

# Why Do We Not See It Existence Consciousness Bliss?

We are all born with an innate sense of existence, consciousness, and bliss. These are the essential qualities of our being, and they are always present within us, even when we are not aware of them.

However, as we grow up, we often lose touch with these qualities. We become caught up in the world of appearances, and we forget our true nature. We become attached to material possessions, relationships, and experiences, and we believe that these things will make us happy.

But no matter how much we acquire, we can never truly find happiness in the external world. True happiness comes from within, from the realization of our own existence, consciousness, and bliss.



## Everything Is Perfect: Why Do We Not See It (Existence - Consciousness - Bliss Book 6) by Ivan Antic

★★★★☆ 4.4 out of 5

Language : English  
File size : 3703 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
X-Ray : Enabled  
Word Wise : Enabled  
Print length : 263 pages  
Lending : Enabled



The ego is one of the biggest obstacles to our seeing our true nature. The ego is the part of our mind that is constantly trying to protect and promote itself. It is always looking for ways to make us feel superior to others, and it is always trying to avoid pain and discomfort.

The ego can be a useful tool for survival, but it can also be a major source of suffering. When we identify with our ego, we become trapped in a cycle of fear and desire. We are constantly afraid of losing what we have, and we are constantly craving for more.

Attachments are another obstacle to our seeing our true nature. Attachments are the things that we believe we need to be happy. These things can be anything from material possessions to relationships to experiences.

Attachments can be very powerful, and they can keep us from seeing the truth about ourselves. When we are attached to something, we are afraid of losing it. This fear can lead us to cling to the thing even when it is no longer good for us.

Ignorance is the third obstacle to our seeing our true nature. Ignorance is the lack of knowledge or understanding. We may be ignorant of our true nature, or we may be ignorant of the path that leads to our true nature.

Ignorance can be a very difficult obstacle to overcome, but it is not impossible. With the help of a teacher or guide, we can learn about our true nature and the path that leads to it.

If we want to experience the fullness of our being, we need to overcome the obstacles of ego, attachments, and ignorance. We need to learn to let

go of our attachments, to see through the illusions of the ego, and to cultivate the wisdom that comes from ignorance.

The path to our true nature is not always easy, but it is worth it. When we finally realize our existence, consciousness, and bliss, we will find the happiness that we have been searching for all our lives.

Here are some tips on how to overcome the obstacles of ego, attachments, and ignorance:

- **To overcome the ego, we need to practice humility.** We need to learn to let go of our pride and our need to be right. We need to be open to learning from others, and we need to be willing to admit our mistakes.
- **To overcome attachments, we need to practice detachment.** We need to learn to let go of the things that we believe we need to be happy. We need to be willing to let go of our possessions, our relationships, and our experiences.
- **To overcome ignorance, we need to practice inquiry.** We need to ask ourselves questions about our true nature and the path that leads to it. We need to be open to learning from others, and we need to be willing to challenge our own beliefs.

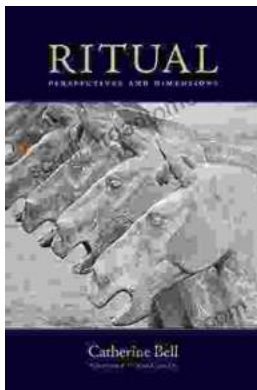
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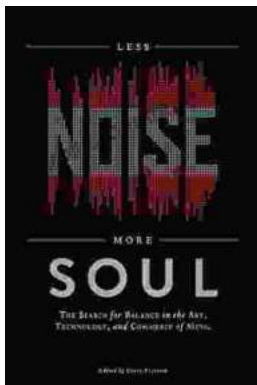
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