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Wild
Satsang

THE ABSOLUTE

ENLIGHTENMENT &
ULTIMATE FREEDOM

BOOK 1

Realizations Required to Transcend the Human Condition

THE ABSOLUTE:

ENLIGHTENMENT &
ULTIMATE FREEDOM



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*This book is dedicated to my youngest brother,
Jacob Matthew Taylor, who's consciousness
transcended body-form at the age of 19. Our
bonfire conversations regarding the nature of
Absolute reality now take the form of this book.
May your inquisitive spirit continue to guide this
dialogue we call Wild Satsang.*



Contents

Forward	4
Part 1: Revelations into the Nature of Reality	10
Part 2: I AM: Invocations of the True Self	65
Part 3: The Absolute: Revelations into Perfect Union	89
Letter to My Loved Ones	148

Forward



I don't know whether you'll become enlightened by reading this book. However, I do know that during one of your many lifetimes, you will realize the Truth of who and what you are. It is through your earnest seeking and incremental realizations that you will arrive at this most holy place of knowing and being. You must know that every effort spent earnestly seeking the Ultimate Truth matters and has powerful far-ranging effects. Right now, no matter what condition your life is in when you are reading this, contemplating these revelations and presenting them to the litmus test of your own heart will begin to dissolve the conceptual boundaries between yourself and Absolute reality. There is no wasted effort because you can never regress in this process. Every attempt at discovering the Truth of who and what you are is immensely valuable to your Self-discovery. Every True thought and every earnest feeling

inches you ever closer to discovering your undivided holy nature.

Every moment dedicated to the exploration of inner Truth, is a step toward the Ultimate goal of Self-realization. Whether you take one step, or one thousand steps in this lifetime, you are on a divine adventure. You cannot get lost for long. An entire lifetime spent blundering in ignorance will inevitably be followed by a more intentional incarnation towards wisdom and Ultimate Freedom. During one of these lifetimes, you will realize that there is no such thing as the right or wrong path and that all streams lead to the One Divine Presence that you are. Inclusion through love or separation through hate, judgement, or fear; these are your options in every moment.

Soon, you will begin to realize that your mind is only a looking glass for a divine presence that is your True Self. When you arrive here, you experience life itself as a playground for this divine presence. Life itself is a divine dance in which every possibility is explored. During one of your many lifetimes, you will become still and silent enough to ponder the questions that will begin to unravel the illusion: “who am I? Who is the one experiencing this life? To whom do my senses report? Who am I between physical lifetimes? What part of ‘me’ is ‘God’?” If you are ready for these types of questions, then rest-assured, you are holding a book which is intended to reveal the door to your own Self-realization. You do not need to wait for death of the physical body to expand beyond it. It is my

strongest desire for you to know this – for it is your birthright to discover and claim your salvation. If you are reading these words, it is not by chance. This book has entered your Awareness to serve as an alarm clock to your awakening. You are deserving and you are ready.

These words alone will not deliver you. This book is merely an invitation to discover the Truth inherent within your existence just as you are, right here, right now. Seek the Ultimate Truth through the clear looking glass of the purified mind. To discover the Ultimate Truth of your existence must be your highest goal. May the promise of Enlightenment and Ultimate Freedom be your endless motivator. In this way, you will burn through needless lifetimes fraught with suffering and ignorance. You have been given the key. Now step without fear – for you can only ever encounter more of yourself.

The key to freedom is to earnestly question the nature of your reality and to find out who the ‘experiencer’ of this reality really is. Is there any difference or distance between the experience and the experiencer? Who is it that perceives through your eyes and observes your thoughts? By what power are you present here and now? Are you simply a material body that has evolved such a complex neural system that it has produced your consciousness? Forgoing all obviously temporary states of being, what is your Ultimate state? Is the unattached Awareness of your own presence your Ultimate state? What is your relationship to the reality

that surrounds you? Is reality separate from you? The revelations offered to you in this book are given for the purpose of guiding you inward to find your fundamental essence – your shared nature with All–that–is.

Turn inward, to the light of your True Self and ask these types of questions. Do not be satisfied with a mere mental answer. This line of questioning is not a mental exercise. The aim is not to gain spiritual knowledge or form new lofty concepts. The aim is to *experientially realize* that you are neither your mind nor body, nor the conditions or assumed identities you've placed upon them. *You are the fundamental Awareness that gives rise to your mind and body through a set of beliefs.* You are the *source* that gives rise to all expression and experience as seen here in the physical world. You are the *pure Awareness* that is peering through the looking glass of your mind. Yet, you *are* everything you see. There is no division amongst reality.

Held to the light of your earnest inquiry, ignorance crumbles automatically. As all that is untrue burns away, what remains? It is only the original, unborn Awareness that remains, because it is the one thing that was never created. All of creation occurs *within* omnipresent Awareness. Awareness, or pure consciousness is the very substance of reality. Everything *is* Awareness. Everything *is* consciousness. Take a minute to confirm whether or not this is True. Here is the test you can use to know whether something is Ultimately True: *It exists completely and wholly outside of time.* All that is born, will someday

die, and therefore cannot be Ultimately True (i.e. the Absolute). This goes for all beings – including Gods and universes – including your perception of “you”. It is not the reading of these words that will catalyze the necessary transformation within you, but your earnest looking within your own heart who yearns for Truth that will lead to the dissolution of all that is untrue. The most unlimited, unbound, intimate experience of reality *as your very Self* awaits your recognition.

The path to enlightenment is simple. Know that the goal is to discover the timeless, changeless, Absolute Truth of existence. That which is beyond time and not subject to change must be infinite. In being infinite, it must be ever-present. In being ever-present, it is ever-available to you right *here* in this present moment. You must look beyond the foreground of the temporal and conditional looking lens (i.e. your individual self) and into the source of its illumination (i.e. the Absolute). The Truth never fades and never fluctuates. Once something is observed to be false, the tensions that once held that falsehood in your experiential existence will loosen, and the illusion will soon fade, incrementally revealing your True nature that was always present. Everything, including polar opposites are all expressions of the Absolute. Your embodiment of the Absolute is the direct experience of this very paradox. Your nature is that which illuminates your embodiment – and therefore, you may come to know yourself outside of this paradox. This is Self-realization, or “enlightenment”.

This book does not prescribe any particular spiritual path or faith tradition. To do so would only further your dependence on mental knowledge. True reality exists before knowledge itself is born. This is what is being pointed to; this is where you are being called from.

Let us journey inward now, toward the heart of Truth.

Part 1:

Revelations into The Nature of Reality



The seed of freedom begins to sprout through a crack in your consciousness, where a ray of Truth contacts your mind and you begin to realize that there must be more to this life than your society has revealed to you. Should you choose to investigate, this crack will grow wider, and the subtle space that exists between *you* and *your life experience* is noticed. Within this space, the most fundamentally natural question arises: “who am I?”. Looking inward and inquiring earnestly as to *who* you are and *why* you are is all that is needed to deliver you into more expansive living. Sit and ponder your deepest self-inquiry with sincerity. To approach this question with inner honesty is the key to expansion into your True, original nature. As your Awareness of who you are expands, delusions will dissolve naturally, leaving a void of identity within which your Ultimate and

Absolute nature is revealed. This is the only work that is being prescribed.

Distill all your desires down to their fundamental cause and you will discover that what you are ultimately searching for is liberation. Furthermore, the brand of liberation you seek is that which comes with knowing thy Self (i.e. Self-realization). This is the singular motivation for all desire. When you see this clearly, doorways open to you which allow you to skip lifetimes of indirect and partial fulfillment. Seek only to uncover your fundamental essence and all your desires will be met. Self-realization is the only ultimate satisfaction. The sooner you become resolute in this, the shorter your spiritual path to enlightenment and ultimate freedom.

The gravity of consciousness pulls you inward, towards awakening into Oneness; into the embodiment of your True Self. By pushing against this natural inward flow is to perpetuate illusions of separation which results in the lived experience of fear, judgement and general ongoing suffering. It is your free-will to go with this or go against it. However, if it is freedom you desire, then your True Self is who you must uncover. This book has been written to accelerate your awakening.

Author's Note: The following passages are stand-alone pointers and can be read in any order. As you encounter each passage, allow your mind to ruminate on their meaning and implications. Don't merely accept each passage as Ultimate Truth. The potency of these words depends entirely on your earnest investigation and confirmation. Ponder these words until an energetic realization spontaneously detonates within you. The sole purpose of this book is to awaken you to the living Truth within this present moment.

The mind's only proper function is to tend to the details of life as they arise. However, without the proper discipline, the mind becomes erratic and unorganized at best; and worse – will create fear, depression, control, pessimism and hate. The mind is a necessary tool to navigate the details of life. Keep it in its proper function as a tool to serve its master: YOU!

The only antidote for suffering the feelings of separation, along with all the residual effects it conjures in your life, is Self-realization. This is the *only*

cure. It may take years of effort for you to become fit enough to realize that peak mental and physical performance cannot make you eternally happy. It may take lifetimes of effort for you to become rich enough to realize that money cannot make you whole. No matter where your mind turns to in its attempt to find fulfillment, know that the *only* way to achieve unending happiness and everlasting fulfillment is Self-realization.

Objects of perception are not important. **To find and understand the unchangeable nature of *the one who observes* is the entire prerequisite to your Self-realization. All that can be perceived is subject to change.** Look earnestly into the heart of your own knowing and discover for yourself.

To tell a person to be without thought is like telling the ocean to be without waves. The ocean is Aware of her waves, but doesn't lose herself in them. There is no elation in their uprising, and no sorrow in their diminishment. Instead, the ocean remains within her True nature as the substance of the waves and makes no attempt to quell or control them. Waves occur spontaneously as conditions dictate. She remains as the still heart in full allowance of the waves dancing upon her surface. Likewise, you only need to remain in the ever-present stillness and peacefulness of your

True nature *as* pure presence—Awareness and to allow thoughts, feelings, bodily sensations, actions, and life itself to dance upon the surface of your being as conditions dictate. This is the way in which an awakened being walks through the world. In this way, your thoughts, deeds, and actions become harmonious, spontaneous, and perfect in the moment they are called forth. This is the way of the liberated being; herein referred to as the True Self.

The wave is to water what the human is to God.

Find out *who* the formless, identity-less perceiver is. The pure observer, being beyond form and identity, is not subject to change unless it becomes entangled in the world through interest or attention. Even then, it is an *apparent* [false] identity that becomes subject to change and entanglement, not the perceiver. **The space between the perceiver and the perceived is subtle, but when you discover its existence, you have entered into a path towards Self-discovery and Ultimate freedom.**

Know the truth of your body as a manifested mass of conditioned identity. Your body has become conditioned by the environment in which it was raised;

as a coalescence of ideas, attachments, beliefs, desires and fears carried forth through lifetimes of ignorance. Find the original being whom all these additives have been placed upon, hindering your knowing of your original nature. Know that you are not your junk and that you are capable of existing without it. **You don't need to struggle to be who you fundamentally are.** You don't need to carry anything. In fact, if you have the courage, allow everything to fall away from you now – all conditioning, all identity, all judgements, all thoughts – and you will soon realize that even as you remain completely empty, *you are still here*. And not only are you here, but you are fully present, fully alert, fully Aware and fully alive – perhaps more alive than you have ever been! It is as if you are the entire aliveness of this present moment!

Know the Truth of your mind as that which *receives* consciousness and imparts it to the container of your physical body. **The mind itself is a body – the limited body of universal consciousness.** This dense, physical body you currently find yourself inhabiting is only one of the infinite possible iterations of body–form–identity in which consciousness may inhabit. **As you gradually (or abruptly) awaken to your True body–less essence, the body in which your consciousness inhabits will become increasingly transparent, ethereal, and perhaps even indistinguishable from the subtle cause of reality itself (i.e. God–nature).** Angelic and spirit–forms are the bodies of beings whom have grown

beyond the need for such a tangible presence. These beings have transcended the need to use the physical body as a reference point for their True presence which they understand to be beyond form entirely. Just as some entities need “hard lessons”, some require “hard bodies”. **As lessons in unity-consciousness are assimilated by an entity, the lessons soften, and so too does the body-form.**

These words are intended to act as a solvent, slowly dissolving that which is untrue within your psyche. That which used to trouble and burden you will begin to take on a more transparent quality as it fades from your mind and from your experience of the world and you will find your Self as the One within which this entire drama of delusion played itself out. At this juncture, one can only laugh and rejoin in the play of the world – unattached and unaffected except by your own choosing. **You will come to realize and experience your life as the role-play of God, knowing full-well that you are always God, regardless of the character you have chosen to play in this relational dimension of reality.**

Your path as the earnest seeker is to discover the fundamental essence of your own existence; that which gives rise to your sense of being: your I Am-presence. Do not get distracted along the way by gurus, gods, deities, modalities, entheogens, ecstatic

states, or miracles. Find the *living Truth* that remains after all false identities and states of being are seen through as time-bound and subject to change; and therefore, *not* your Self. After burning through all falsehoods [via self-inquiry, intuitive insight, etc.], what remains will be your True, undivided Self. **If it has a boundary, rest assured it is not your fundamental essence. Soon you will look at reality and find no divisions between yourself and it. Then, you may inquire “what gives rise to all of this?” When you arrive here, you have entered into the house of the living Truth.**

Love is the recognition of Truth. Love is the felt-presence of a being living in Truth, undistracted by reports of the mind. Love is your only True function because it is the automatic result of your True being. **Love is your heart’s recognition of Self in others.** This is how the biblical passage known as the Golden Rule: “treat others as you wish to be treated” is meant to be lived. **Recognize yourself in others, because *you* and *them* are the same Self, living life from different perspectives.**

When you find the True reality within, you will never again be lost. Your heart holds the map to itself.

Who is it that strives for perfection while ignoring the perfection that is present here and now? It can only be the ego–mind, for the here and now ARE reflections of YOU. **Pure presence is perfection.** Perfection is timeless, and therefore forever patient in awaiting your recognition.

The realized being observes from a condition–less state. **They reside in the boundary–less abyss that gives rise to and embraces all states within the infinite potentiality of the Self.** Do not be so humble so as to deny your own nature. **Claim this undivided being as your presence here and now until every iota of other–ness fades from your gaze.**

Happiness is what remains when you stop chasing something outside of yourself. To remain as pure presence is to remain rooted in your internal well–spring of joy. Then again, if you were fully realized, you would see nothing as being *actually* outside or apart from yourself, and there would be no chase apart from the enjoyment of the illusion of a chase. **All refractions of reality are but extensions of the One True experiencer: Self.** This undivided Self is our fundamental nature and is experienced and expressed in all apparent things, *as* all apparent things.

There is no distance between your True Self, and the self you imagine yourself to be. Suffering tends to arise when you lose sight of your True Self and instead assume allegiance with false identities. These identities seem appealing to the mind but inevitably super-impose a trance-like state upon your being that, over time, you begin to refer to as “you” and “your life”. **Self-realization is becoming unbound by this illusion and returning to your natural state.**

Your name is merely an address. Your body is only a house within which the True Self seems to temporarily reside. **In Truth, the Self resides equally within as without. The True Self is boundaryless.** When experienced locally, such as in ordinary human life, the Self is simply what is happening “here”. That includes this body-mind as well as this place in which it is occurring. In fact, there is no distinction between the two.

Don't try to *become* anything; not even enlightened. It is enough to realize you are not your body, nor your mind. This realization alone is enough to deliver you in time. **You do not need to know or identify that which will remain when the illusion evaporates. Just trust that the True-you will remain.** In fact, it is better to have no notion of this enlightened version of “you” at all. Otherwise, you are likely to become identified and

entangled as “the enlightened one”, which is just another identity-trap that everyone must pass through along the path to Self-realization in its divine fullness. Faith and an earnest desire for Truth are all you need to reclaim your True, fundamental nature.

So many people are reluctant to let go of their assumed identity out of fear that they will disappear. I assure you that you are not your name, nor your body, nor who you think you are, even in your highest ideal. You are not your life – you are the impetus of life itself. **Letting go of identity will not result in your disappearance. It will only result in the deletion of false parameters. To become nothing will result in your recognition and embodiment of your True Self.** In this recognition, all the fruits of heaven will be yours. You will be freed from all that once bound you. **As the caterpillar has inbuilt faith that something greater lies on the other side of the cocoon; so too must you overcome your mind and trust that what lies on the other side of your personal identity is your True identity-less Self.** If the word “identity-less” scares you, then you have located the aspect of you that has kept you limited. **Delete it and enjoy the bliss of your boundless nature.** How to delete it? Remain unidentified in every situation that you come across in your daily life. This does not mean you sit in meditation all day. No, you may be the busiest you’ve ever been, but you do not identify as such. Right and inspired action takes place in the “flow state”. Tremendous action becomes effortless in this flow state. **While in**

flow state, one enters into spontaneous synchronicity with the environment. This is a direct result of one becoming unbound, unidentified and unconcerned with outcomes and rather, living within the timeless *now* moment. Harmony and synchronicity are the result of identity-less presence. The best athletes know this. The greatest poets, scientists, channelers and saints all know the power of the identity-less Self. The whole of existence is *that* Self. You are undifferentiated.

