's supposed to be. Childhood cancer, asteroid impacts, and every death that's happened is perfect. It may not be ideal or convenient, it may be tragic and disrupt the entire world you live in. But we all have strength to push the envelope and prevail. Our ability to adapt and overcome is nothing short of epic.

The Buddha said in his four noble truths #1 (Life is suffering), #2 (Craving and desire cause suffering), #3 (Give up craving end suffering) #4 (The eight-fold path on how to overcome desire). You may feel exhausted. You may feel like you have been here before. That's your soul connecting to the universal consciousness showing you that this suffering extends beyond previous lives and into the next.

The Buddha also said "If there was a mountain six miles tall, long, and wide, and an eagle with a ribbon in its beak flew by the mountain every one hundred years. The time it would take to erode the mountain. That's how long we've been doing this." If you don't want to perpetuate your suffering, seek the unity. Love, serve, remember. The more you give up trying to control the thing you call reality the more you'll get it. Say to it all, now it's your turn, let's see what you're going to do. We do this complete let off of control and you'll get the sensation everything is living you! "The great 'Tao' flows everywhere, to the left and to the right. It loves and nourishes all things but does not lord it over them. And when merits are accomplished, it lays no claim to them." - Lao Tze