

## Without a Reference Point

2009

These pages are composed of responses to questions and comments.

The material is usually pointing unrelentingly to our true nature – beyond the confines of conceptual boundaries, which the mind usually wraps itself in. The point of these pages is not to lead the mind off into endless conceptualizing but to open up the mind to present evidence – to recognize the ONLY fact you can be ABSOLUTELY certain of 'The Fact of your Own Being'. Being consciously aware of being conscious while the various activities of mind go on is a key element. However, the description of this is often misleading due to the nature of erroneous beliefs.

The notes:

When the mind cannot find any words to describe this immediate experiencing - then a stillness beyond conceptualizing 'appears' as an expansive living 'sensation' as subtle as space itself. This infinitely subtle pure being-ness is what I am. What I am is actually beyond this subtlety and as that 'beyond', there is nothing - No Thing. What can be recognized is that everything that 'appears' in THAT is also THAT, No Thing. This realm of the appearance, from the grossest to 'the infinitely subtle' all 'registers' on THAT which is beyond all subtlety. Words cannot describe it – they can only 'point'.

This immediate activity of KNOWING is undeniable and there is no need to affirm it and no possibility to deny it. One could say: that there is just a knowing presence, which includes the knowing that there is no 'you' here that knows anything at all. It is simply this clear and immaculate 'presence'. Enough said. Except maybe this: In the light of that revelation it must be obvious that anyone who implies that THEY are personally enlightened - it is nothing but an obvious and unconvincing charade of the mind only – instantly recognized for what it is and dismissed without delay.

The natural state is NOT the 'me'. The 'me' is a story, perpetuated by an unquestioned belief in being that 'me'. In the pure SEEING there is no 'me' to get in the way. The 'me' only seemingly enters the 'scene' once the mind starts to translate the actuality into a description, words etc. Stay AS this actuality, as the pure SEEING - be nothing but the SEEING. One recognizes that everything, EVERYTHING is an appearance in this SEEING. So, how can 'an appearance' touch what you are, or harm you in any way? Only if there is belief in the appearance can it 'seemingly' threaten what you are - YET what you ARE cannot be threatened or harmed. That essence that you are is what some call 'The fearless-deathless spirit'. Once we break out of our uncomfortable 'comfort zone' of believing in being this 'little me' then a sense of impartial freedom 'appears' spontaneously - but that 'appearance' is not a mirage, like the me - it is the natural state rising up out of the mire of the mind - however it was NEVER truly covered by the mind content. Our true essence recognizes this open naturalness of being free in the moment - it is not a 'you' or a 'me' that recognizes this or anything 'other' than Seeing. The ME cannot SEE. The 'me' is non-recognition. SEEING is happening and there is only one SEEING happening. Why bring the 'me' into it? It is an unnecessary limitation and is an unquestioned belief only.

SEEING is not happening via any concepts. Pure seeing is unattached to concepts. All concepts only appear and disappear. Whatever 'sense' the mind tries to 'make of the appearance' can only be 'more appearance', more concepts. The 'me' (and not me) is the 'mother lode' concept. So drop all concepts and SEE. Then it doesn't need to be 'made sense of' in the old mind. New revelations will unfold naturally without the 'me' distortion or bias.

'We' are so habitually attuned to believing that the me and the mind's translation is reality, so when we are asked to SEE without any words, concepts or images or memories, it seems like an impossible task. Yet, simply notice that SEEING is happening 'all the time'.

The natural state is wordless - it was there long before you learned any words and it remains ever present - yet we usually ignore it, in preference for a bunch of concepts and learned theoretical postulations, etc. Seeing or Knowing are not beliefs - they are direct and immediate. You don't need any guru to stare into your eyes for seeing to start happening. Knowing is the basis of everything that you know of.

All of 'our problems' are in the conceptual realm. A concept is a concept - if you can't see the simple truth of that simple fact, then the mind will just go on and on until this fact is recognized. For whom does it matter? We always personalize it and this subtle and not so subtle activity goes on un-noticed, so we miss the essential point. Without recognition, all we have left is arguments and the protection of beliefs, which we cling to as if life itself depended upon it.

Someone somewhere will 'hear' what is being pointed out - but the SEEING from beyond concepts is the key experience - for everyone. It is indescribable, yet some of us try to describe it in so many words.

The heart and the head are both appearance in the immaculate nature of clear awareness. SEE this for yourself. You cannot take the words of others, because that keeps it all in the realm of belief. Start from the fact that you KNOW that you ARE. What belief is necessary to know that?