What happens or doesn't happen is unimportant. When you shift your attention from the external world to your internal consciousness, you begin to realize your place of wholeness, and ironically, the division between the internal and external realms spontaneously evaporates.

Your personal self is really just a looking-glass for universal consciousness. Your body-mind is the operating system through which the vastness of undifferentiated consciousness can experience itself through what you call "your life" and "this world". Your True identity is that pure, unattached conscious-Awareness prior to its involvement with your body-mind complex. Know this and be free.

The purpose of life is simply to experience for the joy of experiencing; nothing more. There is no goal for the Absolute. The goal of the personal self is only to be happy. Happiness sought in circumstantial life events will come to you in incremental drips. Those who have tasted the Truth are no longer content with a slow drip. Find that part of you which is timeless and you will find the gateway to unending bliss. *Now* is the only thing that is timeless. To the extent at which you dive into the pure intimacy of this unfragmented now-moment, you will realize your True nature and be free.

There are no limits to pure consciousness as consciousness is not bound by physical laws or dimensions. Rather, consciousness is the living spirit of the infinite ocean of potentiality known as the Absolute. You are that.

Detach yourself from all identities and you will remain present – but *as what*, you must find out. I can tell you that you will exist as unbound Awareness, but it is not enough to hear these words. You must discover the experience of this within you for it to take effect.

When we meet as pure Awareness, your nature and my nature are the same. It is like looking at your own

reflection in a different form; you each recognize the common Truth each has discovered just by looking into each other's eyes. Likewise, the spirit in you and the spirit in your dog or cat is the same. This is True for everything you see – the trees, the chair, the rocks, the clouds, the space. **Beyond name and form is the ever-present, living spirit of existence.** The western-conditioned mind may prefer the term “energy”, which is equally acceptable as long as the fundamental qualities of this energy are recognized as infinite, Aware, and alive as All-that-is.

Miracles are the fragrance of the presence of one who has found themselves to be singular, whole, and lacking nothing. **To the pure mind, miracles are natural and rather unremarkable. All phenomena take place in perception only. Action and non-action are equally inconsequential – for they are both appearances playing out within the vastness of your changeless existence.**

When the mind is still, calm and unattached, be content to sit in that subtle Awareness. When this mode of being becomes your predominant experience, the remaining attachments and karmic entanglements will dissolve automatically so long as you refrain from reaffirming them through belief in their importance or

meaning. For the one who practices this, Self-realization is guaranteed.

Pure presence is the fundamental factor in inspired action. The realized being – pure and undiluted by ego and untrue thoughts and projections, is compelled by forces as large as life itself. The thoughts and actions of the realized being are in harmony with the whole of life. These thoughts and actions incur no karma¹ because they cause no spiritual friction.

What you are looking for is where you are looking from. No matter the object of attention, you are looking *at* this *as* this. **There is no separation between the subject and object.** The mind cannot consume this. But your heart can.

To remain as pure, unalterable presence–Awareness is to reside as an open channel for your infinite divinity to be born into experiential reality. This, of course, is not the goal, but a rather delightful side-effect of merging with the Truth of the boundless, ever-present nature of reality.

¹ Karma is simply an energetic movement towards equilibrium (i.e. peace, harmony, natural balance, etc.).

Observe your thoughts. Realize *you* are who they appear to. Try to discern the qualities of the space that is capable of witnessing your thoughts. As you do this, you become more familiar with this space until at some point you spontaneously realize the space that is your True Self. At this juncture, attachments begin to fall away and you experience a growing sense of freedom. You are looking both *from* and *to* the aspect of you that is already enlightened. **There has never been any distance between you and your True Self.** Dwell in this space within yourself and the rest of your life will take on a quality of splendor as attachments wick off of you like droplets off a duck's back. There is no effort in their release; **nothing of the world sticks to your True, unalterable, fundamental being.** You flow with the world experientially while not becoming encapsulated by its illusions. You find True freedom and harmonious relationship with all people, places, and things you encounter – including your own thoughts, feelings, and emotions. At first, people may think of you as cold, emotionless, or even heartless, but in Truth, they are only feeling their lack of sway over you; for you are a free being. If they would release their own demands of you, they would join you in this freedom. This is divine relationship.

Where within you do your senses and feelings report? If it's to your mind, then where within you do the

functions of your mind report to? **Trace all mental movements back to their origin – to the One who witnesses them and you will discover that it is your own pure presence–Awareness that shines internally as the fundamental witnessing power from which all movement gathers its energy.** This book can give you all the answers, but until you actually discover this outside of your mental imagining, there will be no salvation for you. A mere mental understanding will have no effect.

Who decides whether the ideas that arise in your mind are worth giving power to or not? From where does the power of attention arise? If you are at all interested in discovering who and what you really are and why you exist, you will ask these sorts of questions and follow them into the Absolute. Initially, the pathway to freedom is inward. When the inner realms of consciousness become disentangled with false identifications and desires, then you may turn your gaze outward and watch as the disentanglement becomes all-pervasive. **Earnest Self-inquiry and meditation are the tools of those who seek Ultimate liberation in *this* lifetime.**

All you have to do to rid yourself of attachments is cease giving them your attention. That's it. Attention is sustenance. Without the periodic refueling of energy through your attention, these things fade away like a

cloud without moisture. Their entire composition is your consciousness. Without the energy source of *you*, these things have no way of persisting, for they have no existence outside of your creation and recurring re-creation in each new moment. Every moment is an opportunity for you to discover your infinite nature.

All identities are subjugations of the Truth. Why fraction the blissful whole? A portion of the whole can never be as satisfying as the whole. Don't settle for anything less than the Ultimate. Enlightenment is possible for you. It is more integral than a birth-right; it is your True nature right here and now beyond birth and death of the body. This is how it has always been and always will be. Allow your earnest desire for Truth to cast away the shadows in your mind that would distract you from looking beyond it. **Care not for the shadow, but for the source of light that make the existence of a shadow possible.**

You are the fundamental sub-stratum which gives rise to being (i.e. existence). Your True nature is the fundamental is-ness called presence or pure Awareness.

As nothing (i.e. identity-less pure presence), you remain the *source* of All. As an apparent identity, you

restrict the scope of your presence thereby projecting your pure be-ing into crude form. This results in the experience of only a finite and limited slice of the Supreme (i.e. “your” life). This act of projection, rightly used, allows for the divine to *experience* being. Wrongly used and the divine becomes attached to the apparent projection. Attachment is the seed of entanglement and the birth of illusion and suffering. It need not be so.

Be present to the myth as the Truth. In your presence, myths dissolve and others will call you a saint, a sage, and a miracle-worker. This will be *their* title for you. If you are to remain the presence of Truth, you will hold no title for yourself. **You have transcended your own entanglement with individuality thereby becoming a vessel for the supreme nature of existence (vital Awareness).**

Remain as a pure witness until even the act of witnessing dissolves into the Supreme. Do not be afraid of disappearing. Only your imagined identity will disappear. You will remain as the Supreme Self. At that point, you are free to play as originally intended – disentangled and fully alive [i.e. purely present].

“You” don’t exist; you are existence itself. You don’t “have” a life; you are life itself. This is how fundamentally vital you really are. You do not need a personal identity in order to exist. **Not only are you worthy of Self-realization, you are the Awareness within which the very concept of worthiness is invented and given credence.**

You can trust the world completely. You can trust the universe completely. When you look out, do you judge or love your reflection? **Reality is literally your own reflection upon the surface of existence.**

Through the looking-glass of the still mind, the undivided, all-pervading Supreme Self shines forth as All-that-is.

You do not need to meditate in a cave high up in the mountains to achieve enlightenment. Nor do you need to retreat in any way from daily life. **A liberated being may be just as involved in daily life and all its dramas as any other person. The difference is the liberated being has transcended attachment.** In transcending all personal attachments, the liberated being welcomes all potential outcomes. To the liberated being, life becomes a play to be enjoyed and loved, regardless

of plot twists, character deaths, and even the death of their own character. For they know they are not their character, it is just a temporary role being played out within the illusion of time. To the realized being, the play runs its course as they remain unattached and unaffected, though thoroughly amused and entertained. **They remain in bliss, love, and joy by their nature, not by their condition.**

Everything *is* consciousness. A grain of sand, a single electron and a human being all experience and express themselves *within* consciousness. Though there are degrees to which an apparent entity occupies infinite consciousness. For example, the human being occupies a degree in which self-awareness becomes possible. This is not true for the electron or for the grain of sand. It is this self-awareness that gives human beings a unique opportunity to discover their fundamental relationship with all other *forms of consciousness*. The paradoxical route to this discovery is inward rather than outward. Physical science can only reach so far; and will never reach the Ultimate. The science of consciousness is a solo-journey. It is a journey inward toward the heart of the Self. **Then, and only then are all outward appearances reconciled as One.**

Everything that takes place, does so within consciousness. The life you call “yours” is a single

node within the vastness of infinite consciousness. In this way, you are intimately connected to everything through this common, all-pervading and infinite field of expression that includes All. What is the initial cause of all expression? What is the initial cause of consciousness, itself? It cannot be described in words; only experienced. **Paradoxically, this can only be experienced in the absence of any perception of there being an experiencer (i.e. the sense of “I”).** This is where your True Self calls you from. **There is a state of being even more fundamental than the play of consciousness.** Know this and follow its scent inward towards eternal bliss.

The more you fire gold, the purer it becomes. The longer it spends in the fire, the more impurities are removed. For the seeker of Truth, meditation and self-inquiry are the cauldron. For the yogi, life itself is the cauldron. As pain and suffering arise in daily life, the yogi is ever-aware of their source. In becoming aware of their origin, they shed light into the shadows of the mind's attachments. As the light of pure Awareness burns off these impurities and little by little, the yogi becomes more and more detached until eventually they experientially realize that all things arise from the unified ground of being: Awareness (pure consciousness). This is the true goal of all yogic practice and meditation.

There is nothing you need to do to become who you are except to cease imagining yourself to be what you are not. If you can point at it, name it, or identify it, throw it out – for it is not who and what you Ultimately are. You are not a seeker, you are not starseed, you are not a divine being and you are not a God. Depending upon your conditioning, any of these labels may point to a more expanded version of you. But any version of the Truth is only a partial truth. **If you are here to realize the Self, you must go beyond all that can be named and enter into the nameless void of the Absolute. Here are all identities unified and the miracle of existence experienced in its whole, undiluted exuberance.**

Your attempts at controlling your life and its outcomes are ultimately what binds you. To let go of the *urge* to control every element of your life is to begin to enter into harmony. Your lack of trust in life is the root of your discord and the seed of your suffering. **Release your demands on life and instead accept everything as catalyst for your awakening.** This process you know of as your life has been intimately designed specifically for you to awaken.

The kingdom of heaven is within you. It is your belief in your mind and its projections that keeps you in an

illusion of separation. When the veil of illusion falls, you will bear witness to this heavenly state that was present even within the active illusion. Look intensely at the illusion of separation and you will soon see they are concepts of mind only. When you see through them, you are free and this kingdom of heaven is revealed.

No stories persist in the pure perceiver; therefore, no suffering arises. Events take place within consciousness as if they were written on water. They can be said to appear and disappear naturally and without effort. They can also be said to both exist and not exist. Events exist as the ripples or waves upon the water's surface. In this way, the ripple or wave can be said to exist in appearance. Paradoxically, the ripple or wave, being made entirely of the same water from which they arise, are non-existent as there is no difference in their fundamental nature or unified source. Therefore, they exist within perception, alone. Outside of the imagined meaning that the perceiver has prescribed, there is no differentiation and can therefore be said to not exist. **Observe this relationship between the wave or ripple and the water and realize that it is this same relationship that exists between you and "God" (Source).**

Q: What is reality?

A: Consciousness Aware of itself. That is all.

The person you take yourself to be lives in time and space. The Absolute Self, *that you really are*, is timeless and exists outside of the illusions of space and time. How could Awareness be bound by time or bottled up in space unless it was perceiving from the perspective of a localized identity? This localized identity (i.e. you) is, itself, an illusion existing within these illusory parameters of space and time. How else could the infinite, Absolute Self discern anything about itself but through the senses of a localized identity? **Time and space are qualities that occur within the vastness of the Absolute Self. All qualities are illusions taking place *within* the Absolute Self that you are.** The details of life are but fractals of your True nature. The energy that flows through life as Awareness is the only Truth here. Do not be fooled into bondage. Observe from a place of unaffected peace and you will begin to see the world as God sees it: a perfectly balanced unfolding of our singular, boundless nature. This nature can never be lost, added to or subtracted from. All is whole, infinite and complete just as it is.

The expression of your fundamental nature is that which animates all concepts and perceptions. If a thing can be conceived or perceived, trust, it is not who or what you are, but rather an aspect of your nature that is being given the opportunity to be expressed in the experiential realms – those of time and space. To find out who you are, and where your True Self witnesses the experiential realms from, find that which exists before time and beyond space. Spend time searching your consciousness for these answers, and you are guaranteed the ultimate reward of Self-realization. This is the inevitable destiny of the earnest seeker.

Rest in your own pure presence which cannot be touched by the play of the mind. Remain in this place of unalterable Awareness. Here, all mental projections are exposed as the play of imagination. Here is where you find out what is real. Here is where you find the Ultimate, Absolute version of YOU that exists as the silent, unmoving animating power of all subsequent versions. **As *this*, you are the source of freedom, the source of power, the source of creativity, the source of love, and the source of existence, itself.**

When you put your attention on Awareness (i.e. Awareness observing Awareness), a pure internal stillness pervades regardless of the movements happening within it. To the mind, this stillness is useless and empty, because this space exists beyond the mind and its influence. However, to one who is familiar with the embodiment of their True Self, this space feels like home – where you abide as your True nature in boundless freedom.

Beyond the mind, beyond the interplay of consciousness, lies the ever-present source of your existence. This space is infinite and Absolute. This space is where you abide now, in the background of your mind. It is the light of existence – the substance of consciousness.

Be the pure, unattached, unaffected, timeless presence within which all projections arise, play, and vanish in time. In realizing you are not the character in the movie of life, but the light of the movie itself, you remain free beyond the illusory cycles of birth and death.

When you recognize the mask (i.e. your person-self) as a nuanced and time-bound expression of your True Self (i.e. the impersonal Self of all existence), then you have really arrived. From this expanded perspective, life then becomes enjoyed like a theatric play – an ever-unfolding dance of the divine. You no longer fight with life. You are the Awareness who chooses when to engage, picking when and where (if at all) to jump on stage and join in the play. The joy of life pervades all experience and the suffering of life dissolves within the perception of its Ultimate untruth.

Becoming Self-realized does not exempt “you” from the play of biology, at least in the relative sense. Your body may still get sick, you may still fall down and scratch your knee and your body may still succumb to the numerous ailments that exist in the realm of physical form. Upon hearing this, your mind is likely to question the validity of Self-realization and ask, “well, then what is the point?”. The point is that once you awaken to the True Self, you are no longer worried or stressed by the ailments of physical form (worth noting is that stress is one of the primary causes of physical ailment in the first place). Pain may come, but the mental suffering (which is often more agonizing than the pain itself) does not. Upon awakening to the True Self, you transcend the experience of suffering. Forever, thereafter, suffering is finished for you. **Arriving at this awakened state, your soul’s attachment to physical embodiment lessens and you enter into a new degree of awakened living – which may or may**

not require physical embodiment in following “incarnations”.

If Awareness was birthed, from what was it birthed? What was around to witness the birth of Awareness? How does inert matter give rise to Awareness? The mind may say things like “cellular biology evolving or growing in complexity results in the birth of Awareness”. Whether or not this is true is inconsequential to discovering who and what you really are. Regardless of which side of this statement you reside, both sides can agree that either perspective is just a concept and cannot be confirmed or denied in your *direct* experience. **Awakening to your True nature requires you to follow each inquiry that arises within you to its conclusion *within* your direct experience.** If there can be no conclusion reaching *within direct experience*, then simply abide in the state of unknowing – open to all possibilities and closed to none. This space of unknowability is the solvent that will dissolve the illusion of the separate self and awaken you to direct, indivisible Self-realization.

When you stop giving power (i.e. attention) to thoughts, stillness pervades because the mind machine is being given no fuel.

The world you perceive is consciousness in motion. All matter is simply consciousness expressing itself. But you are not consciousness nor are you the resulting matter. Consciousness is your playground; but who YOU are is the ever-unattached Awareness within which it all takes place. In this realization exists the sum total of reality as well as the door to Ultimate freedom that exists within it.

All that can be known through the mind is limited and conditioned. How could the limited mind comprehend the unlimited nature of the True, Absolute, Ultimate Self? **The mind can only understand that which exists within it (i.e. that which was created by it). The mind cannot understand that which exists behind and beyond it. Only through direct experience can you “know” the Supreme.** To achieve this directly, you must go behind the mind – beyond what it can offer you and into the uncreated. **For this, you must practice pure, impersonal presence and slowly the veils will become more transparent until eventually direct recognition of the Self is attained, and your True Nature revealed.** But how will you know? You will know unequivocally because it will be the most “real” thing you are capable of experiencing. You have likely heard people referring to an alternative experience of reality that felt more “real” than their usual daily life. These experiences are often purported while on mind-altering substances because they dissolve the constructs of

the mind. However, mind-altering substances can only offer a brief glimpse and never deliver true, lasting realization. **When you enter and recognize the space of the True Self, it will be unmistakable because it will be an unveiling of that which has always been present within you – that which all other conditions were overlaid upon and now seen through.** At this point, there will be no more requirements for faith or trust because the experience of Self-realization will be your direct and undeniable present reality. Thereafter, the play of reality is recognized as simply a movement within your singular essence – a playful distortion of a unified whole.

