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Autobiography essay

I have, for as long as I can remember, always found my greatest inspiration in nature, and because of this love have found myself ever more absorbed in the behaviour patterns of all forms of life. In this respect I now know that I should look upon myself as having been "lucky", in that I have always found myself surrounded by more knowledge than I have known what to do with.

When I was a child I simply assumed that all people saw what I saw, and thought about things in the same way as I do, but as I became older I started to realise that most people are not close to nature, and neither are they familiar with the causes of behaviour patterns. At first I became distressed to discover that people choose to play what I term "the blame game", rather than trying to assess and evaluate the causes of behaviour. Then, as my own knowledge of behaviour patterns increased, I slowly began to understand that most people think and behave the way they do because of their social conditioning.

Knowing full well that if my fellow men are socially conditioned, then so too must I be, I embarked upon a study of how and when such conditioning takes place. The more I learnt, the more horrified I became to realise that men, women and children are not taught to think and fend for themselves, but are instead moulded into instruments with which to uphold belief systems and social structures which not only disempower the individual, but which also undermine his or her sense of self-worth and self-respect. As a result, I began dedicating my life to finding ways and means in which I could play my part in making man aware of his bondage, and how to escape that slavery by claiming back his power, his self-respect and, above all, his freedom.

Throughout all of this time, I have been more than fortunate in having received profound guidance from the wisest man I have ever known. Although for various political reasons the real identity of this man may not be known publicly, I am completely indebted to his enormous knowledge of human behaviour, and to his unwavering belief in the process of evolution. There is no doubt in my mind, that had I not had this man's guidance, my own quest for knowledge would have been painstakingly slow and laborious.

It is also thanks to my own teacher's knowledge and vision that I finally came to the conclusion that it is not enough simply to study and learn. Any knowledge, once gained, has no real value unless it is utilised, and it was in recognition of this fact that I made the decision to start imparting my own knowledge of the tradition to which I am heir; namely, the Toltec teachings, through the medium of teaching and writing.

In my own quest for knowledge, I have learned that an openness of heart, and an inclusive attitude towards all of life, are the only two requirements needed for the traveller upon the Path of Freedom, as expressed through the Toltec teachings. Consequently what started off for me as a private journey of self-discovery within that adventure known as life, has become a lifetime's commitment to the freedom and well-being of all of my fellow creatures, human and otherwise – a commitment and journey which nonetheless still remain the greatest adventure I have ever experienced. Throughout this adventure I have learned that, at the end of the day, there is only one life, of which all of us, including our fellow creatures, are but units playing our part in the formation of that glorious tapestry known as destiny. In this respect, I too am playing my part as I continue to teach and write, imparting the Toltec legacy.