Intelligence is 'doing' everything from the way a water droplet behaves or the ocean and its innumerable molecules - from the way a planet moves around a star to the way a falling feather slowly alights upon the ground. The one who is seemingly 'attached' to any phenomena by thought is also made of thought. Nothing is separate as a 'thing' distinct from any other 'thing' and the concept of attachment is just *an inconvenient* concept. Who owns it? Where is the boundary of ownership? Nothing is truly separate from THAT which knows it all. What can you separate from *the knowing* of that which is known?

Where do 'you' place 'yourself' in all of this?

Start from the fact that you are THAT knowing - one without a second.

If you 'start' anywhere else, then it is from a concept and that is mind stuff - mind stuff has NO being. So you may detect that it is impossible to somehow *arrive* at reality from starting with a

concept – it is just the addition of more and more concepts - but WHO is this one who thinks that 'he' thinks?

Investigate - you ARE the intelligence - don't take any answer or concept to be actually true - negate it, until there is just naked knowing. Then, as that knowing, no one and nothing can divert you from the knowing, or convince you of anything that is not already obvious.

The not so subtle point - yet it is not recognized by so many - is that the 'I am' is a verbalization of BEING. The being is not the words - the words come out of the being - they merely represent the being. Naked being is prior to language, even logically - you only learned words some two or so years after the birth of the body. The natural state is wordless, even though words are expressed from it.

Now this point cuts to the core of why so many misunderstand what is being pointed out. Misunderstanding can only occur in the mind. Pure understanding is translated via biased concepts and beliefs and 'people' believe that they are the central character, the 'knower' - and even when they say they don't believe in that character. It is never a matter of belief. You KNOW or more specifically, there is KNOWING and that *activity of knowing* is not in any of the patterns that *appear*.

What do you know of that is not an appearance? It is all appearances – ad infinitum. The knowing never appears as anything specific – it is all appearances without exception. In pure seeing there is no misunderstanding - everything is seen and understood before the mind translates it. The words come 'after'. Opinions are made of ideas and words. Beliefs are constructs in the mind and they appear to form into habits of belief.

Any clear insight that may happen is actually instantaneous and wordless. An insight maybe a pattern that is recognized or the emptiness of things reveals itself. The mind then 'later on' translates it into words and ideas, by association, associations which all are 'memory' (past).

Is it a challenge to consider that you have never had an original thought, even if you believe you have? Conversely one could say that all thoughts are original, without exception. Are not your thoughts? Thoughts are impersonal but with many thoughts, 'we make them' personal almost instantly from habit.

This is 'done' by a simple referencing to 'me'. In the freedom from believing oneself to be an 'entity', an entity that is 'attached' to thoughts, then the thoughts appear clearly to be without bias or attachment. The habitual bias is a reference point called 'me'. The *immediate and clear knowing*, itself, is wordless. The habit of the mind is to translate events and experiences into something personal, and this eases off as the increased frequency of this open view of pure knowing reveals itself.

Once you understand the basic principle of something, one can see that everything else relates to the basic principle - it is the same with this.

The central factor is 'KNOWING'. Everything is the knowing - whether it is deemed as correct or incorrect, right or wrong, by the mind of habit.

The subtleness of this basic factor of 'knowing' remains indescribable - yet once it truly 'hits home' the limited sense of being vaporizes and one can see and know that everything is vibrantly 'alive' as REALITY - yet it still appears as events and experiences 'in time' or 'mind'. (Chop wood carry water)

What is remarkable and yet not noticed by most is that this naked awareness is not subject to time and is not emerging from or passing through the mind - and it is not personal.

'We' have so many problems because we personalize everything and lock ourselves into a mind realm of time and endless conceptualizing. The bondage of self is conceptual bondage.

As long as that appears to predominate the natural being-ness, then the clear view is 'seemingly' obstructed - yet nothing truly obstructs awareness. A speck of dust, does not obscure an open window.

When Nisargadatta says, "You are not the body, nor the mind" he is not just saying some wise words or some cliché.

If you are not the body, nor the mind, then what is left?

'People' pass far too quickly over such 'pointing' - because it goes to the core issue and that does not fit with their personalized and often pretentious spiritual pursuits.

I would say this: Stay with the wordless subtle being-ness, which has been simply named - as 'I am'.

The impulse to 'do this' comes not from the 'person' that you may believe you are. It is always spontaneous and unexpected. It is the resonance of BEING; intelligence beyond anything the mind has habitual access to.

It is not possible to describe it all that well because it is wordless - yet you KNOW it far more intimately than anything else. It is

formless - it is what you are - invisible and untouched by whatever it is that *appears to be*.

It is the true being - timeless - universal and unlimited. These are not fancy words - they point directly at what you are - (everyone is THAT).