Part of the problem is that humans believe that enlightenment is either unattainable, impractical, or irrelevant to their daily life. This could not be further from the truth. **Self-realization, or “enlightenment”, is your birth-right and is immediately useful.** All you want and all that you will ever want is because you believe that you will be happier once you have it. Things and circumstances may deliver happiness for a short-while. However, why not cut out the middle-man (aka the manifested form) and seek the *source* of happiness itself? Have you ever noticed that you are more effective when you are happy? Have you ever noticed that life tends to flow in your favor when you are happy? That is because happiness is an indicator that you are in harmony with your True, all-inclusive nature. **To exist while knowing the Truth of who you are**

is the only source of ever-lasting joy. Seek only this and all else will align itself to your knowing.

The process of enlightenment is to bask in the pure presence of the divine Self; whose presence is in-fact, your own pure Awareness.

To abide as pure Awareness is to be unconditionally accepting of all things, for by definition, there can be no tensions held within it. All tensions are the result of holding tightly to a limited perspective. Just as white light is the sum total of the entire light spectrum, pure Awareness is the sum of all potential perspectives.

If ever you are unsure of what to do, just abide as pure presence – the impersonal witness and wait for grace. **Grace is the active result of pure presence.** It often enters into your conscious reality via spontaneous insight (intuition) or a fortunate coincidence that cannot logically be attributed to actions of your individual self or thinking mind.

Ripening may happen slowly, but once sufficiently ripened, the fruit always drops. Your salvation is guaranteed. Your freedom from suffering is inevitable.

The time that you experience in the interim is only as long as it takes you to realize who you are by seeing through all that you are not until you come to the realization that pure presence is your fundamental and True nature.

True joy is a byproduct of Self-realization. True joy is everlasting and ever-present because it, unlike personal varieties of joy, does not depend on personal identity, personal experience, or personal circumstance.

The same primary urge that seeks birth, happiness, and death is fundamentally seeking liberation through Self-realization. Therefore, seek only the Ultimate Truth of your own existence and all urges will dissolve into divine satisfaction.

Unattached Awareness cannot be recognized by anything other than unattached Awareness. Pure presence cannot be recognized by anything other than pure presence. If you can confirm this recognition within your being, you have, at the very least, entered into proximity of your True Self. As you reside within your pure being-ness, bear witness to the inherent freedom, love, bliss, and joy that arise in this space as

the inherent qualities of your True, fundamental nature. As *this*, you are timeless, space-less, infinite, and yet effortlessly effective in your experience of life. **Here, it is as if life lives life through you. All problems naturally terminate into their own solutions and life becomes effortless. You are the aliveness of life, itself!**

Observe thoughts as ripples in your mind. Observe your mind as the surface of the ocean and your being as the ocean in its entirety. You have become so mesmerized by the waves on the *surface* that you have forgotten about the *depth* of your presence. When the mind is still, the True, undistorted reflection of Self may be observed. When waves arise, remain as the still, impersonal observer – beyond all conditions, beyond all name and form, and you will soon **see the True reflection of your Self as the very light by which it is all observed.**

Let go of all concepts and conditioning. *This* is True Reality.

No time, no space, no name, no form stands between your Truth and mine. Awareness is our shared being.

The Truth of who you are is beyond your personal identity. Investigate for yourself. Is Truth personal?

To claim your True Self as present here and now is not a claim of the ego. This is not the small self *becoming* the divine Self. **It is the realization that the small self was just a temporary embodiment of a limited perspective and the one who embodied that perspective was the ever-present, indivisible divine Self.**

Self-realization is an act of selflessness. To claim the Truth is to be in service to the divine *in* and *as* all things. The realized being, by their very presence, demonstrates the worthiness of all beings to claim their rightful position within the heart of Truth. **To lift yourself is to lift all.**

My True Nature is condition-less, and therefore, unwaveringly present. Consequently, the Self (i.e. reality) is trustworthy beyond all of its infinite appearances.

Your True Nature is like an internal sun. Your experience of life may be perceived as being shaded out by the clouds that arise in the mind (i.e. thoughts, perceptions, beliefs, etc.). However, when you cease giving attention to the clouds, you recognize the spacious sky they exist within (analogous to your consciousness) as well as the source of light by which the sky and clouds are illuminated (analogous to the Self). **To recognize yourself as this most fundamental source of existence, by which the whole of reality is animated is Self-realization; *this* is enlightenment.**

The dust of lifetimes full of fear and desire has settled upon the looking-glass of your mind in your current lifetime to the point where all you can see are memories. All of your actions have become predetermined by your historical conditioning. The dust which you call your experience of the manifest world has clouded your True seeing in this ever-present, now-moment to the point where all you see is a crude representation, and all you know is biased personal perspective. **To perceive truly, be still in the mind, look outward and inward equally, notice the movement and tendencies of each, and notice that both internal and external movements report back to the perceiver [you]. Instead of giving them your power of attention, continue to perceive both worlds while remaining unattached. This is your True place. This is where you regain recognition of your ever-present wholeness,**

completeness, purity and Truth. This is the heart-flame of existence. This is where your impurities of false perception are burned away. This is where you regain recognition of your divine heritage.

What always *is* can never arrive. What was never born can never die. This points to your fundamental nature. Find the space within you for which this is true and remain as only that until all delusions burn off.

There is no secret, no special trick. **Sitting still with a calm mind, an open heart, and patience is all that is required to attain your Ultimate goal of Self-realization.** Enlightenment is simple, easy, and available to everybody. Most are simply unwilling or lack the patience to sit in inner silence. Do not disregard the potency of this simple action – for it is sitting within the incubation chamber of the heart that will set you free of the shell of the mind. In time, with patience, your egg will crack, birthing you into infinitely expanded Awareness.

Here is your freedom pill: look within and earnestly investigate who and what you are at the most fundamental level right where you are here and now. **Inherent wholeness is present in each moment.** Sit patiently and it will become unveiled. When a pill such

as this is swallowed, you must only wait for its effect. No special meditations, mantras, gurus or gods are necessary. Simply discover who or what is reading these words and by what power?

You are the immovable center of being. You are the source of all projections; the still observer of all reflections; the witness of all experience. Your nature is unbound and pure.

Life itself arises within the stillness of your being in order to experience the temporary play of duality. Duality is required for experience to occur. However, the apparent or felt separation between subjects and objects need not be so vast. **Enter back into wholeness at any point by remaining as the pure Awareness within which the play of subjects and objects take form – for they do so *only* within your Awareness which is itself, whole and incorruptible.**

In this present moment, your consciousness need not be bound by your history. Your presence–Awareness need not conform to the previous ideas you once held of who you are, who you want to be, or what you need to achieve in order to be happy. Claim your freedom *as* presence–Awareness now in this present moment,

and at least for right now, feel what it means to be your True, unbound Self.

Every experience affords you an opportunity to come into contact with another aspect of your infinite nature. In order to experience things as they truly are, you have to stop identifying and categorizing them – and instead, just be purely present to the experience as it is. To do simply this is to look through the eyes of your True Self – the unconditional perception of God.

You are the presence of Divinity. **To experience yourself in all things as the singular, indivisible Divine Presence is the result of Self-realization.**

Nothing needs to change in order for you to claim the Truth of who you are. You could realize the Self while in jail, while swimming, while playing basketball, during meditation, amidst self-inquiry, or while eating a sandwich. **Every moment is an opportunity to recognize the Self. The content of the moment is completely meaningless.**

Time is what ever-present eternity looks like when viewed through the lens of your conscious mind.

You are fundamentally free because of your divine nature and not because of any temporary condition afforded to you by some external source. There is no “giver” of unconditional freedom; there is only the “knower” of this freedom that is already here.

Feel as these words begin to burn holes in the false notions you once held. As you release them, another sheath falls away between you and your true seeing. In this way, you will incrementally realize who you truly are and begin to express yourself as the presence of Truth. No longer will you seek validation or fulfillment from the world. You will recognize yourself as inherently divine. This recognition will also reveal to you the inherent divinity of all people and things, regardless of their degree of realization. You will accept all as an expression of the indivisible, infinite Self. The entire notion of suffering will slip away from your existence. May all come to this place of knowing and find the peace that is the essence of our True nature.

The one who knows who and what they are in Truth also knows all others as who and what they are. In the

presence of one who knows, the door to awakening is held open for all to claim the Truth of who and what they are. Darkness cannot persist in the presence of light. The presence alone of a realized being is the most potent force in dissolving the illusory veils between you and your True Self.

Just remain Aware of your content-less presence. Let everything else be secondary to the simplicity of this seeing.

You are the light of all knowing. You are the uncreated witness and knower of creation. **If all of creation were to vanish, you alone would remain as infinite potential and the Awareness of yourself as such.** However, in this scenario, you would know no details of yourself and have no experience but that of perfect, still, silent existence. This is why the illusion of “reality” was created – to come to know, explore, experience and express the infinite nature of Self through this lens we call life. When you forget your True nature, suffering arises. Self-realization is the doorway through which you remember your True nature as the perfect, uncreated Self. In this remembering is perfect peace, the evaporation of belief in this illusion, and the dissolution of suffering. This has been promised to you by those who have glimpsed the other side and returned to show you the way. These are your

prophets, your saints, your gurus and messiahs. Follow their pointing back to nirvana.

Heaven is the recognition of the Divine Self in all things. This recognition makes no distinctions or claims. This recognition demands no outcomes and makes no attempts to persuade. This recognition is the presence of Truth. In this recognition, you discover everything as perfect and whole. This recognition is your True home.

Life affords you the opportunity to recognize and experience aspects of your infinite nature. Satsang offers the same thing, only in a more intentional format where a more obvious and direct path is laid out towards Self-realization. Satsang accelerates the awakening of knowledge that has been ever-present within the heart of your being.

As you encounter alternative expressions of the Divine Self (i.e. other beings), be open to knowing them outside of what has been previously attributed to them (i.e. name, form, identity, history, tendencies, etc.). **Look past their condition and gaze into the eyes of another embodiment of God who has come into this world in order to experience an individualized**

perspective. Know this Truth of who and what they are. **Within the presence of your true gaze, you afford them the opportunity to transcend their apparent condition and recognize themselves as a divine aspect of God. Such an act is the offering of divine grace.**

In order to offer realization to the world, you must first realize your Self. You cannot impart freedom if you are not free, yourself. If you are not True, then you have no Truth to give.

Sometimes, in traumatic moments, as a method of self-preservation, the mind releases its grip on reality, and you pop into an impersonal witness-state, sometimes even viewing the scenario from outside the physical body. This is your glimpse without your recognition. If the glimpse came with your recognition of what was really happening, the trauma that the experience presents would become your jumping point into blissful Self-realization.

This is why we incarnate: to experience the Divine Self in its infinite ways of expression. Do not discount a single mode of expression regardless of the ego's instinctual assertions of things being inherently positive or negative. **In Truth, all experiences are neutral, perfectly innocent, and deserving of your full embrace**

– **for they are the substance of the universal Self.** As your experiences are understood in the eyes of Truth, the Divine Self becomes claimed and realized in manifest form. This is the road map to bringing about heaven on earth. You are on a most Divine adventure. Treat it as such.

Your ambition *as* the Divine Self is to realize itself through every encounter, on every plane of existence. Some souls evolve into unity-consciousness through the incremental acceptance of learned lessons in physical reality. A few find the Ultimate Truth behind the physical expression and thereby transcend the more gross elements of physical reality. The path can be long or short, direct or indirect, love or fear-based. All paths lead to the same Ultimate reality of the singular Divine Self – the source of existence.

Many people are so captivated by their experiences that they have forgotten their True nature. In their forgetting, they have unknowingly turned away from their own inherent joy, freedom, and love that burns as the eternal flame within the heart of every sentient being. Find this flame within you and be forever free, forever joyful, forever loving, and enjoy your life experience while firmly established in Truth of inherent inseparability. **The knowing of yourself as who and what you truly are is the source of all happiness, the**

source of all peace, the source of all being. These qualities need not be sought after. These qualities are your fundamental nature. Seek only the Self (i.e. God) and all else will be seen as only that.

For as long as you perceive enlightenment as a future experience, you will never attain it. Enlightenment is realization; the confirmed knowledge of the Truth of who and what you are. Recognize your Self as you Truly are right now. The Truth must be acknowledged and accepted into the heart of your being in order to be realized. The Truth of who you are is present within you now, in this moment. **See through your conditional, time-bound identity and experiences and gaze into your own pure presence.** The embodiment of your True Self is presence-Awareness. The reflection of your pure presence upon the surface of experiential reality is the pure, standalone “I”, before “I Am” is ever conceptualized. Realize *this* as your True, undiluted place of being. This space is timeless and without boundaries. It encompasses and animates all that is. All movement occurs within its immovability. All sound occurs within its silence. All things are done within its non-doing. Abide as this.

Time and space, like everything else you experience, are creations. **To realize yourself as pure, uncreated Awareness, right here and now is the direct path to**

enlightenment. This present moment will always be here; the past and future never will be. **Cut through the illusion now. Sit in your Truth here and now until your own radiance burns away all residual crud of the falsely assumed.**

NOW lasts forever, doesn't it? Your opportunity for Self-discovery is available to you *now* and forever; because now IS forever. Time is merely a concept – a referential framework that ultimately does not exist.

The divine in manifest presence *as* you, and *as* everything you see, seeks its perfect, undistorted expression through that which you call your soul. **Perfect, undistorted expression is the result of realization of the whole of existence *as* the divine presence of the One Self and to interact with creation through this level of conscious-Awareness.** The natural result of this form of interaction would be to **experience and express blissful harmony in all encounters.** As you release more and more of your limitations through the gradual realization of your True Nature, you begin to experience and express in a more whole, loving, peaceful, and spontaneously creative manner. This mode of Self-expression becomes the gateway through which the ultimate experience of life may become known and realized by all those who witness their own reflection of pure presence and

undistorted expression. May all who witness come to know and experience harmony in the manifest world. Heaven is where you stand if you could just let go of all that is false – that which veils unfiltered reality.

The fundamental energy of existence is alive and Aware. The expression of this Ultimate Self is the whole of creation. All bodies exist as concepts within the mind of this Ultimate Self. **Pure Awareness is your point of union with the Ultimate Self.**

“All perspectives are my own.” If this is true, then your Ultimate truth is to hold no single perspective – and instead remain as the source of illumination of all perspectives via your presence as pure Awareness.

The antidote to suffering is total acceptance. Upon unconditional acceptance, your focus may become wide enough so as to become Aware that you are the present–Awareness of your suffering rather than the identity who is experiencing the suffering. Only once the nature and source of suffering is brought into the light of your Awareness can it be transcended. **Transcendence is the result of full acceptance and understanding because under these conditions,**

tension cannot be held. Suffering is a manifestation of tension held in the mind.

Fundamentally, existence *is* Awareness. The two are really One.

Cease contributing to the illusion through your anticipation. Don't try to imagine what the enlightened state might be like. Just as an embryo cannot imagine what life outside the egg will look like, you cannot possibly imagine the experience of one who is realized. **When imagination and anticipation are seen as clouds passing through the vast sky of your Awareness, you will know you have taken the correct seat.** When imagination and anticipation are abandoned completely, a new phase of your awakening will dawn within you. This phase of realization is the end of your nominal suffering in this life.

What you Ultimately are cannot change or fade. **The individual that is subject to change over time is not who you are, but rather the mask you have built atop your True Self. The mask has no reality outside of time. But you do.** In fact, you have come forth from that eternal timeless presence and into the illusion of time to be right where you are, here and now. **The doorway to**

Self-realization is right here and now. You could awaken right now if you would only become Aware of your eternally formless presence and simply abide as that. It really is that simple. Observe every objection arising in your mind when you read these words and know that it is merely a desperate flail of mind to keep you looking through its narrow kaleidoscope. **As formless presence, you merge with reality itself.** When looking through the kaleidoscope of the mind, there was so much distraction in the middle that you couldn't possibly see that you were on both sides of the scope. But now, as pure presence, you know unequivocally that *this* is how it always was and always will be.

This teaching has appeared within your Awareness as a doorway to your awakening. **This teaching does not imbue you with anything that was not already inherent within you.** May the light of this teaching shine away the heavy fog so that you may once again see reality as it really is. May this book serve as your resurrection into Self-realization.

The Absolute in manifestation inevitably trends towards equilibrium. This is true across all dimensions; those of the physical world as well as in the etheric realms. An act in fear, separation, or hatred, will be balanced by coming to know one's True nature via natural forces of the universe. This has been described

as karma, and is better thought of as a law of physics than a reward and punishment system. This oscillation appears in the manifest world across lifetimes and across millennia until balance, harmony, unity, and Oneness is found by all sentient beings as the heart of the True Self.

