

# SEEKER SAFETY BASELINES • TUNING YOUR INNER RADAR (SWOO1)

◀ Spirit Warden ⇨  Video ▶  Audio ▶

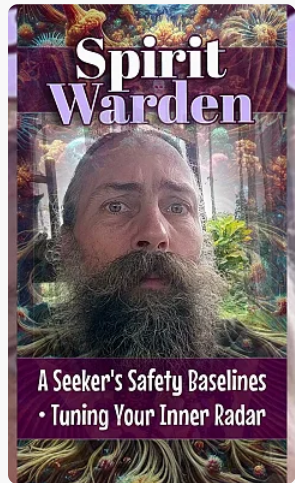
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Your quest for inner growth is marred by a million exploiters. Pretenders on the high stage, opportunistic feeders, ever scouting for your vulnerabilities. If you focus on external threats, you will fall into traps – no matter your vigilance.

Your best and only defense is acute self-awareness. Awareness of the full stack of your being – your instincts, emotions, intellect, identity – and their vulnerabilities. Activate your inner radar. Immunize your being. Become self-sufficient.



*#SpiritWarden #SelfAwareness #Vulnerability #FakeTeachers  
#InnerRadar #StackOfBeing #AnandaICU*

**As we explore the lay of the land** and the hazards map for our journeys in life, seeking to ward off those who would exploit us, hoping for a safe and secure abiding, there are some baselines that need to be covered.

If you seek to ward off external threat, unaware of your own contact surface, your points of vulnerability, you will eventually inevitably fail. The invaders, intruders, exploiters, abusers, are a million, with a million strategies on a million routes. Your best defense is thorough self-awareness.

Where-so-ever in your stack of being there are unfulfilled needs and hopes that you seek to fulfill from the outside, there exactly are the threads that can be pulled, the gates that are wide open for intrusion and exploitation. Do keep the external radar online – but amp your internal radar to the max.

Then at a glance, the *stack of our being* – when unreconciled, out of balance, makes us vulnerable.

Your **physical being**, your hunger, thirst, urges and instincts. Suppose we dangle before you the carrot of food, medical care or shelter, will you come under our wing?

Then your feelings and **emotional longings**, affects that are gamed for reactions that are not in your interest. To feel accepted, loved, cared for. Yes we'll love-bomb you into dependency and in time into servitude. When your emotional well-being and inner equilibrium depend on the expressions of another, and when these expressions are withheld to keep you in line, your feelings have turned you into a slave.

Then you have your **rational being**, your intellect, ever seeking to make sense of the world and your role in it. Desperate in our escape from uncertainty, craving for frameworks and models of thinking, we condition ourselves to the constructs of others. Then as your worldview, identity and models of interpretation are crafted from these hypothetical building blocks, the theories held by another – whosoever that holds the teaching, the doctrine, that one is your master.

And how dare you disobey the one who showed you the truth? Even if you didn't really experience directly that

truth, but it must be the truth because he said so. You know, so don't subscribe all of your intellect and reason to the hypothetical models brought forward by others. Seek direct experience. Validate and verify all ideas, every concept, in direct living experience. Then as you follow it, you follow "what is", not someone's idea.

Then we have our layer of being in **identity itself**. All these dream roles we seek to craft to feel good about ourselves as a whole. These identities give us a sense of meaning, purpose and direction in our lives in relation to others.


Then let me resign from the fullness of what I am and leap into the template of the good disciple, the apostle even, assistant of the magic healer, the one who was blessed by the great master, whatever all the supporting roles in someone else's drama may be. With that, in your quest and craving for meaning and identity, you become a prop in someone else's story.

So these are all layers in the stack of our being — vulnerable baselines when unreconciled, when we seek for their fulfillment from the outside. Then yes, find inspiration in all, learn from all, absorb from all, but do

not become dependent on them. You will become a slave.

Thorough self-awareness is the first and last line of defense in your journey in life. None will come to your rescue over and over again, when you keep on broadcasting your self-generated vulnerabilities all over the playground. So inner radar online, vigilant at all times. Let not your instincts, emotions, intellect and identity become traitors to the fullness of your being.

Be well. Be safe. Be real. To be continued.

 <https://ananda.icu/talks/spirit-warden/sw001-a-seekers-safety-baselines-tuning-your-inner-radar>