A habit can be broken – because it is impotent and time bound and the timeless remains self-evident and is the potency.

A habit is a pattern of repetition. What you truly are never repeats itself – it is ever fresh and ever now.

Repetition is the appearance of changing phenomena. What you are is one without a second.

There are no self-realized 'persons'.  
The WHOLE is self-realizing in every moment, just as it is.

The perceived appears in the SEEING. The perceiver is an appearance also.  
Stay quietly AS the SEEING - it is what you ARE.

The identification with being the body, the 'me' is an erroneous factor.

This naked seeing is the profundity, which cuts through all obscurations.

It may bring a speechless, thoughtless state to the fore. That will appear to recede as thoughts reappear - YET it does not disappear. The thoughts appear ON it.

Like the mirror - all we are seeing is the mirror - the reflections ARE the mirror - yet the mirror is difficult to ascertain unless one examines it closely. The ground of being is this SEEING-KNOWING. It is the uninterrupted experiencing. There is no 'experiencer' except as an appearance, a story, in mind. Mind itself is just a label.

This knowledge is transparent and is in fact nothing but KNOWING.

Once re-tasted fully, it can never be forgotten.

A 'man' may feel as though he is in the thick of a forest where the trees are 3 feet apart - he may feel locked in, lost. He may see some extra light in a particular direction (*Something may resonate in him - a glimmer of recognition*). As he moves through the forest (in time), towards the light, the trees get

further apart. Things become clearer and the claustrophobia eases off. The trees eventually become sparse and then he reaches the clear open field of vision where nothing obscures his view.....walking further he finds himself in a desert, alone.

*In the desert there is very little to identify with - few objects to attach oneself to - no habitual comforts etc.*

At no point throughout his 'journey' through the 'relative unfolding landscape' is the clarity of vision actually impaired. Our true essence is sometimes called space-like awareness.

Nothing actually obscures awareness. Everything registers cleanly, all of it, including what the mind interprets as good and bad.

The forest and the desert both appear in this space-like awareness.

Every 'step' takes place in the present, the reality of NOW and the concept of 'time' is also appearing in the 'space-like awareness'.

Realizing one's true nature does not depend on being out of the forest. *One realizes that everything, without a single exception, appears in what I am.*

Many obstacles can disappear in an instant - *the 'ghost' of those believed in patterns may hang around but they are no longer anything of interest.*

It appears that the mind will not be convinced by mere 'pointing' or hearsay. There must be a genuine interest.

In the instant of recognition of our true nature or what some call 'liberation from self' all obstacles have vanished.

The mind is not the enemy - but it sure helps if it is a friend - a friend does not resist or struggle against you.

At the core of our being there is a brilliant intelligence and it spreads throughout the being once the doubts and erroneous beliefs are seen through. The habitual limitations are lifted away.

It *appears* to take time and it will appear to take forever so long as the resistance to what is true is indulged in. It is the 'me' that resists. What you truly are, what I truly am, is not resisting - it will help far more efficiently so long as you drop the fixation with being a 'me'. The story of me draws some comfort from the story about 'it takes time' and if you invest in that story, it will take forever. The direct insight is instant and outside of time.

Knowing does not arise out of any thing.  
All things simply appear in the knowing.  
Knowing is truly all that is happening.  
You may ask "How do you know that?"  
I reply, " How do you know anything at all?"  
That 'you' is just 'an appearance'. Drop it and SEE what happens.

The 'me' is a thought. A thought is a vibration, energy, a movement, a pattern appearing.  
The energy of belief seemingly gives these patterns an apparent 'separate life'. All this is fine - and not 'a problem' - but if one believes that this pattern that is appearing is what I am, then that is where it so often turns into 'trouble' because as soon as anything confronts this pattern, and they certainly will appear to, then its situation is tenuous. If this 'image' of 'me' vibrates into a 'negative' pattern, then the appearance of suffering or conflicting reference points in mind draw the energy into a battle. This 'creates' or 'causes' inflicted emotions to arise. But once this 'me' has been recognized clearly, it can't be believed in any longer - so the conflict or battle has no 'form' to attach itself to. It is extremely simple - but most will not believe it is simple - they THINK that they 'know it' as being very complex and as an almost inescapable situation. But as I say, the way out is NEVER through the belief system. The ONLY 'way' is through KNOWING. Knowing will always demolish beliefs simply because ALL beliefs are NOT the ACTUAL. KNOWING is the Actuality.

The light of knowing shines through the mask.  
Nothing EVER obscures awareness.  
SEE that this is so - right now.

The beggar vanishes; the seeker's image dissolves into the fading mists of mind.  
Dawn has arrived.