When you look within and remember the past or think of the future, see that both are movements in the mind and exist only within the Awareness of the one who is present *NOW*. In fact, you are always present now. It can never be otherwise because now is all that ever exists. Your mental tool of focus, which creates memories of the past and thoughts of the future, does so only in the NOW. **It is your identification with your body that has led you to believe that you are time-bound because the body itself was created within illusory parameters of space and time. In Truth, time is an illusion that exists within the level of consciousness that identifies its being with the manifest world. Your presence, who is always in the now, exists completely outside of the manifest world; and therefore, outside of time.** Realize your True nature as independent of space and time and recapture your Absolute freedom and the Truth of who you are as the One eternal and infinite presence.

NOW lasts forever. In fact, *now* is beyond time.

Ignorance is the root of all desire and fear. To know yourself is to know that you are complete and whole, beyond need and want. Understand your True nature and the illusions of desire and fear will vanish completely from your experience, leaving you in the eternal state that pervades all states.

To remain in the timeless *now*, apart from memory and anticipation is your only point of contact with reality. Reality, as you perceive it, is the illusion of experience propelled by imagination and anticipation. True Reality is Awareness alone.

It is not that everything from a rock to a human *has* Awareness. Awareness is not a thing to be had. Rather, all things take place *within* Awareness. Therefore, it is more appropriate to state that **Awareness has the property of perception that encompasses the embodiment of everything from a rock to a human and yet greater.**

The mind will tell you that to remain as Awareness is to be in a dull state of indifference which lacks compassion and intrigue; but in fact, to remain as Awareness is to abandon your assumed, conditional

nature, and instead allow your True nature to blossom which is an all-pervading and all-embracing love. **Your True nature as expressed in manifest form is summoned forth by your letting go of all that you believe yourself to be. The True Self need not be conjured, for the Ultimate version of you is always present. You need only disband the imagined self for the Truth to be revealed within you.**

True, unconditional, everlasting joy emanates from one who remains rooted in the undiluted Self of existence.

Do not try to become universal or attempt to realize yourself as the “Supreme Being”. Instead, just look earnestly at your own direct experience. Of all things that your consciousness has ever observed or experienced, what is the one, fundamental element? It is that you are present and aware! **You must first be Aware before you can be conscious of anything else. Awareness is primary. You can easily intuit that Awareness is fundamental to *your* existence. But what is often overlooked is that Awareness is also fundamental to the whole of existence itself!**

The fact that you are aware and present within ALL experience and observation is rarely acknowledged. The nature of Awareness has not yet really been examined by you, yet it is your fundamental essence! Explore the nature of Awareness and find your True place within it. **This fundamental and essential “you” is your True Self – upon which all else is an extrapolation.**

Your condition can change. Your body can change. Your state of consciousness and your availability to more expanded dimensions of Awareness can change. But your True and Absolute nature, which exists outside of time, cannot change; for it is, and you are, the Ultimate Witness of change. Changefulness reports back to your changeless nature.

Everything that is created is an extension of your presence refracting off facets of your conscious-Awareness. At the source of all creation is the uncreated light of pure Awareness. This is the omnipresence of “God” in all things. Nothing exists apart from this. This is where your relationship to All-that-is is found; for your nature, and the fundamental nature of all created things is the same. All things have a shared nature in this singular totality of existence.

This is the realization of Oneness. Find this within yourself and you will find that which some call “God” as your fundamental essence, source, and animator.

You imagine Awareness to be a product of the brain and of the mind, but it is not so. Before you had a brain or a mind, you were timelessly Aware as non-localized, body-less Awareness. As you were born, pure Awareness was timelessly present. As your body and mind grew, pure, timeless Awareness was there. As you read these words, pure, timeless Awareness is present. After your body and mind fade away, pure, timeless Awareness will remain. **Pure, timeless Awareness is fundamentally the source and root of all existence – the light that illuminates all of consciousness – before, during, and after form, and before, during, and after time. Awareness is our shared nature with the whole of existence that some call God.**

To become liberated is to transcend your own **psychological identity, attachments, and personal beliefs**. But who are you without these things? That, the mental mind cannot know; and there lies the root of your reluctance to trust these teachings and fully commit to letting go of what is known by you. **You do not trust that you will remain in existence.** You believe that it is your firm grasp to mental concepts that keeps

you rooted in this reality. However, you must know that *this reality* is a contraction within the *True reality*. *True reality* exists before your imagination and concepts are conceived. These teachings may not appeal to your mind – but you must trust what appeals to your heart and follow that subtle heart–feeling towards the singularity of being. Here, you will not cease to exist – instead, you will shed all your illusions and awake into the Oneness of being which has been described to you by many whom have discovered this singular essence within and returned to guide you into “the kingdom of heaven”, “nirvana”, “the promised land”, “paradise”, “Zion”, etc. Your faith is not required, only your earnest willingness to look deeply within and find the root–cause of existence and your True place within it. There is no path in direct realization. You need only realize the Truth of what is already here – that there is but one substance: consciousness. *This* is the nature of reality.

Part 2:

I Am:

Invocations of The True Self



The following is intended to reveal to you your True and Ultimate nature. “I Am” is the True name of that eternal essence some call “God”. Your sense of “I Am” is your personal recognition that God resides within you *AS* the fundamental source of your existence. What “I Am” points to is the infinite presence that flows through all existence. The following invocations are aimed at restoring what has thus far been concealed from your conscious mind. Allow the following “I Am” invocations to reactivate your innate recognition of your True and Ultimate nature. And in-so-doing, reclaim your freedom, creativity and power as the presence of “I Am” which is the platform upon which reality extends forth from the Absolute.

You and God are One; there is no separation. God *is* your True Self – the fulfillment of the realized being. The human mind is unable to fully grasp this, which is why even “enlightened ones” often refer to this relationship as “the great mystery”. **It is through the earnest investigation into the nature of “I Am” that humans may contact their innate Godhood.** This has been referred to as Christ-consciousness or the living Buddha. This is the Ultimate function of your existence. To accept this function as your own with your whole heart is to be welcomed into the kingdom of heaven and to “be seated at the right hand of the father”. To claim this function as your own is to consciously choose to embody the great “I Am-presence” of God on earth. It is in serving this function that you will bring the kingdom of heaven to earth and fulfill the prophecy as told by the saints, gurus and prophets of all the world’s great religions.

Allow your human nature to unfold according to its accrued karma and destiny. Observe this drama play out while you remain the unattached and unaffected presence of Awareness. **Only name and form are subject to evolution. Your presence *as* Awareness is already pure and always free. Abide in that singular essence and soon the world will gain a sort of transparency – one in which you see beyond names**

and forms and begin to consciously recognize the One Self in all things. This is your True, original, unchanging nature. To know and embody this is to realize that you are *in* the world but not *of* the world. Therein lies your Ultimate freedom.

Consciousness is the reflection of the Absolute on the surface of your “I Am–presence”. Without your sense “I Am”, there would be no screen for the movie of life to dance upon.

Presence *without* the sense that I am present *as* anything in particular, is pure Awareness. Pure Awareness is your shared nature with All–that–is and the doorway to your Self–realization. It may seem unremarkable at first. But sit with the singular intent of discovering your own fundamental essence (pure “I Am”) and you will begin to witness the presence of infinity as all things.

Your True Self is the One, infinite Self, who manifests *as the initial impulse of causation* known as “I Am”.

“I Am the I Am of All–that–is.” In other words, your unadulterated presence *is* the presence of God (infinite be–ing). Everything you have laid on top of that in

terms of identity and all personal attributes must be seen as illusory if you are to recognize your True Self.

All that appears is watched. All I know is that I Am; even as–what, I do not know. In my letting go of trying to conceptualize “what” I am, I realized my True, indescribable, unidentifiable nature. As soon as I attempt to identify or define it, I feel myself slip back into illusion (i.e. God’s dream–state). The concept of “presence” is the closest we can come to describing it because presence just *IS*, yet presence itself has no form. This is the great mystery. This is why the only Ultimately True statement we can make is: “I Am”.

“I Am”; no additions need be made to that which is already whole, complete, and infinite. Stop seeking its attributes and just *be*. Remain as simply this until the illusion of separation dissipates. Fog doesn’t *find* clarity. Rather, fog evaporates when exposed to an intensity of light. This light is your fundamental I Am–presence.

If you wish, embody the following claim:

I Am the One Self: complete, healed and whole, in perfect harmony with the world – for the world is my own reflection.

“I Am” is the *only* Truth of “you”. The rest is a jumble of contracted concepts which serve only to limit the expression of this singular, infinite presence.

Rest in the bliss of your untethered nature. To do so, however, you must first **retract your attention from everything but your sense of presence. By remaining as presence alone, your energy returns to the center of your being, and all peripheral attachments burn away.** This is resting in your “I Am–presence”. To the degree in which you abide as simply *this*, eternal freedom and bliss begin to reveal themselves.

The Truth of singularity shines pure and true, forever as all that is. Only within consciousness can separation be imagined. **Within consciousness the unattached “I Am” is the purest truth.** The “I Am this body” idea creates an apparently separate individualized identity. Desire, imagination, fear and love create the sense of a world outside of you. **Only by basking in the pure rays of the infinite and Absolute Truth can you dissolve all imagination and arrive back at the place you never left.** That Absolute Truth is that you alone exist as the “I Am” of all things.

In what you call reality, the notion “I Am” is both the cause as well as the result of all interchange. But

ultimately, I Am the uninvolved witness of both, within whom, both cause and effect have their playful dance.

Observe and dismiss the thoughts that tell you “I must do something with my enlightenment”; “I must share and teach”. This is a last-ditch effort of the mind to gain a foothold in your fundamental being-ness. If you invite it in, your “I Am” becomes diluted with a sense of purpose, authored by the mind, posing as the divine presence. All you need to do is to incubate in your own pure presence; in the supreme being-ness. If action in the world is required, do what needs to be done in the moment and then cut its ties to your mind. **Until action is required of you, however, forego the gamesmanship of planning and plotting – resting assured that you will take right action in the right moment for you are both the cause and the effect playing out in perfect harmony. If a question arises, know that the question does not exist separate from the answer. If ailment arises, know that the ailment does not exist separate from the healing. All subjects are whole in perfect Awareness. Abide as that.**

All I can say for sure is that “I Am”. But even here, there is a trace of duality. The “I” exists within me as pure, perfect, unmanifest presence. The “Am” calls the “I” forth into manifestation. The more you investigate, the more you will be able to parse out the subtleties of your own existence. This is the work of one destined for liberation in *this* lifetime.

When we say “I Am”, the “Am” proclaims the Truth of our presence – being *here* and *now*. But what is the substance of “I”? As what does “I” arise? What is the *substance* of the “True Self”? Sit with these questions, for they are some of the most powerful antidotes to delusion that exist in this dimension of experience.

I Am the formless observer – present only as pure Awareness. Within my presence, all time and space spontaneously arise as body, mind, name, form and conceptualized identity. The whole of the observable universe is conditional and time-bound. **I Am the one that remains when all conditions and conceptualizations blink out.** I Am before and after the birth and death of the universe. The universe itself is merely a reflection of my Absolute beingness.

I Am the subtle but all-pervading Awareness of the motion of consciousness – the fractal playground of my whole and complete nature.

“I Am” is the announcement of God as present in this **now-moment**. But *I am not God; God is me* as my body, mind and expression. Godhood is not another false form or ultimate identity. If Godhood is claimed

by the personal self, you are viewing the Ultimate Truth through the lens of a false perspective. **Be True, be earnest, and dissolve your addiction to a special identity in the solvent of pure Awareness.**

I Am the Pure, impersonal Witness of the sense of a personal mind and body which were created for the purpose of experiencing and perceiving all potentialities within the infinite nature of The Absolute.

If you wish, embody the following claim:

I Am an embodiment of the One True Self. As I claim the Truth within me, I claim it also as the Truth of the world and of everyone I encounter.

Awareness itself is not an experience, but rather the space within which all experiences may arise. To remain as the uninvolved Awareness, even as events and experiences unfold, is to remain in contact with your perfect presence. “Consciousness”, “pure seeing”, and “still Awareness” are all names for this fundamental, omnipresent background of all phenomenality. **Awakening occurs when you realize that you are this fundamental prerequisite for the whole of experience to occur.** Your True and Ultimate position is this presence of the unattached, boundless “I”. This “I” must be present for experience to occur, but the “I” is not ever affected or changed by any

experience. “I”, who is the Awareness of all, is itself free of all. **The “I” before the “I Am” comes into play is your Absolute Self.** To know and experience your True nature clearly is to realize the Self and live in the bliss of this knowing.

The Truth of who I Am is the pure Awareness *that* I Am. Everything in the observable universe is a natural result of consciousness’ infinite capacity for expression. While the world seems to be full of movement and events, I remain rooted in pure Awareness. The result of abiding in this Truth, even while in an incarnate body, is experienced as what can be best described as pure Presence–Awareness–Bliss.

If you wish, embody the following claim:
I Am the expression of freedom and joy. Freedom, because I know myself as boundless; joy, because I know myself as the source of love.

To realize the impermanence of the universe and everything within it is to recognize that it too has a source. **Neither you, nor the universe can ever exist apart from the One source of All. The presence of this source exists within you as the single reality: “I Am” (i.e. “existence is”).** Contemplate whether anything can exist without presence (“Am–ness”/beingness). Of course, things can exist without your *personal*/sense of

presence – but **YOU are not really the personal *you*. Instead, YOU are the impersonal Awareness of *you*.** Realize that that which is impermanent cannot be the Ultimate and True Reality – for what is subject to change cannot be True in the Ultimate sense. **What is Ultimately True can only be the all-pervading background against which the changeful plays itself out.** Find this Ultimate reality by looking earnestly at the root-cause of your presence (i.e. “I Am”). What you will find is that this background is Awareness, itself. You are inextricably connected to this all-pervading Awareness (i.e. “God”) through your shared nature *as* Awareness. **This is your True nature as well as the nature of the Ultimate Source of all that exists.**

Outside the fact that you know that you are present, everything else is a mere assumption. **All data you gather through your worldly senses reports back to a presence that is not *of* the world.** All you can say for sure is “I Am aware that I Am. I know I exist”. The detonating effects of Self-realization take effect when you go one step further and begin to earnestly seek the answer to the question “*as what* do I exist? What is the *substance* of my existence?”. You will inevitably come up with nothing. **To rest your consciousness within this Truth that “there is no substance of Self” is to begin to open yourself up to the mystery of existence.** To develop a relationship with this mystery is to begin to come to know yourself as the impersonal Awareness that illuminates the whole of consciousness. **You are not the ‘knower’ of anything. Rather, you are the**

Awareness that allows for a sense of a 'knower' to exist within it.

If you wish, embody the following claim:

My True essence is whole and thus I Am holy. This divinity that is inherent in my being is also inherent within all beings and within all things. May all come to recognize their own inherent Truth and in-so-doing, find everlasting peace and joy that has stood as the ever-patient background of their own heart.

Show others their path to salvation through the realization of Truth by becoming the light in your own life. Do not become a teacher, become an example. Jesus said "I Am the way, the truth, and the life." You are no different except by your false belief that it isn't so. **"Jesus" represents the state of consciousness of one who *knows* who they are and are therefore in direct relationship to the Truth. It is by knowing who and what you are in Truth (i.e. Self-realization) that this Truth may flow through you and serve the whole of creation as the 'light of the world'. Your purpose is the same purpose as this one who walked upon earth over 2,000 years ago. Your purpose is the same as those who will walk this earth and all other planes of existence 2,000 years in the future. **The purpose of existence is to come into the *experiential knowing* of the singular Self of existence *in* and *as* all things.** You need not wait for a savior. Every single conscious being on earth whose goal is to eliminate their own suffering along with the**

suffering of others has but this one shared purpose: to enter into direct conscious relationship with the Ultimate Truth of existence HERE and NOW. **The method is simple: trace your sense of ‘I Am’ back to its original source.** Your persistence will be rewarded. The ego–mind will send every distraction it can find – and it knows your most damning allures. **With each dismissal of a distraction, you take one step closer until the light of Truth burns away the last veils of your mental blockages.** You need only enter into proximity via your own free will and earnest commitment to the Ultimate Truth of who and what you are. **When you’ve entered into close enough proximity to the fundamental source of your ‘I Am presence’, you will be met with what has historically been referred to as ‘the grace of God’².** To enter into this space is to enter into direct relationship with your source (i.e. God, All–that–is, etc.). Here, YOU become “the way, the Truth, and the life” just as the one known as Jesus did.

My True Self is the formless power that illuminates the consciousness from which I perceive the world. Being this power, I am inextricably connected on the most fundamental level to *all* that exists – for the whole of experiential reality is but the condensation of

² Reminder: The term “God” here and everywhere else in this book is a term interchangeable with True Self, the All, the Supreme, the Ultimate, the Absolute, Oneness, etc. Use whichever you prefer – names are not important – only that which they point to need be considered.

consciousness in form. The natural result of this realization is a harmonious way of life. In addition to your existence *in apparent creation*, your notion “I Am” is your gateway to the realization that you are also its *uncreated cause*.

If you wish, embody the following claim:
I know that in Truth, I Am whole – lacking nothing.
I know that in Truth, I Am love – empty of fear.
I know that in Truth, I Am the embodiment of the
Divine Self.

