



It is so simple we miss it.

**This e-book is offered as an 'assistant' in the exploration of whatever it is that seemingly keeps you from realizing this clear and natural presence of being.
The full book is available – but due to its nature it most likely won't appear
in your local bookshop.**

I suggest you read this e-book sparingly – do not try to digest it all in one sitting.

Certain passages may resonate with you.

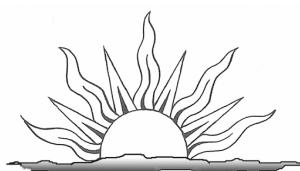
Space-like awareness is all encompassing.

Realizing that I am THAT space-like awareness is not an event in time.

It could be said to be 'seeing' from beyond whatever it 'was' that I believed I 'was' a moment ago.

Is-ness remains – just as it is – no 'matter' what.

Warm regards – Gilbert.



Everything Is Clear and Obvious

e-book version December 2007

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You can share this e-book with friends. Warm regards – Gilbert.

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This e-book is an edited version of the book.

Some texts has been updated.

3 Questions at 'the beginning'.

Where are you seeing from?

What nature does that datum point of observation have?

Surely you must know something about that?

Foreword

Words always fall short of their mark. But the words in this book somehow cut through the conceptual ties which bind us, leaving nothing else to be needed. Yet, it is not the words themselves, nor the writer of the words, but the inherent clarity that is already present which is revealed to be important.

This is an absolutely beautiful book. Whether its true value is recognized by many or not isn't important. For the apparent separate one who comes to recognize himself through looking at what these words are pointing to, it will be seen that there is really not the "one who sees" and/or those who don't – there is only THIS SEEING.

In these pages, Gilbert Schultz, in the most direct tradition of Sri Nisargadatta Maharaj and "Sailor" Bob Adamson, speaks clearly and with the full force of an unmistakable authenticity on the true nature of Self.

— Burt Jurgens,
July 2006, Portland, OR US

Introduction

Awareness is space-like. The ancient texts tell us that it is ‘space-like awareness’.

Right THERE where these very words are registering, via the pure function of seeing, there is nothing that you can know of as ‘something’ which is registering all the (millions of) impressions. It is not a screen, nor a bunch of brain cells. It is space-like. It is all too obvious and we normally miss it altogether.

There in that space-like awareness, there is an indescribable sense of open space with no boundary to be found anywhere. It has no qualities that one can objectify.

One could call it ‘clarity’ but it is best to leave it nameless.

In this vast open space the whole world appears, including the body with feelings, sensations, thoughts, states, etc.

Nothing actually alters this space-like awareness. It is unchanging and timelessly present. It is presence itself.

Discovering this ‘invisible presence’ to be your true nature, somehow, mysteriously, it releases the habitual identified consciousness. One’s natural presence is found to be an ease of being and totally unencumbered.

In this space-like awareness, there is no one to have or not have any claim or ownership of it.

It simply is.

It is pure wakefulness – absolutely stable, it is the Un-mediated Knowing Presence - of itself

Everything else appears in THAT and is the movement and the changing – energy – Livingness.

It is by this movement that ‘knowing’ happens.

(If you move your arm about in that space, you may know first hand the immediacy of un-mediated knowing.)

Everything registers directly and immediately in and on presence awareness.

It is too obvious to notice as long as old ideas pervade the mind and it is impossible to objectively ‘see’. The FACT is: it is the SEEING.

I am That.

Presence

Presence.

Just — Presence.

You are present and aware.

‘Feel into’ this presence that you are.

Do not imagine anything, just feel into it.

It is not an object, yet it contains all apparent objects.

It is not a subject, yet it contains all apparent subjects.

It has no specific qualities, yet it contains all qualities equally.

Simple presence.

The Ultimate Reality is That.

It is thoughtless, yet it contains all thought.

It is not imaginary, yet it contains all imagination.

Presence.

“I am Presence and nothing other than That”.

