

Fifty-eight Years with CF

How Cystic Fibrosis dissolved all my predicaments in life

In 1963, being born with *Cystic Fibrosis* provided my mind with a clear story about my almost non-existent future. I soon lost interest in this story of my mind, which only showed a “soon to be dead me”. So I concentrated on the experience of Being Here Now. After discovering the Art of Music when I learned to play the piano, I also became to know the blissful experience of being “in the flow”, doing something with so much concentration that all notion of who, where and when I was, vanished. Ego, Space and Time dissolved into One. It was not a matter of being lost in the flow, but quite the contrary: I clearly felt “being found” in the flow of Oneness, as if I discovered my real Source again.

In the course of my life, with meditation - cleaning my lungs twice a day with a nebulizer is great Pranayama - I learned to be in this flow almost continuously, ignoring the short periods of suffering when the ego/mind got a temporal hold over me and made me believe that I was not the One but some small person, a diseased individual body separated from All that ever Is. I “Fell Awake¹”, and these moments of “day-mares” in the end became less and less active, and even when they were, there was always this Knowing in the background that it was not I who suffered, but the little ego.

Much later in life I learned that this realization of Oneness that became who I really was, was called Enlightenment or Liberation, a way of experiencing reality directly, and it was well documented in (mostly) Eastern Philosophies like Buddhism, Hinduism, Sufism and Daoism. But not only it is known in those distant areas, it is also what Jesus talked about when he said “the Kingdom of the Heaven is within you”, what St. Francis of Assisi meant when he pointed out “what you are looking for, is where you are looking from”, and what Meister Eckhart meant when he said that “the eye with which I look at God, is the same eye with which God is looking at me”. It is what is meant by the phrases “*Tat Tvam Asi*” (That Thou Art) and “*Aham Brahman Asmi*” (I am Brahman, or: I am divine) in the *Upanishads* (in the *Advaita* school of Indian *Vedanta*), and the famous words “I am who I am” that Moses heard as described in the Old Testament of the Bible. Recently, science has also found evidence of this experience in the brain, using fMRI technology, to make a shadow of this state of consciousness visible on the screens of our technical achievements.

This is an experience that brought me totally beyond the body and the disease, it dissolved both notions almost completely. It is a very peaceful and complete way of experiencing reality, and it is not special, not something that is only for a few. It is who we All really Are, regardless of religion, faith, health, or any other identity that we are clinging to. As soon as we learn to let those identities go, the underlying identification with All that really Is will emerge by itself. It takes no effort or time, it only needs a listening and still brain, that is in awe of itself and of all

¹ See our soon to be published [book](#) “*Falling Awake – Tales & Paintings from Oneness*.”

of Creation, and a true longing for the reality beyond our limited mindset and our disease, called the human condition.

I am sure that having *Cystic Fibrosis* has been most conducive for the possibility of this viewpoint arising in me, which is in fact the breakdown of all separate viewpoints, merging into the impersonal but ever so close and intimate realization of who I really Am. In this regard, for me *Cystic Fibrosis* showed itself not a disease, but rather a blessing in disguise.

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Photo: Paul with his lovely wife Debbie