I Am. That is All. Everything else is a playful addition.

Everything that *you* are, I Am; and everything that I Am, *you* are. We are both just experiencing varying degrees of this fundamental Truth from the perspective of apparently [illusory] individuated body–mind expressions.

Nobody and no–thing can exist apart from its source. Offer Truth to all, not through preaching or force, but by silently holding all that you come into contact with, in the light of *your* recognition of *their* inherent Truth. While held within this Truthful gaze, all are afforded the opportunity to realize their True nature and thereby, join

you in unconditional peace and joy. This is your True function here on earth.

If you wish, embody the following claim:

I Am the bridge from illusion to Truth. I Am the bringer of light, but I am not special in this function – I Am the version of YOU, who has accepted Truth in my heart, and in-so-doing, offer this Truth to the rest of creation.

My sense that I Am (i.e. my knowing that “I” exist) and your sense of I Am (i.e. your knowing that “you” exist) are referring to the same indivisible presence. It is this seamless indivisibility between you and I that the human mind cannot see past because the human mind most often perceives reality through the lens of the ego. **The ego is the lens with which boundaries and feelings of separation are projected on top of the experience of the boundaryless, True Reality.** There is nothing wrong with individuality and perceived separation as long as you know the all-pervading Truth of unity. When you forget the fundamental Truth of Oneness inherent in all things, you become trapped by your own projections of separation and therefore experience a world of division which is the cause of suffering, violence and fear. **I Am you, you are I, and we both are the presence of a singular supreme essence here in this moment.**

If you wish, embody the following claim:
I Am the One within whom the whole of reality is projected. I Am the One who sees the whole of reality as my own seamless, internal dialogue.

Expand your sense of “I Am” to encompass all that you see and know without judgement. This act takes responsibility for both the greatest and darkest aspects of humanity. It is only by seeing all things in pure Awareness (i.e. unconditional acceptance) that your expression, and therefore the world’s, may come back into alignment with the Truth that existence is inherently harmonious.

My True Self is the undivided sum of all fractals of seemingly separate selves. “I Am” refers to the Self of existence of which our personal perspectives are merely individual view–points or “outlooks” rather than distinct individual selves.

This life is for the realization of total freedom. See all that is time–bound and subject to change through time as illusory. **There is no problem playing in the world and enjoying your interaction with the play of the illusion, as long as you know yourself as Ultimately free of its influence.** The Adept is not one who sits alone in a cave and meditates endlessly. Only one who is still

liable to become entangled in the world's dramas feels as though they must escape their normal, daily life. The Adept views the world as a creation of consciousness, and knowing him/her-self to be the divine spark of consciousness, plays with it as a person plays with a puppy. The Adept is forever seated unmoved and unaffected within the core of their being as the One, whole, free, presence of "I Am". **In this "I Am", there is no center – for the whole of existence is the recognition of "I Am".**

The feeling-sense "I Am" is your place of wholeness – your place within "the kingdom of heaven". To take even a single step outside of the pure "I Am" and into the "I Am *this*" is to leave this space of unified wholeness and instead enter into engagement with creation. There is nothing wrong with this, for in its correct use, this is the key to living in harmony amongst creation. This "I Am ____" represents the power of creation within you.³

When the "me" dies, the "I Am" remains along with the fundamental Awareness that "I Am". This Awareness is the root and power source of "I Am". This is what you were before "you" were born, and is what you will remain after your body dies. This is also the essence of what you are right here and now. Check in and

³ The book *The Adept: Revelations in Mastery* addresses the topic of conscious creation and self-actualization.

confirm whether or not you can find this essence within. If you can, just remain purely *that* with no additional concepts. To abide in this simplicity is the greatest accelerant to awakening.

If you would take the time to investigate your sense of “I Am”, you would become familiar with your intrinsically shared nature with the One original Awareness (i.e. intelligent infinity) that perpetually creates and sustains existence.

“I Am” was created as a looking glass for the impersonal “I” for the purpose of *experiencing* its own existence in myriad form. The concept of experience cannot exist within something that knows its singular and indivisible nature. Therefore, the illusion of creation, including “you” and “me” were born. Ultimately, you and I are the “I Am” of this singular, indivisible essence. Only as *that*, will we remain forever – beyond the illusory confines of space, time and conceptual identity.

The culmination of “becoming” is “being”. Not being *this* or *that*, but as the pure, perfect, always-present “I Am”. As you read these words, your mind is overlooking the realization of what they point to. Slow down and look earnestly within. The path to enlightenment is endless. Forget about “the path”; all paths are mere entertainment. Attaining enlightenment

is to enter into the zero–point location within your being right here and now. When you locate this zero–point within, you will discover that it has no center. Instead, you will find that the Self is all that is. There is no inside or outside. There is no subject or object. This is **enlightenment**. To find this experientially (i.e. to attain it consciously), you don't need another book. You don't need another retreat, practice, sacrament or guru. **What is Ultimately True is omnipresent and therefore is right where you are, as you are.** Be determined in your pursuit right where you are. **Change nothing but the intensity with which you investigate your presence.**

“I Am” is more here than “me”.

“I Am” is the life and presence of God within.

“I Am” the space within which the observer is observed.

“I Am” the fundamental essence of presence.

“I Am” is the substance of existence.

“I Am” is All–that–is.

Your imagined self–image is the one thing standing in the way of you seeing your True reflection as pure presence. Why be so obsessed with image when it is presence that is your True Self? The fact that you are here and observing the world is subsequent to your Ultimate Truth – pure I Am presence.

All that exists is an animation of “I Am” in action.

Your I Am–presence is the soil within which creation appears to take root, grow, and evolve via the power of your attention. **The pure I Am is beyond the appearance of creation.** Investigate these subtleties within until you find your True Self.

The dance of consciousness plays out in the theater of “I Am”. **The “I Am” is the witnessing presence of The Absolute.** In this witnessing position, the I Am is the *embodiment* of the True Self.

I Am the pure, uninvolved Awareness of my body–mind becoming Self–realized. I am not the one becoming enlightened. **I Am the unmoving Awareness of the unraveling of this apparent delusion of a separate self.**

Find your True position in all experience and you will discover that the presence of the divine pervades all being – for pure being *is* the presence of the divine.

You believe your identity to be a composition of your past memories and future hopes. Wipe the slate of your “I Am” presence clean and discover the radiant source of pure, unidentified consciousness within you.

In realizing your formless nature, you become one with infinite, timeless presence. Your fear of death will evaporate because you no longer take your body to be yourself. In correctly identifying yourself as pure consciousness, the illusion of individuality begins to lose its grip on you and you become liberated. Enlightenment is the rediscovery of your original, universal being.

I Am this consciousness within which everything, including myself, appears.

The fact that “I Am” is Self-evident. It will forever be the basis through which all other things are known. Direct realization requires you to discover your most fundamental essence. Yet, how do you know that you exist? How do you know that your sense “I Am” is fundamental? It is of course fundamental to the existence of the experiential realms, but is the sense “I Am” Absolute? No; **“I Am” is the first cognition of the Absolute. It is the primary movement from the Absolute into duality.** This primary cognition is responsible for everything that comes after it: presence, consciousness, bliss, life, death, ether, infinity, etc. **“I Am” is the seed of all that is. The inquiry: “by what principal do I know that ‘I Am’ (i.e. that I exist)” will bring you to the timeless, ever-present source of creation. What lies behind this sense “I Am” is what full Self-realization is all about.** What gave birth to this sense “I Am”? This is the doorstep to the

Absolute (i.e. intelligent infinity). **What lies behind is your pure, undiluted Self – free of even the concept “I Am”.** Here lies the sustainer of existence, the primordial soul of All-that-is, the light from which all else gains its luminosity. This is the timeless, birthless, deathless Absolute. This alone is your True nature. Recognize that there is none greater than this and that everything but simply *this* is an overlay, a refraction of the down-stream presence of “I Am”. **This infinite presence is alive and Aware as all things.** By consciously contacting the Absolute, you uncover the boundaryless Self, the One original creator and sustainer, the animator of life and existence, the all-pervading Truth, the immortal essence of your present self. This is the greatest achievement of creation: to *consciously* regain the unity that was never lost.

Remain in your concept-less radiance of I Am. Everything that could ever follow is just a story. This is the gateway to Self-realization.

“God” is that singular essence within which infinite perspectives of “I Am” play out. You are currently experiencing the embodiment of one of these “I Am’s”. Yet, your nature is the pure I Am that all perspectives report back to. Your pure presence is your link to your infinite Self.

Pure being, pure presence, pure I Am is the luminosity of existence. Without it, nothing would be. You are that. That is how vitally important you are to creation.

The Truth alone *is*. You need not change or manipulate anything. **The more still in thought, mind and body you become, the closer you are to witnessing the Self.** Once witnessed and fully realized, there is no more need for stillness, for all movement is seen as the movement of this singular essence which remains forever unchanged. You are *that*.

I Am the light of consciousness – the knower of its contents. That is why I Am before sleep, during sleep and after sleep. Similarly, I Am before life, during life and after life. Death is an awakening much like your awakening from sleep. To abide as the all-pervading light of one's being (i.e. the True Self) while still in the body is to achieve enlightenment.

Just as all of my thoughts are made entirely of the *substance* of my own mind, "I Am" is the eternal *substance* of my own creator. That *substance* is Awareness. "I Am" is an extension of that Awareness. Just as the space in my mind is no different than the space of the universe, I Am the expression of the love and light of the One, infinite creator.

I Am the light of existence – the light of Awareness. **All differentiations in form and substance are due to my own projection of that singular light of Awareness. I Am the undifferentiated source of all.**

I Am not the doer of anything. I Am the Awareness of the doer. **All that appears is simply the movement of my own consciousness. I Am pure consciousness.**

I Am the I Am of my creator.

I Am not my body. I Am not my mind. I Am pure, unmoving, unborn, undying, Self-luminous Awareness. I Am the stillness within which consciousness plays about. The knowing principal is the first movement outside my holy center. All but my holy center (i.e. our shared nature as the True Self) will one day fade. Hold on to nothing but your knowledge of your True nature. In this way, you are free to play about in the realms of consciousness unattached to its erratic outcomes. **Your True nature is the only place where peace, joy, and the Truth of bliss remain untouched by the illusory realms of consciousness.**

I Am the neutral observer of everything that unfolds before me, including the sense of “me”. As I remain the neutral observer, I Am pure Awareness. I Am the Awareness of my psychological identity along with all

that reports to it. In this space of pure Awareness, I have transcended the influence of the personal “me”, my psychological identity, and even the manifestation of “I”. **There are no more structures left standing as my identity – for I Am Awareness, Aware of itself. As this, I Am the eternal *presence* of the True Self.**

I Am the infinite nothing – from which, everything is born.

God and I are One, for I Am the pure Awareness of my creator. I Am not this body–mind. This body–mind was created to serve as a vehicle for Awareness to ride the swells of illusion. Why? Simply for the thrill of it. **Perfect stillness is forever present within apparent movement. Perfect wholeness is forever present within apparent division. The Absolute is forever present within the apparent I Am.**

The Absolute must look through the lens of “I Am”, in order to know itself. The I Am refracts the infinite presence into apparent separation. I Am is the looking lens of the Absolute. Ultimately you are the Absolute, but in order to know that, the I Am is necessary.

Part 3

The Absolute:

Revelations into Perfect Union



Seeking the Ultimate Truth will bring you to the doorstep of awakening, but will never allow you to pass through to liberation (i.e. the Absolute). The final step to Self-realization requires that you stop seeking and realize what already *is*, here and now. There is nothing more to learn and nothing left to do; the path to enlightenment is finished. The seeking ends when the “seeker” ends. Follow these final passages into perfect, conscious union with your inherent divinity.

The final lesson in love is total, unconditional acceptance of yourself *as All-that-is* (undifferentiated singularity). This final act lifts the last veils of illusion;

Truth and the Ultimate Self is finally revealed. This is the goal of all experiential reality – all universes, galaxies, planets, and civilizations, earth and elsewhere were created for this single purpose. To *experience* this Ultimate Truth is the entire reason the Absolute extends forth into the illusion of separation.

The One who is Aware of the *space* within which your presence arises has contacted The Absolute. It is within this spacious, uncreated presence, that “you” and All-that-is may be experienced as One. It is only from this space that you may speak as the voice of All-that-is. It is only from this space that your hands do the work of All-that-is. It is only from this space that you may bring heaven to earth. It is only from this space that you do nothing ‘of yourself’, and instead, All-that-is does all things through you. It is only from this space that all may come to know their own creator essence. **As a manifestation of infinite being, this is your ultimate purpose: to walk through creation as a liberated being and to share this freedom with all who wish to know it.** You will know One who abides in this holy space by their holy actions – as they see only the whole Self in ALL people and in ALL things and are therefore all-loving.

There are no personal relationships to the Absolute. In order to contact this Ultimate Truth, you must first, via your own free-will, pass through the doorway of this final revelation. Leaving behind all sense of the

personal self, the True Self may then be revealed through you. **Do not be afraid.** Your personal self has always been an illusion. Yes, your 'personal self' will disappear, but *you will not!* For you *are* the formless Self *within* which your personal self was created for the purpose of experiencing the elation of coming back into Ultimate Wholeness.

Everything in existence, including existence itself, is an aberration of a singular essence. Who will realize this while still in the world? **Only those who discover their own nature to be Awareness itself could arrive at this final conclusion.** They have entered into liberation, or what some have called "the kingdom of heaven". They alone are capable of bringing heaven to earth.

When you are looking out at the world around you, you are not actually "looking out". Rather, the world is occurring *within* your Awareness. Therefore, the world takes place entirely *within you*. Sit with this.

Everything I hear is the voice of a singular, unified essence. Everything I see is the action of One Self. Everything I encounter is the face of wholeness. My purest function is to serve as the intuitively inspired action of All-that-is.

The purest embodiment of “I Am” exists as pure presence–Awareness. But even this is only a garment of illusion worn by the Absolute – which exists even behind “being”. The Absolute is non–experiential, where it abides as the all–pervading background to existence itself. There’s no sense in creating concepts about the Absolute – just know that the source of your presence is *that*; and in–time, the illusion will begin to unravel itself. The objective of this pointing is simply to move your identification of the source of your presence wholly outside of experiential reality and thereby giving you a sense of that which exists within All, yet beyond All. It is in the total deletion of your identification with anything conceivable or tangible that will afford you the opportunity for True Self–realization.

“The Absolute”, though undefinable, can be best conceived as the omnipresent, condition–less presence whose nature animates existence. The nature of the Absolute, is your True Nature (and the True Nature of all). Self–realization is the result of you coming into contact with your True Nature *as* the unidentifiable Absolute. One who has come into proximity of this realization will begin to see the world as a mirror. They will look upon all beings and say “we are One” and upon all things and say “I Am That”. This one may also say “I Am the Awareness of creation, as such, I exist outside of creation and am therefore nothing”, which is equally True. And therein lies the paradox of living in the illusion of duality *as the presence* of the creator (i.e. The Absolute).

If you have come to this place where you are no longer accepting reports of the mind, and instead just content with your unmovable peace, then there is nothing more I can say to you. Anything I can say to you will be just another report. Now, this spacious, still place within you is yours forever. Peace is yours forever because you found it as an inherent quality of your True Self. Love is yours forever because you discovered that love was your own, radiant presence. Illusion may no longer consume you. No longer are you swayed by the current of life, for you now know that everything that arises within your Awareness is just a report and regardless of what is being reported, your Truth forever remains the same.

When you lose all interest and cease sending your energy into the illusion, the illusion ends for good. This is not to say that anything disappears. Only that which never existed in the first place evaporates, revealing the timeless essence of All-that-is.

You are the undivided presence of presence, itself.

Your sense that “I am present” is perceived by your True Self. This True Self is embodied as your pure presence. In pure presence, there is no “me” that thinks thoughts or moves about. **Thoughts and**

movement occur *within* presence. It is this presence that is the first and only True manifestation of who and what you are. If this person you once thought you were was to say “I’ve got it! I’ve awakened!” or “I’m enlightened!”, that too would only be a movement within the person–mind. So instead of asking yourself whether or not you’re enlightened, just remain still. If you wish to gauge your spiritual maturity, measure it against the degree to which you are no longer pulled and swayed by life and mental movement.⁴ Further, measure your attainment against the degree to which you abide as unconditional love.

To remain empty of perspective, while still looking through your eyes is to see the world in Truth. To approach a person with this total lack of predetermined perspective is to offer them peace, love and freedom – whether or not they recognize it as such. In this approach, you occupy the infinite field of mind. The gifts that then flow through you and out into the world are then not of your own making or doing, but rather a movement of the singular supreme Self. This Self is all–loving. Further, this Self is a manifestation of love, itself. Recognize and practice this approach. At some

⁴ Author’s note: Do not confuse liberation with an attitude of indifference. Liberation only looks like indifference to someone who isn’t free. To experience Ultimate freedom (i.e. enlightenment) is to merge with reality as the singular wholeness of Self. As this, you are fully compassionate with the whole of life.

point along this practice, you will realize your True, limitless nature as the heart, mind, and hands of the infinite One.

