



The Enlightenment Paradox

The Paradox:

If you make enlightenment a goal you will never reach it. If you make it an intention or a direction you will get far for sure, but still, you will never reach it. This is because you want it. You cannot want enlightenment and reach it. That is the paradox.

However, enlightenment is the full realization of who you are, where you are, and what is going on within physical reality. You cannot help but seek answers when you are born into so many problems and with a mind full of so many questions. You are born in a knowledge vacuum and naturally will seek truth to fill it. All that said, if you seek enlightenment, you are already lost.

The Threshold:

You may think to yourself, “Well, I’ll just focus on following my highest excitement, mastering my heart’s calling, and healing all the lies in my subconscious mind. Eventually, I’ll cross the threshold of enlightenment.” A sound theory to be sure, but the problem is that if you do not believe enlightenment is real or attainable you will never reach it. Meaning if you never put any attention on it at all, you will never reach it either.

So how do you balance these two extremes and find the middle way between not making enlightenment a goal or direction while not ignoring it altogether? First off, let’s begin by taking enlightenment down off a pedestal and just say that it is a threshold you will eventually cross on the journey of self-discovery. On the path of self-discovery don’t you have to eventually discover yourself? Don’t you have to



eventually discover the reason for your existence as well as the reason for all your suffering in this reality? Knowing that it is a threshold on the path helps you focus on the path or more specifically, the step you are on. If you focus on the threshold, not the step you are on it will move and change in your imagination of the future.

So how can you know something is coming without putting attention on it? Or not enough attention on it to take away from the step you are on. Are there any parallels in life we can use to help with this? What about death itself? Isn't that a threshold you will eventually cross on your path of existence? Doesn't thinking about death too much steal your enjoyment of the present moment? If you ignore death completely as if it will never happen, doesn't that sound childishly naive? Why couldn't be the exact same with enlightenment?

The Solution: ?