The Message

The message is simple. The thrust of the message, as it is received, attracts the attention of those open to it and turns the attention subtly back to its own natural open space of the living source. It appears to be a ‘deliverance home’.

This leaves the troubled, imagined realms of a fragmented mind without the energy of belief and so they naturally wither away.

A surprising number of so-called non-duality teachings only address the intellect because of the language used. Endless thought patterns only bind the intellect into a never ending cyclical “mind maze” of more and more concepts. Even though it is only in the appearance, it keeps the mind actively searching for a perfect expression of what it is apparently looking for. It is simply fixation with concepts.

Seeing is happening quite naturally and is not dependent on a ‘seer’ or a ‘knower’.

The message must strike the being-ness, by passing through the habitual, convoluted mental activity.

The message may arrive as the simplicity of a solo bird singing or as a single sentence in the written or spoken word. The essence of the message is imbibed directly through a resonance in being. A note of equality suffuses THIS moment.

(From what I see) The methodical study of the subject of Non-duality is rarely fruitful. It is probably one of the most challenging tasks for any intellect. The foundations of belief are consistently challenged as one approaches the heart of it all through the intellect. The intellect is tempted by its own apparent egocentric cleverness as it indulges in some kind of special knowledge. Esoteric knowledge is especially tempting.

Direct insight is a realization for the mind. Not study. The Bible says: ‘*much study is a weariness to the flesh and in the making of books, there is no end*’. The essential nature of realization is ‘seeing’. Concepts follow the insight, not the reverse, although many would argue about that, without any pause in which to really contemplate its meaning.

One of the central factors, which make non-duality seem so difficult to grasp, is that the non-dual nature of everything is so obvious. Like empty space, it is just not noticed.

When speaking to an intellectual, one can visibly perceive the disturbance in the persona, if it is mentioned that everything is clear and obvious. The fixation is ruffled, usually to no avail.

In being obvious, no one suspects the natural simplicity of the obvious. ‘Who’ has a problem?

The ‘intellect’ may appear to mount a case immediately to defend the ground of its beliefs. The clear and obvious appears to be covered over once more by that habitual conflicting mental terrain. However it has no substantiality at all and can be seen to dissolve without incident.

The wrangling dis-ease only lasts as long as the fixation with it.

The intellect ‘appears’ to be consistently attracted to complications and to the paradox of conflicting concepts. “Analysis paralysis” is a favorite pastime with seekers. The peaceful moments of no thought are not noticed because they are of no value to the ego.

The mind constructions and complications do not actually exist and so resolving them is just impossible for the mind. They simply vanish.

As Nisargadatta says “*No university can teach you to be yourself*”.

Direct ‘seeing-knowing’ is the means.

Though the light of knowing the authentic natural presence itself dissolves the erroneous diversions of mind (yet this also is in appearance only- mind stuff).

Is not self-realization simply ‘seeing what is’? The potency of all revelations is always via the pure function of ‘seeing’. Seeing what is true – not belief.

At no point, in any ‘time’, is ‘seeing’ not happening.

So, my advice is to drop all study and simply pay attention to what is. It is simply obvious. Seeing is not a ‘doing’ made by any ‘entity’. It is that pure functioning happening with you right now.

Your ‘immediate life’ is THIS moment, just as it is. Let the natural state resonate. The open view will appear to expand quite spontaneously, with no effort being made by anyone.

Do not necessarily follow any line of thought. Better to follow the simple joy of self-discovery.

Ever-fresh and new — is THIS moment.

The Core of Your Own Being Is the Heart Essence of This Teaching

It is so direct that the apparent ‘bridge’ between what you are, and what you seek, dissolves as the teaching is revealed to be nothing other than THIS immediate actuality of being presence — THIS Immediate Knowing.

There is NO such thing as a Non-dual Teaching.

There is NO such thing as a Non-dual Teacher.

All experiencing is nothing but the pedagogical means of self-knowing awareness — without exceptions (for the mind).