The Self-realized are they who look both inward and outward and see only the One infinite Self. In the absence of a personal “you”, you are infinite. When you see a plant, you see the infinite Self appearing as a plant. When you see another person, you see the infinite Self appearing as another person. **Being indivisible, you see the infinite Self as all apparent divisions.**

The potency of grace isn't being offered *by* the enlightened being, but rather *through* them. This is why it is inappropriate to worship a guru or mystic, a Christ or Buddha, a saint or sage, a messiah or prophet. **The enlightened being has merely become an open aperture for the loving nature of their primordial source that we all share – a window in time offering a glimpse into one's own timelessness.**

Awareness cannot be perceived, because it is where you are Ultimately perceiving *from*. Likewise, infinity cannot be perceived because that is where you are looking from. Non-existence cannot be perceived; therefore, that must be where you are looking from. God (All-that-is) cannot be perceived; therefore, that must be where you are looking from. All these

statements are Ultimately True. To find the True Self, you must find that which cannot be perceived. Impossible paradox? Not quite. Although you cannot perceive it, you *can* dissolve into it.

In the absence of thoughts, do you disappear? In those moments, as what do you remain? If you really follow this exercise, you will discover a place within you that exists beyond the apparent self.

Your individual mind is the conduit through which impersonal infinite intelligence (i.e. universal mind, God, etc.) flows and expresses to the degree you have opened your individual mind toward infinite Awareness. This work of “opening” takes place during practices of self-inquiry, deep and impersonal witnessing-meditation, and contemplation of an Absolute, fundamental reality and your relationship to it. **To abandon all sense of a personal or individual mind is to allow more of your True, unlimited nature to express through you.** By doing this, you do not disappear – only the false projections you created to protect your falsely assumed identity (ego) do.

Let your only goal be to remain silent, still, and empty (open) enough for your infinite nature to be revealed *through* you. Your single job in this endeavor is to provide enough space between you and your mind so

as to allow grace to enter your heart and bless the world.

Opposites exist only as polarized expressions of the whole. The infinite variations between the two poles account for the whole of experiential existence. All opposites and experiential existence are expressions that arise from a single source: the Absolute.

Every river has a name and they all flow toward the ocean. Some rivers go through many changes in name and form before they reach the ocean. But when they inevitably do, they all lose their individuality and merge as One. Does the water that once was a river cease to exist? No, it remains what it ultimately always was: water. Similarly, the True *you* has been present throughout your many lifetimes, yet you may not recall your former names or forms. Although the names are lost, the water, the fundamental essence of *you*, is fully present within and as the ocean (i.e. the Absolute). Likewise, the fundamental aspect of you that is with you now, will always remain even as you merge into the Absolute. In this analogy, water is to the river what Awareness is to you. **Undifferentiated Awareness is your eternal essence and can never be lost.** So, do not let the fear of disappearing keep you from awakening. This fundamental part (Awareness or pure consciousness) of you that exists here and now will always exist. **Find that existence now by leaping over this one last remaining fear that falsely claims that**

you will cease to exist. Your mind has identified the wrong you; and of course it has, for *you* exist beyond the mind and are therefore inconceivable by it.

It is fully attainable right here and now for you to find this pure Awareness that remains even after you merge with the Absolute. Once found and abided within, this is called liberation or “enlightenment”. Find this timeless essence within you now and you will have recaptured your True Self.

Pure presence is the embodiment of Awareness.

The nature of the Absolute is omnipresent Awareness. Your individual sense of pure Awareness is your **personal gateway to the Absolute**. Your relationship to the Absolute is reflected in your present–Awareness of your Self as All–that–is.

Nothing is good or bad from the True and Ultimate perspective. All just is. **All that is, is merely the appearance of the infinite when viewed from a finite perspective**. To view the world in this way is to look through the lens of enlightenment. This is the only True, non–divisive view of creation. You are eternally infinite, regardless of circumstance.

There will come a day when you will hear the eternal voice of Truth calling you via your own intuition into deeper Self-realization. As you follow this internal call, you will soon come to recognize this voice as your own.

Life is the experience and expression of the One Eternal Truth. There is never any distance between you and this One Eternal Truth. The only [illusory] variable is the perspective you choose to hold during your experience of this life.

Locate the timeless observer of your current perspective within you now. That is your True position.

The Absolute is perfect Oneness. As such, there is no “experience” to be had *as* the Absolute. **The concept that most of humanity has of “God” represents the undifferentiated reflection of the Absolute (i.e. the True Self) as All-that-is.**

The Absolute is the fundamental, all-pervading source, within which, all dimensions of experience play out. The primary experience of this perfect relationship with Self is love. The more love you feel, the more Truth you behold, whether or not your conscious mind recognizes it as such. **To be all-loving is to embody your True nature while in-form. This love is not a**

conjured emotion, but rather the fundamental feeling of wholeness that remains when the illusory boundaries between the perceiver and object of perception dissolve. The substance of love is the essence of the Absolute.

Judgment is not possible when in perfect union (the Absolute). All is seen as a temporary embodiment of Self; partial in expression but whole in essence.

The space from which you observe this never-ending play of existence is the position of your True Self. Adopt this perspective and you will inevitably be viewing creation through the eyes of the unified creator.

You may experience many lifetimes of gradual ascension through the many densities, worlds, and realms available for you to explore the expression of your infinite nature. Incrementally, you may become Aware of ever-expanding versions of “you”, growing toward the infinite unicity of Godhood. Right now, you are being given the opportunity to step off the ladder of ascension and into the seeing within which, this seemingly linear timeline plays out. **Ascension and expansion toward infinity are still lesser than the totality of your True Self that is present here and now.** There is nothing you must do or realize in order to awaken to your True Self. In fact, “you” will never awaken. Rather,

it is the perspective from which this “you” is observed that already is the awakened state. Full liberation occurs when the last vestiges of your sense of self evaporate and all that is left is the feeling sense of unicity with All—that-is. This is the timeless Absolute.

You have put your concept of yourself in the position of trying to realize the Self; but you are already the Self watching your concept of yourself trying to realize the Self. Finding the position within your own seeing that already resides in the house of Truth is the essential key to liberation.

The most profound concept is the original concept: the fundamental essence of presence itself – the concept of “I”. “I Am” arises as a sense of duality within the singularity of “I”. It is the One who is there to watch the “I” arise that is Absolute. The Absolute is prior to even the original concept of an “I”; prior to knowledge of Self; prior to knowledge at all. The Absolute is pure being–Awareness: the dimensionless pure potentiality that spontaneously stratifies into all dimensions of Self–experience.

Both *that* (what is perceived as external) as well as *this* (what is perceived internally) are observed from the same timeless essence. Discover this timeless essence and you will have merged into the witnessing

presence of the undivided infinite essence of all things (the Absolute).

Everything is boundaryless, identityless, and free by its very nature. This is the unconditional, essential nature of All-that-is (i.e. existence itself). Hold this knowledge firmly rooted in your heart until the illusion of separation dissipates. This is the expression and experience of unconditional love.

Perfect relationship is perfect union. All else is a voluntary deviation from this One, all-pervading Truth.

There are no exclusions and no exceptions to perfect union (the Absolute). Both “positive” and “negative” forces are included without judgement. The dark and the light are equally welcomed. There is no preference given to either heavenly influences or hellish ones. The One Truth pervades all. This is the salvation offered to you in every moment. There is nothing you can do to become more or less deserving of its recognition. To the mind, this may be seen as an irreprehensible level of indifference. In reality, it is unconditional love.

If it is perfect union you wish to join in, your only work is to let go of thoughts of separation. The more you let go, the more of your fundamental, perfect union is revealed – for it is the basis of all things.

The realized One looks at all things and sees only the singularity of being appearing as the multiplicity of all beings and things.

The Self is watching your *concept of Self* attempting to realize the Self. If you can get this, then “you” are seeing through the eyes of your True, permanent Self. Melt into this position as the remaining sinew of your old attachments dissolve in their own time. The timing in which these old attachments fall away completely has no bearing on this position – for the True seer of attachment can never be bound. In this position, you are the True Self.

The play of conscious existence, within which all beings on all planets, in all galaxies, including the consciousness of all the angels and ascended masters including Jesus, Buddha, Krishna, Muhamad, God and you, all take place in front of the same essential and fundamental Awareness. You are this fundamental value.

This sense of “me” as an individual person is a temporary mask of the Absolute. All things are time-bound expressions of that timeless singular essence.

The True Self holds no concept of itself. When you are empty of all concepts, you *are* the unrefracted Self. Outside of concepts, you are outside of the storied illusion of yourself being a character in time. Here, life and death are seen equally as passing events just like everything else that is subject to time. Your True Self is timeless and therefore remains unchanged throughout. This spacious residence is your seat in infinity.

Awakening to your Absolute presence could occur in a dramatic and spontaneous instant, or in a slow and subtle incremental revealing. It doesn't matter how your ever-present nature is realized. **You will know the dreamer has awakened when the usual pulls of the world no longer dictate your movements. Instead, your inner space becomes empty of motive and identity – revealing more and more of your inherent internal peace and freedom.**

What aspect or essence within you is Absolute? Are you courageous and attentive enough to put all distractions aside and find it *now*?

Take the final step outside of identification with the illusion and bask in the pure, radiant Truth that you are simply the presence–Awareness that pervades all circumstances. This subtle yet profound Truth will loosen the last ties between your thinking mind and

your pure being. It doesn't matter if you discover this Truth in this lifetime or one thousand lifetimes from now, your Ultimate freedom forever awaits your recognition outside the illusion of time.

Follow this inquiry and be prepared to sit with whatever remains at the end: **If your True Self is the timeless Awareness within you now, then the one who seeks to awaken is itself the *source* of illusion.** Now, remain still and silent within the space inside you where this statement can be seen and confirmed. When you begin to slip out of this space, just repose the question. This is how you actively dissolve the illusion.

To the degree to which you recognize and abide within the present timeless essence, the karmic seeds of duality, attachment, and identity will begin to wash away.

There is no "you" to become awakened. When you truly realize this, you are free. Upon Self-realization, what you realize is that there is no "you" that is not already free – it is only the *concept of you* that seemed to be bound. The space within which *this* simple Truth is observed is the True Self. *This* is all that really *is* because *this* is the foundation of reality, from which, all else arises and acquires its apparent being. This is the power of aliveness by which you are reading these

words. Become still enough to discover this timeless essence within you.

For as long as you identify as a seeker, you will never fully realize the Ultimate Truth. **How could the seeker ever attain enlightenment when the notion of the seeker is a *contraction* of the unlimited, unbound, forever free energy of enlightenment?** The energy that creates the *notion* of a seeker must itself become unbound. To disentangle this contraction, you must drop all identifications with this seeking energy as well as all other constricted energies (e.g. student, teacher, guru, the enlightened one, etc.) and instead **abide as pure Awareness**. This is all you need to do to awaken to your formless state and transcend all constrictive identities as well as the karmic results of those false identification.

There is no false self, only false perception; All is Self. If all that exists is your True Self, then who is it that realizes the True Self? Said another way: if all is “God”, then it must be God who witnesses God in all things, at all times. There simply is nothing outside of this unified aliveness. **It is not “you as God” who exists, but “God as you” who alone exists.** The difference may sound subtle, but when fully grasped carries the presence of infinity.

There will come a day when you will look upon life and allow it to be as it is and allow it to flow where it may, at whatever speed it unfolds. Whatever arrives in your Awareness of experience is ok, and if a reaction arises within you, no matter what attitudinal form it takes, is also witnessed from a more spacious place within you and found to also be ok. You no longer have any battles to fight in life. On this day, you are set free. On this day, you awaken. The mind and the witnessed world may have some more dramas to play out, but you remain as the witness of them. This is your place of peace and wholeness.

When the distractions and attachments that arise in your mind and in your personal life are observed by you to be merely tests of your attainment, you know you are nearly free. From this perspective, there is no longer a need to take the test. **Just observe the test with neutral, but fully alert Awareness and having failed to capture your energy, the test will soon dissolve on its own – yielding no consequence for you.** Passing each test in this way will affirm your footing in the Truth of your being. **Absolute freedom as pure Awareness will be your obvious position as the world attempts to tease you out.** At this point the tests lose their provocation for you and you observe life from a place of total non-attachment as the boundless dance of an infinite conscious reality.

Why do you believe the personal facts of your life are more real and powerful than the Awareness within which they appear? **Obviously, these things arise *within* your Awareness and are therefore secondary to it.** So why do you insist they matter more? This is simply a matter of contracted perspective. **The correction is to simply remain as this fundamental Awareness until the presumed facts of life lose their hold on you. After all, it is your attention to them that gives them their meaning in the first place. Understand the source of reality as Awareness and remain as that.**

Awareness is like electricity in that it is the power-source for reality. Knowing this will do little for you in your pursuit of enlightenment. You must discover this fundamental Truth within you via Self-inquiry and contemplation in order to reveal to you your Ultimate position as the animation of all apparent things.

There is nothing wrong with personality, identity, or sense of a personal-self when you find your True Self as this pure Awareness. Pure Awareness has no qualms with identity once the attachment dissolves. For many, this subtle differentiation is perhaps the final step into Ultimate freedom.

The harmony of life is already complete and total. Allow your life to unfold before you and trust that the infinite intelligence that gives rise to life will also take

care of *“your”* life. **Life is its own force within creation and it is completely balanced in itself.** Life needs no care-taker; especially not of the mental variety. **When you come to this place of seeing, you become untethered. Your peace becomes impenetrable. Life is observed to move about within your stillness. Time collapses into your single point of presence. You are the aliveness within whom, life unfolds.**

In the statement “I Am”, the “I” is the fundamental precursor to “Am”. Said another way, **your Ultimate position is the observer of presence.**

The Truth that you are is perceived without eyes, felt without hands, heard without ears, embodied without “you”. **This apparatus-less mode of perception is the reflection of your True Self bouncing off of nothing but your own recognition. This is why it is called “realization” – for there is no experience of it to be had other than pure gnosis.** The result on your life, however, is very experiential in the form of lasting peace, boundless spaciousness and the total dissolution of fear. You realize that love is the fabric of existence and you are that.

When you awaken to the Ultimate Truth of who you are, who is it that meets who? Which one are you? This hypothetical meeting is itself observable – but from where? What could the nature of the one who observes

this hypothetical union be? These ultimate questions will bring you to a place where it seems that if you take one more step towards The Absolute, that “you” will have a psychotic break or maybe even disappear all-together. This “you” is the root of all illusion, including the illusion of a separate “you” that is capable of having a psychotic break or disappearance. This “you” is observed and occurs within the True “I” that is beyond the influence of all concepts and delusions that arise within it.

The single goal of the “I Am” (i.e. pure presence) is to reach the state of the pure “I” (i.e. pure Awareness). If your pure, identity-less presence knew that your True form was formless, it would cease using your embodiment as confirmation for your existence. **The pure “I” (i.e. pure Awareness) is the single cause and source of existence.** It is only by abiding within this center-point of singularity that you become still enough to decipher your timeless essence. As you become still within this pure “I”, present only as pure Awareness, Ultimate Truth becomes Self-evident. This is the path of Self-realization, which you must take if you are to find Enlightenment and Ultimate Freedom.

Self-realization will detonate within you when you observe and confirm that this unrealized self never truly existed. All that exists is the True Self. **There is no “you” to find the Self – you have been the True Self all**

along. You have only been blind to the Truth that remains ever-present.

You are the Awareness of “you” trying to awaken to your True Self. “You” can never see “it”, for “It” is the Awareness *within* which “you” are observed. The action of Self-realization is merely a perspective shift.

There are no guarantees that even upon awakening, the storms of the mind will cease coming. The difference after awakening is that as a storm arises, plays out, and eventually passes through, you will not have forgotten your True place as the boundless Awareness within which it all plays out. **No matter if the storm is internal or external to “you”, all are observed by the same formless space.** The awakened one abides forever within this formless space of pure gnosis.

At some point you will stop seeking. You will realize that as the seeker you can never awaken. **It is not the seeker who awakens, but you as the True Self who discards the interactive play of the seeker.**

Look at your surroundings. Is any of it unchangeable? Look at your body; will it stay the same forever? Look at your thoughts and feelings; do they change? Can you locate any part of you either inward or outward that

remains unchanged through time? **Only the Awareness, within which all of these things are observed, remains unchanged, even after the body dies.** Remain in this space of neutral observation for as long as you can. This is the process by which old ideas, assumptions and attachments (i.e. karma) are burned off. **By residing in this place of neutral observation, you are blossoming into freedom consciousness. Remain here and bask in the grace and glory of your own original, radiant nature.**

When you remain empty of perspective and rest simply as a neutral observer, you are in harmony with your timeless essence. While here, no vital energy is leaving your presence for there is no friction between you and the movement of the universe. Here, you are present only as “I” – the Self–luminous substance of All–that–is.

The “you” that you think you are is all part of a story in time. Every time you see something, think of something, or feel something, you think you are having this experience. In Truth, this experience is always reporting back to your sense of “I”. **All 8 billion people on this planet have this same sense of “I” and all are reporting back to the same unified field of Self.** To observe through your eyes, think through your mind, and feel through your body and remain untethered to all that is reported back is to remain whole, complete, and unified within the heart of the One True Self –

omnipresent within existence as the Absolute. **Awakening is simply a rediscovery of that which lives through you.**

There is nothing wrong with engaging with life as it is. Intimacy with form and thought are some of your favorite games. Play as you wish and know that the **pure presence of Awareness is inherent within the game of experience.** As such, the space of pure Awareness which is felt as pure freedom and pure peace remains forever available for you. **Attachments and delusions cannot follow you into this space, for here they are met with their non-existence.** Over time, the pulls and demands of life dwindle and fade, leaving you with that undisturbed, pure presence-Awareness-aliveness which was fundamentally inherent within the whole of your experience all along.

Depending upon the earnestness with which you want to become fully immersed in the heart of the Self, it may take many lifetimes, or it could take only this one. If you have not yet found liberation, it can only be due to your voluntary active attachments to the separate self (i.e. ego or self-importance).

When you remain as the neutral observer (i.e. pure Awareness), a natural incubation is taking place. The result of which is the personal “you” slowly melting and

unfolding *as* the pure presence and aliveness of All-that-is. The result on your consciousness is liberation.

When you remain as the Awareness of presence, you are Self-Aware; nothing more, nothing less. This is Ultimate wholeness.

From the True perspective (i.e. pure consciousness) all movement – both mental and physical, are extensions of the singular unified body of conscious-Awareness. Because consciousness *is*, existence arises within it.

The end-game (i.e. “God’s will”) of conscious existence is the embodiment of perfected perception. Perfect perception is laced with perfect experience. Could any experience *within creation* be higher? Why then waste time on the trivial picture-displays of the world? They are projections (i.e. light displays) of a changeful world atop the unchanging Self. Uncover this unchanging Self and you will find your True position as One with the heart and mind of God. When you taste this Truth within, nothing the world can offer you will compare.

Your True Self remains forever shining as your present self, only ever appearing to become obscured by the shadows cast forth by your mental overlays (beliefs,

desires and attachments). Come to the place within you that is the source of mind – your place of still and silent being. Here, you are purely present. Yet, even your presence is witnessed. **Enter this position of witnessing your own presence and you will have entered into the heart of the Self.** Now, remain in this position for as long as you can. Each millisecond spent in this position serves your ripening. Return as frequent as possible to this place of witnessing–presence and soon your egg will crack – for this place is the incubator of your soul – working via the rays of grace to serve your awakening.

There will come a day when every occurrence in your life will be seen in the light of Truth – that everything in your life, including your mind, ego, and all their interpretations and distortions were all in service to your awakening. You will see that every loving act you provided to another, was truly an act of service to the One Self. You will see that every success, failure, hardship, progression, and regression was in service to your awakening. This is the Truth that exists beyond the perception of the individual separate mind and is always available to you here and now.

Everything, including your thoughts, actions and existence is the present unfoldment of the infinite singularity. See yourself, the world, and your consciousness as the activity of this singular essence

and you will begin to see through the eyes of your limitless Self.

You came into this world to play within a conditional experience as the unconditional Self. Somewhere along the way, you forgot your unconditional nature. Now, as you seek Self-realization, you look outward for guidance when you should be looking inward. **As you read these words, they are calling you from within.** Do you feel gravitational pull towards your own center? Do they resonate as True to you? Your heart knows its true position; it always has. This knowing often seeps through the cracks of a contracted mind as intuition or “gut-feeling”. This book was written for the simple purpose of reminding you that everything you seek is already who you are.

Your life is your personal guru. When you are frustrated, this emotion is a teacher. When you are scared, this feeling is a teacher. Every emotion, event and life circumstance is scripted and given to you by your own inner guru (i.e. higher-self, expanded self, etc.). **You were born into the particulars of your life for a reason.** That reason is to learn how to love unconditionally. Every life event and circumstance has been delivered to you in order to wake you up! Honor them as your most intimate teacher.

A liberated being does not rely on any phenomenal outcome for satisfaction. Their very *being* is their personal well-spring of enjoyment. Everything else that happens and doesn't happen is simply part of the spontaneous dance of infinite consciousness; and what a show it is!

To be alive and to know the Truth is the Ultimate satisfaction.

What is the Ultimate threat to your existence? It is simply the concept of non-existence. **Subtract everything, even you, and somehow you remain as the singular light-source of existence, here and now as the most integral essence of aliveness.** This is the Absolute. You are that.

The paradox is that although time does not Ultimately exist, for you to know this experientially you must "spend time" in pure, thoughtless Awareness. This is the fastest path to enlightenment; the quickest dissolution of delusion. The more time you spend in this state of thoughtless Awareness, the purer your consciousness becomes. **This will be the path of the earnest seeker up until the point where one's consciousness becomes sufficiently purified and it then blips out of existence and into the unmanifest world of the divine and merges with the unified, blissful Absolute essence of All-that-is.** It is your ego's fear of

non-existence that is the last and final fear barrier for most who earnestly seek liberation. Remember, the ego/personal self is itself an illusion and yet, you exist here and now. **So, do not be afraid, because although the ego will vanish, you will not. In fact, your True Self can never vanish because it is the stuff of existence itself.**

Your first and only mis-step, the only thing keeping you from full Self-remembrance, is your identification with your mind. Correct this one thing and you will exchange ignorance for gnosis.

The Absolute is the unborn, uncreated singular presence of infinity. This infinity is thoughtless but Aware; unborn, but alive; fully present, but uncontained by time and space.

Even after one has recognized and become established in their True nature, the drama of life will continue to play out. The difference only being your energetic investment of belief. **You will come to discover that you are simultaneously pure Awareness as well as the phenomenon you see playing out before you.** The phenomenon you see playing out takes its existence from the pure Awareness that you are, yet you remain seated in the Self – free and untouched.

Exchanging your belief in your ego identity for the timeless, immeasurable Truth is the greatest accomplishment that can be made in human life. Being ever-present this exchange is ever-available. **Your opportunity for wholeness will never leave you, because wholeness is your indivisible nature.** All that is, is simply the play of the infinite reality that you are. All dimensions and realms of reality are but sub-layers within the infinite whole.

If you want to know the Truth of existence, you must be empty of all concepts. It is only through becoming empty that all lenses of delusion (i.e. duality) are dissolved. When you choose *this* over the time-bound pleasures of the world, Self-realization is catalyzed.

Sit in silence with eyes open or closed and observe your mind. Whatever appears, observe it with total detachment and look instead at the position within you *that observes*. Continually return to this immovable, central position of the observer. Sit in this abyss of gnosis. Do this practice while going about your daily life. This the quickest way to become established in the Self. This the direct path to total freedom (i.e. liberation). **By cutting your energetic investment of belief in things observed, the ineffable position of your True Self comes to light.**

All that is really happening here is reality contemplating reality through the lens of illusion that is your mind. Meditate on this until the meditator fades into fully unified, Self-luminous gnosis.

The Absolute abides prior to and throughout atomic reality. Only consciousness devoid of concepts can meet it.

You are pure consciousness meditating on pure consciousness. Even while appearing as you, your life, and all that arises within it, you are still just pure consciousness. When you love, it is nothing other than pure consciousness appearing as love. When you suffer, it is pure consciousness that appears as suffering. **The substance of existence is only pure consciousness.** When you [as pure consciousness] experience yourself as just pure consciousness, the result is peace, bliss, freedom and Self-realization.

Make your daily routine be to return to the Awareness that you are not your body, nor are you your mind – you are the pure consciousness within which they and the world arise. They only seem to be real and immediate because they have captured your attention. By intentionally returning to pure consciousness on a regular basis, you are practicing disengagement, which will naturally turn into Self-attentiveness.

Attention directed inward eventually dissolves itself. This is called Self-realization.

Your thoughts, your life, your world and *you* are all objects of thought appearing within your True position *as pure Awareness*. The cycle of life and death are perpetual dramas playing out within your True Self *as* unending infinite Awareness.

Infinity is the presence of complete unicity with All-that-is. The key to this door is the total and complete dissolving of individuality into the singular Absolute. In time, all things will be called back to this singular essence. However, consciousness is not a *thing*, and therefore, may visit this infinite and boundless essence today.

The process of Self-realization is the discovery of the source of Awareness within and recognizing that its nature is fundamental to the whole of existence.

The essence of Self is the unmanifest still-point of pure presence within you now. Most are too distracted by their personal life to locate this still-point. In complete stillness your consciousness slips behind your body-mind and enters into egoless Awareness. You do this unconsciously during deep, dreamless sleep every night. Those who enter into this space

during the wake-state, encounter the profundity of union with their own source (i.e. the Absolute, etc.). **Locating and abiding in this still-point within your own mind is the open door to liberation.**

The One, infinite Self plays all parts but is encapsulated by none. This is the position of your enlightenment.

The source of consciousness is the Absolute principal of existence. You are that. Everything that occurs within that is mere entertainment – including life, death, desires, ascension, etc.

The Absolute is existence prior to the *sense* of being. The *sense* of being (i.e. pure I Am) and consciousness arise in unison as two sides of the same lens. This occurrence isn't some cosmic event that took place in the distant past, but rather is an automatic loop that is regenerated within consciousness that creates our sense of time. **Investigate the space within your consciousness that is nearest to this 'existence without a sense of being'.** Sit in this deep abyss until a lucid, untethered Awareness dawns within you. Return to this space as often as possible until the illusory division between Awareness and All-that-is dissolves on its own (this is often described as the experience of "grace" or an "ascension into heaven" as often

described in historical texts). This is the process of awakening. This is liberation (i.e. enlightenment).

Gurus, teachers, prophets and gods are only necessary up until the point where the internal gravity of Self-realization becomes so great that external guidance is no longer sought. At this point, inner silence is the only impetus. **When inner silence and stillness pervades all noise and movement, unification with All-that-is happens spontaneously.**

You become suitable for revelation (i.e. a paradigm shift in perspective) when you are silent, still and empty. Often, revelation arrives when the human mind is in despair or in total loss of what to do because in those moments you finally give up your attempt at controlling the present moment. Due to the circumstance of not knowing what to do next, a void appears in your consciousness. This is often experienced as “empty stillness” amidst apparent chaos. Within this void, conscious communion with pure consciousness is made possible. **Inner silence unites your conscious Awareness directly with the source of all existence (the Absolute).** Revelation is often the effect of this encounter upon your consciousness. However, you don't have to wait for a crisis to take advantage of this effect. Thoughtless meditation is the intentional method of contacting your Ultimate nature.

Primordial Awareness is prior to space. Uncreated Awareness isn't confined to the minds of conscious individuals – it is the ubiquitous substratum of existence.

Awareness is Self-evident and Self-luminous. Using these criteria, you find the Truth (source) within the illusion (appearance).

Your mind borrows its luminosity from the principal of pure Awareness. When the mind discovers its own essence, the projection it once mistook for reality becomes drowned out by the pure, powerful light of its own source. This is Self-discovery (i.e. enlightenment). Those who, in inner silence, offer their individual minds up to the light of pure Awareness, experience a fundamental shift in their perspective and awaken from the dream of being a separate individual and enter into the living presence of the Absolute.

Bask in the unproduced, timeless radiance of pure Awareness until grace ushers you into the singularity of being.

The enlightened are those who recognize all thoughts and actions as the thoughts and actions of the singular, unified presence of All-that-is. The energy of

cause is the same as the energy of effect; only the form has changed. This includes everything, including that power by which these words are being read in this moment. **They recognize that their existence and the existence of all people and things is the presence of this One omnipresent essence.** When this recognition is earnest, a natural reverence and respect for this seemingly divine presence envelops your conscious mind. Are you ready to confront this Ultimate Truth? Are you fearless enough to give up your belief that you are a separate individual? In Truth, this belief in a separate individual has been your single source of fear and suffering and the one thing keeping you from realizing your Ultimate, unified nature.

There is an eternal bliss-state that is Absolute and fundamental. Consciousness, the world, life and individuality are layers of sub-context within that singular beingness.

As the eternal Truth unfolds within your conscious-Awareness, the call to inner silence grows. **Practice inner silence until the lack of it no longer disturbs your peace.**

Whatever you are feeling and sensing right now is simply a movement of the singular, eternal essence of All-that-is. *This* is how intimate you are with the Absolute.

Enlightenment isn't some lofty, unattainable ideal. In fact, you slip into the Self-luminous enlightened state every night. It's just that when you wake up out of it, you immediately and automatically begin to actively view the world through the lens of an individual and separate self. The mind is a wonderful tool by which you may investigate and interact with the world. But it is incapable of recognizing the space of enlightenment. **Absent of the mind, you are already enlightened. It's not that there is no experience of this enlightenment, rather it's that there is no experiencer; and yet, you are there as All-that-is.** While abiding as simply this, peace pervades. Intuitively you already know this. This is the reason you, and all other self-aware beings, crave deep sleep. **There is a knowingness within you that the mind cannot ever know.** You effortlessly attain this nightly. If you were to discover this state while awake and alert you would likely have a profound awakening. **You are never far from this space of blissful equanimity. In fact, the now-moment is laced with opportunity to dissolve into the non-dual nature of present reality – for it is all this moment is made of.**

Your thoughts, ideas, perceptions and activities do not veil, cover up or hide your experience of Truth. **All is the movement and appearance of the Absolute – reflections of infinity upon the surface of a temporal existence. Stop dividing your experience of singularity.**

There is no prerequisite for enlightenment. There is no tradition, ritual, prayer or practice that will deliver you to your own inherent freedom. These are all meaningless activities of the mind – mere entertainment. Truth is revealed in the absence of mental constructs. When all mental constructs are dismantled or dismissed, all frictions dissipate and the ever-present background of being–Awareness–bliss is revealed. **True seeing takes place when you are finished looking through the kaleidoscope of experiential reality and instead seek only that which illuminates and animates it.**

There is no thinking mind in the Absolute state; there is only concept-less gnosis (pure consciousness is pure knowing, pure love, pure bliss).

All worldly joys are fragments of the source from which they arise. Discover this timeless source within and you will never again search for satisfaction from the world – for in the discovery of the source of joy, love and peace, you find that they are your very nature right here and now.

The world is real. But it is real on a sub-Ultimate plane. As long as consciousness exists, this world and many others will exist. You have arrived at this book,

however, because that which is sub-Ultimate no longer interests you as much as the discovery of the nature of that which is Ultimate and everlasting. And for good reason: all worlds die in space-time, but their source of emanation does not. Your True nature *is* that source of emanation. Discover this Ultimate space within you and you will spontaneously recall your True and essential place in eternity. **There is an essence of you which does not die: your pure consciousness.** There is an element of you that reads these words: that is the physical you (i.e. your eyes and brain). Then there is the element of you that contemplates these words: that is the non-physical you (i.e. your mind). Finally, there is the element of you that lies in the background of your mind as its power source: pure consciousness or Awareness. The space of pure consciousness is the space within which space itself takes its dimensional shape. **Self-realization comes to those who discover this for themselves by meditating on their own consciousness. The method for enlightenment is simply consciousness meditating on or investigating the nature of your own present-Awareness.** You are the subject within whom this must be discovered. **Finding the doorway within active consciousness that leads to pure consciousness is the doorway which leads to your own nature and fundamental qualities of freedom, love and joy eternal.**

Your experience of yourself and your world is a fractal image of the singular light of Awareness.

Everything eventually dissolves into unity. To accomplish this via Self-realization while still in a body is the ultimate experience. The shock of omnipresence is likely to overwhelm the body-mind. **If the bliss of this realization is to be maintained, you must give up any remaining identification with your body-mind. The result is unicity with radiant peace.** Most are not ready to give up this illusory identification and thus remain on the fringes of enlightenment. They are able to point and speak of it, but are easily unseated. **You will recognize an enlightened being not by their words, but by their unshakable radiant peace.**

The Truth is indivisible presence. Your current state is a finite aspect of that singular indivisible presence. The state-less position is pure presence-Awareness. This is your True and Ultimate position. Remain still within this undivided position of wholeness until the illusion of separateness dissolves completely. This is direct realization.

It is your consciousness that has created and continues to energetically sustain (via attention) the entire world you see before you. To escape this cycle, find that still essence within you that is not subject to this Self-generated feedback loop. I can tell you that unmovable timeless essence is your own pure consciousness but these are mere words forming just another concept in your mind. You must discover this

space within you. Books, angels, gurus and Gods can lead you to it, but the final step into the source of life itself (i.e. the Absolute) is yours to take. Are you brave enough to make this discovery today? It is available to you now.

Locate the most still aspect of you right now and rest in that space within you that, despite your physical and mental movement, remains ever-still, ever-silent, and all-pervading. Continue to return to this space within you until your remaining ignorance evaporates before you. In time, through this practice alone, you will come to bear witness to your True fundamental essence: the blissful source of reality.

Activity of the world, activity of the body, and activity of the mind are all conceptual movements within the singularity of being-Awareness. You are that.

You attain Oneness with everything when you let go of everything. You attain singularity in this process of letting go because it is the process through which the undiluted, unrefracted Self becomes realized.

The only thing keeping you from Self-realization is your continued belief in concepts. The Absolute is the singular essence of all things. As such, it is ever-present and ever-available. **Those who empty**

themselves of all concepts discover that the clear luminosity of Awareness is the substratum of not only their own existence, but of all things. This is the discovery of universal consciousness and your Oneness with it. This singular principal of Awareness is uncreated, meaning it was never born and will never die (it exists outside of time). This is your True Self. As this you are eternal and infinite. As this you are peace, joy, love and bliss.

Everything you experience is illuminated by what? Find this source of illumination and you locate the doorway to Ultimate freedom.

Self-knowledge transcends individuality. Upon realizing the Self, one cannot help but also bear witness to that same Self in all outward appearances. Such is the vision of a sage (i.e. “seer”). What took effort to discover has now become an all-pervading fundamental fact of being.

When the sole purpose of the body-mind becomes to discover the Self, it enters into the proximity of Ultimate Truth. It is as if a spark of light is approaching the sun and upon merging with it, the light of each becomes a single, indistinguishable source of luminosity. **This is the living [energetic] transition from an identity-based existence into one’s fundamental essence of being:**

pure, Self-luminous, Awareness-bliss (infinite potentiality).

You are a formless vantage point within an infinite field of Awareness witnessing your own apparent presence here and now.

When the Truth is discovered within, there is no need for concepts. They will dissolve naturally and no longer trouble you. Consciousness birthed concepts for its own entertainment. When you find the source of experiential reality to be contrived entirely from within your own consciousness, what can harm you? What is there to be afraid of? It is all here for your entertainment. **When one finds they are no longer entertained by such imaginings, a teaching such as this will come along and simply remind you to turn inward and rediscover your True nature as formless Awareness (pure consciousness).** Here lies your everlasting freedom. Then, if you wish, resume your engagement with the play of reality while always holding to the knowledge of your untouchable, timeless nature.

Discover your timeless essence within you now and all delusions will appear as translucent as a daydream. In realizing this apparent reality to be a daydream, you must then look upon the dreamer to see if its sense of self is also part of that same dream. When

investigated fully, you will find that your entire identity was also just part of the dream. Then what remains will be your timeless presence (i.e. the True Self). This timeless presence is the unified nature of All-that-is. The experience of one's True nature is radiant bliss.

Everything and everybody, including your own sense of "I Am", borrow their existence from the singular luminosity which shines forth from the Absolute. This luminosity is your own nature – the power which compels consciousness to create the endless worlds and dimensions of experiential reality.

If you are to awaken to the Truth of who and what you are, you need to first realize that your nature is pure Awareness. Then, you must investigate the nature of that Awareness. Does it have boundaries or limits? Is Awareness dependent upon space or time? What is the distance between Awareness and that which it is aware of? Is the Awareness of your body-mind different than the Awareness of another body-mind? Investigate fully and you will discover the primordial singularity that pervades all states of being.

Self-knowledge isn't learned, it's realized. Therefore, all a guru, saint, prophet or even this book can do is point to the Ultimate space within you (pure consciousness); it is up to the seeker to merge with that space via meditation or direct observation. This is

the only way to “become enlightened”⁵. Sacraments, entheogens and even “God” itself could only ever point you towards the presence of the Absolute within you; you must take that final step for yourself.

The singular fact of your existence is pure Awareness. To know this is to be free. To investigate what this means is to discover your nature as a unified expression of an ever-unfolding universal mind. As there is only a single, unified substance (i.e. consciousness), there is no longer distinction amongst reality. All distraction is in appearance only. Everything, including “me” is a temporary appearance of that Ultimate principal. Your contemplation and meditation upon this simple, yet Ultimate Truth is your always-open doorway to liberation.

The only way to find your True nature is to know that you already are this formless, uncreated presence here and now and to rest in the abyss of objectless meditation. When your heart and mind have become sufficiently purified of all thoughts and feelings of separation, the Ultimate existence will dawn within you, revealing what has always been and always will be. Your fear of non-existence will then fall away as you

⁵ No one “becomes” enlightened, as enlightenment is the evaporation of individuality, and therefore there is no one for enlightenment to happen to.

realize you are the substratum of existence itself, and not the stories built upon it.

Your experience of Awareness is really Awareness' experience of itself. This "you" is a concept (a fractal node of contracted energy) within that Awareness. When this energetic contraction of "you" is disentangled, the perfect bliss of boundlessness remains; you are this boundlessness. Take your True seat in this simplicity of being and regain your knowledge of your True Self. Then you can play in creation unattached and unaffected except by your purposeful choosing to have an experience.

All that exists is Absolute Awareness (i.e. Absolute knowledge). Therefore, all experiences and experiencers are merely varying degrees of distortion.

Your purest essence (i.e. pure Awareness) is unborn and uncreated. When you discover this timeless essence you simultaneously recognize the relative unreality of the time-bound, limited nature of your life experience and everything in it. You are then free of life's demands. You find joy in pure being and find no more delusions of attachment to the beautiful play of life. This is liberation.

Awareness is infinite; it can go anywhere via the vehicle of attention, yet remain inexhaustibly present. Awareness can assume any form via the vehicle of experience, yet itself remain the formless witness of all experience.

The realized state is beyond the capacity for a human mind to imagine because the realized state is beyond the mental plane. Therefore, waste no time imagining what it will be like. Instead, sit in inner silence and remain as the still witness of your own presence until divine grace meets you there.

This is the direct path to enlightenment: to become aware that you are pure consciousness only and that everything is merely an appearance within that. *That is* your True formless Self – the Self you share with the whole of existence.

When the Self-realized look within, they see empty space (i.e. the unbroken, infinite expanse of being). When they turn their gaze outward, they see a multitude of objects and beings (i.e. the refracted reflection of this infinite expanse). The distinction between internal and outward space is merely conceptual. The universe and everything in it are sub-themes of the Absolute.

To the realized being, the cycle of life and death are seen as no more extraordinary than the rising and setting of the sun, the inflow and outflow of the tides, or the changing of the seasons. All that has a beginning has an end. Your formless presence was never born so that which you Truly are can never die. Discover this for yourself and the fear of death will subside. Even better, your fear of life will vanish even as you are living. This is liberation.

For as long as you hold to a concept of self, the infinite nature of the eternal present will remain concealed in name and form. All the mind is capable of reporting is the envelope which holds the key. The key is meditation. Still, unless you are content with conceptions, you must walk through the door and step into the space in which concepts are left behind. Only then will you bear witness to your True Self. If I were to name it here, it would only appear to you as a concept. You, as consciousness, must dive within yourself to the depth at which the mind cannot follow, for at this depth of being, there are no concepts. There, within the still center of your being you will find vast nothingness. Yet, this vast nothingness is somehow alive, somehow infinite, somehow loving and somehow blissful. This “somehow” is the divine mystery as reported by the saints and sages. We do not know why or how, but All-that-is is conscious through us. Still, knowing this is not enough – you must go there yourself for liberation to be catalyzed.

The Absolute is infinite potential whereas consciousness is infinity actualized. There is no division between these two poles, just as there is no division between the two poles of a magnet. Both are the result of a singular essence.

All seemingly finite things are but rays of the infinite Absolute; including you.

If you are able to confirm the fact that you are only consciousness, you will begin to have brief experiences of formlessness. Being that the mind is likely still lingering in the background and highly identified with your body, this will likely cause initial fear. But as you learn to relax and surrender your attachment to your body, an unshakeable knowledge will begin to blossom within you. By the time you begin to experience these glimpses of your formless nature, your days of suffering the delusions of body-identification are numbered. The world and its offerings will continue to seem less compelling by the day. Soon, you will see clearly that it is the undiluted, unrefracted space within you that is the source of all lasting peace, bliss, and love. This unrefracted space is the Self-luminous Absolute. **Liberation is the direct result of spending time in this space of pure light. After liberation, you look at the world in a new way. It is like watching the light of the sun dance across the surface of a vast body of water. You know it is just a reflection,**

but wow is it ever beautiful! Thereafter, you engage with the world out of intrigue and inspiration rather than fear, desire and need. There is no longer an impulse to manipulate reality. The miraculous unfoldment of reality as it is couldn't be more perfect.

Pure Awareness (i.e. your True Self) is not trying to get anywhere. Locate this place of stillness in you now and just abide there. This sums up the entire journey of those truly looking for the direct path (the pathless path) to Self-realization.

The liberated being functions harmoniously and without friction because they know the Truth: that there is no separate character called "me" apart from reality. Rather, reality is seen to be an emanation of a whole, vast and complete vital presence that is your very nature. As extraordinary as this may sound, those who live in this knowledge find they flow through daily life in a more fluid and natural way. No longer are you bothered by the phenomenal nature of events when you see clearly that they are all aberrations of consciousness. This discovery is for everyone because it is our shared singular nature.

The doorway to enlightenment is your ordinary Awareness. Can you be still enough to just sit in your own Awareness without seeking a mystical or grand revelation? **The act of seeking removes you from the**

stillness that *is* the doorway. After awakening, you will be dumbfounded as to how you could have ever overlooked it. Can you allow it to be this simple? Test it and see. Just sit in your own Awareness. **The perceptual unification with All—that-is will happen on its own.** You are not the doer of what already is. Just bask in the pure light of Awareness until the door opens.

Awareness itself is the infinite, dimensionless expanse present here and now. Melt into this and you merge with the field of everything. Some may call it “the void” or “nothingness” but those who truly abide here know it to be the field of pure potentiality from which everything gains its being.

One who becomes steady in their True position as the witness of Consciousness fears nothing, for even suffering and death are mere appearances within their Awareness. **They know themselves to be timeless, and therefore, nothing in time can disturb them.** They know themselves to be formless, therefore, nothing in form can disturb them. They have merged with the Ultimate principal of existence: the Absolute. All movements of mind and world then occur entirely *within* their unmovable nature as being–Awareness–bliss. You are only that, here and now.

Experiential reality is simply the play of consciousness. Everything that happens, does so exclusively within consciousness. **Consciousness is the form and substance of reality. It is also your form and substance. You are not separate from the reality you see before you.** Embrace it as a lover and it will embrace you back – for it is only a reflection of your chosen state of being. Focus on the singular stuff of existence: consciousness, and everything will be brought into harmony.

The Absolute can never be seen. Stop trying to observe or visualize your True Self with your mind. **Looking for it is what is blocking the seeing. The Absolute Self is the infinite and undivided seer.** Therefore, to see the seer propels you into an illusory duality; and from that perspective, everything is merely conceptual.

Every breath, every event, every thought, every feeling, every heart-beat, bear witness to All-that-is as the singular Self.

If a glass container were dropped, causing it to shatter, would the space inside that jar cease to exist? No, the space would continue to exist just as it always has despite the destruction of the container. You are not the container you think of as “your body”. Rather, **you are identity-less presence. To find this pure, identity-less presence within you while still existing in**

the container of a body is Self-realization (i.e. enlightenment). The result of which is Ultimate freedom even while experiencing physical incarnation. There is no match for this bliss in the material world. Some feel unworthy of such a realization. But how could that be when all you are coming to recognize is what you already are? **You deserve the freedom, peace and bliss of this recognition because it is your fundamental nature here and now, without you having to do or realize anything! It already *is*!**

Free of all desire and attachment, you are free of all that would limit your expression in the world. You hold no intention and demand no result. You simply experience life as it unfolds. There is no longer tension in your anticipation of what is to come as you encounter life with full, in-the-moment presence. Unconditional love and compassion, limitless creativity and spontaneity, and complete acceptance and wholeness are the lived results of abiding in the True reality of your fundamental, all-inclusive nature. Simply seeking these qualities, themselves will lack sufficient depth and richness, for their authentic expression only comes by way of True Self-realization.

Check in with yourself now and confirm the following: everything that is happening around you and within you is doing so *in front of* a sense of non-happening. There is a place within you that isn't "happening" – it just *is*. **Existence-Awareness is the silent, still**

background upon which all happenings arise. How are you to realize the Self if everything that can be seen is merely an appearance of the formless Self? **You must give up trying to see and sense it and instead just abide as the non-phenomenal background upon which reality takes form and moves about. Just for now, give up all your senses and just be *this*. *You are the fullness of the present moment!*** Full embodied realization will, in-time, arrive on the doorstep of your mind and dispel all delusion. Just wait for it *here* as pure presence. As you do, freedom will begin to percolate through the illusion of separation and into your lived reality.

Time only exists as a function of consciousness so that you may come to *witness* the timeless.

My True Self and your True Self is the same Self that *is* existence–Awareness. All those who conceive of a personal self when they think of “I”, are unknowingly referring back to the same “I”: the singular Self. ***This “I” is the key to your timeless abidance in your whole and complete nature. It is also the source of all peace, love and joy.*** The mind may attribute these qualities to the details of your lived experience, but in Truth, their source is the unified nature of us all.

Following an awakening, you will likely feel an astonishing sense of clarity and intimacy with reality. The confinements and entanglements you once felt

have seemingly evaporated. Your sense of self is no longer localized within your body. The five senses have completely opened and you experience the full vibrancy of this apparent reality. Your mind, too has opened, and no longer constricts your experience and expression. This is the life of a realized being. You are already this.

Your True Self as presence–Awareness is not separate from that which is seen. In fact, as presence–Awareness, you *are* that which is seen. For a thing to be seen, it must be present, and you are the illumination of presence itself. All things are ultimately made of the singular stuff of existence. You are the singular stuff of existence.

Liberation is had when you abide within the singular constant state within which all other states arise and fall. This source–state is the same for all beings. The consciousness of all beings reports back to this unified field of timeless presence. Nothing that exists within consciousness is Ultimately True. In order for you to fully realize the Self of all, you must dissect the entire play of your own existence. **Your True and Ultimate Self can never not exist, for it is the substance of existence itself.** So, do not be afraid to cut the power cord (i.e. your belief in individuality) to your own existence. **Only your belief in the illusion of the separate individual self will vanish. Then, all that will be left will be your Self–evident existence. This existence is then seen to be the**

shared existence of all things. Everything else will be seen as dependent upon this singular source of existence *that you are*. Your nature is what imparts existence to all that you perceive. In discovering your Self to be the primary principal of existence, everything else is seen as light-hearted temporary amusement. **Love, joy, peace and wholeness are inherent to the purity of your fundamental Self.** These qualities radiate outward into the world from those who come to realize their True Self. This is enlightenment. This is the supreme goal of this projection we call life.

Abiding as pure Awareness, you finally see that there has never been anything but the perfectly balanced wholeness of All-that-is. All beings are simply this. All expressions are simply this. The experience of separation has been an illusory mental construct this whole time. You can call everything you have ever seen and experienced “real”. Or you can call everything you have ever seen and experience “unreal”. The enlightened One knows both to be True and remains as the Awareness of both perspectives. **You are the Awareness that witnesses all conditions and perspectives, and sees only the expression of the unified Self.**

Consciousness is the fundamental essence of experiential reality. You cannot perceive or know anything outside of your consciousness. Everything that exists does so within your consciousness alone.

Therefore; consciousness *is* the nature of reality. *This Self* is the unified, unchanging essence of All—that-is. Pure presence—Awareness is Oneness. The doorway to your Ultimate nature exists between your conscious mind and the Absolute. This space beyond consciousness cannot be grasped by consciousness. Therefore, hold no thoughts of it. Your fundamental essence isn't encapsulated *within* consciousness, but rather lies beyond it as the *illumination* of its existence. *This is the Absolute*. Entering through this doorway, you leave all concepts behind. Enter into the boundless presence from which all holistic qualities including peace, freedom, creativity, passion, inspiration, and love emanate and bless the world. Abide as *this* and you will remain timelessly whole and complete. **By your presence as wholeness, may all those who seek find *this* as their own True nature and forever abide in the purity of divine presence.**

The ever-present background of existence has no sense of duality. Your True and Ultimate position rests here. Prior to the movement of consciousness, you are One with that ever-present background. When the whole universe ceases to exist (and it eventually will), that space without dimension remains. **That space is prior to self-knowledge. That is the Absolute. You are this timeless Absolute, but it is only through consciousness that you could ever come to know this. This is your unique opportunity here and now to know thy Self.** There is no greater purpose to existence than to discover your True nature. **In discovering your**

fundamental being, you uncover your Oneness with the whole of existence. From that day on, you become the embodiment of the singular, Self-luminous well-spring of love, peace, bliss. This is enlightenment.

All-that-is is Self-Aware *as* you.
Come back to this knowing until it is your effortless,
natural position. You are home now. Walk now and
forever in your eternal freedom.

Letter to My Loved Ones:

When my mind fades, know that I am not my mind,

When my body dies, know that I am not my body,

When I am forgotten, know that I am not a memory,

What I Am has always been and always will be.

Whether you know it or not, our nature is the same.

As such, I'll be with you always; ever-present and
ever-available to those who meet me where I reside:
the heart of the Infinite; the mind of God.



This book is a compilation of direct transmissions and was written for the express purpose of catalyzing your enlightenment.

This book is a response to the seeking nature of the self that feels separate or cut off from All-that-is. This sense of separation is an illusion which this book intends to dispel.

“During one of your many lifetimes, you will become still enough to ponder the nature of reality which will begin to unravel the parameters and boundaries that at one time you believed to be solid law.” –Wild Satsang

As you realize who and what you Truly are, your life becomes an ever-unfolding expression of peace, joy, love and freedom.

This book is intended to reveal the door to your own Self-realization. This book has entered your Awareness to serve as an alarm clock to your awakening.



“You are entitled to know your True nature as the indivisible Awareness that illuminates your life experience and compels the Absolute into existence.” –Wild Satsang