All ‘experiences’ of the so-called ‘past’ are ‘apparent’ deviations in mind only if they are fixated on.

The singular essence of these deviations is actually immediate experiencing as they arise. When do they arise otherwise? They can only appear in THIS immediate moment now. How so many miss this fact is beyond comprehension. No harm done to anyone.

Once this is known fully, then freedom flows as the spontaneous living-ness.

Paradoxically for the mind, this is actually always the case - in this immediate moment of actualized awareness.

There is Knowing and this can only be in and as this presence we commonly call ‘Now’.

It is so.

The question is: ‘Who’ can’t see this? And indeed ‘who’ can see it?

When this ‘who’ is seen through (disengaged) consciously via the potency of direct cognition, then the apparent separation is no more. It is known to have never been. There is only knowing and there is no independent ‘person’ knowing anything at all. As long as there is belief in a ‘someone who knows’ then there is conceptual bondage — but that is only ‘in the appearance’ and not in ‘the actual’ – not in the actual and immediate life.

Nisargadatta says: “*Understanding is all*”.

The subtleties of that quotation are beyond all concepts.

Seeing-knowing is happening — Period.

Authentic Presence

Can you completely open to THIS ever-fresh moment of being presence, without relying on words or conditioned mind? Isn't this 'you' a concept? Can a concept 'do' anything?

Is Openness conceptual? It is a pure absence of concepts, or at least one could say it is untouched by any concept that may appear in it.

Without 'doing' anything, is it possible to let all mind projections and processes drop away? Contrivance in this, as in meditation techniques, is most common and all 'results' are delusional for 'the believer', 'the doer'.

Is it simply an absence of all 'doing'? A relaxation into effortless, simple presence?

The ancient teachings tell us that awareness is space-like.

We can liken it unto space. How can we directly experience this?

Drop all thought for a moment and let your natural awareness be space-like.

Where is your authentic presence — if not this natural presence here right now?

Where is your absolute potentiality if not here now?

It is certainly not in the transient content of mind — or is it?

The content of mind is unreliable and cannot be predicted with any assurance unless we wish to rely on habitual notions. 'Who' is predicting?

It is the habitual notions that keep us conceptually enslaved in a false prison.

Yet not one of them has any permanency.

If there is disagreement on this, it can only be a concept. It can be nothing but conflicting concepts.

What permanency does a concept or a thought have?

Your authentic being is the natural spontaneous presence, which is ever present and so ever **prior** to all the transient mind processes. The use of the word 'prior' is intended to reveal something unchanging in essence, yet appearing as all these changing aspects of awareness or consciousness.

Your (timeless) authenticity can never be reduced or confined into a (time bound) habitual process in the mind.

No concept can ever truly re-present what is being pointed out because it is this ever-fresh presence, in which nothing is truly attached at all. In essence the content is empty and equal to the container. Not two.

IT IS, whether there is a concept appearing within it (or about it), or not.

By its very nature, this moment, no matter how it appears, is ever fresh, ever immediate and that is truly all there IS.

You realize that all concepts of a past and a future are just conceptual flights of the mind. The only place they can appear is IN THIS moment of now.

Release all grasping at ‘things’ that ‘are not’ within this living actuality. Some call this ‘going on present evidence’ (being equal with).

Simply be open. Not ‘open’ like a straw dummy. Be open with the presence of wakeful attention. It is natural. Make no extraneous efforts to ‘do’ or ‘be’ anything.

The actuality of this natural presence is always prior to any considering that ‘you do not have it’ or ‘that you do have it’. It is your natural presence whether the ‘you’ of habitual mind ‘has’ this presence of mind of it or not.

One could turn it around and say that IT has ‘you’.

Establish this presence of mind in the immediate fact that this simple ‘knowing’ is the actuality of presence awareness — ever prior to all mind content and all thoughts — *even about this*.

Then there is no need to ask: *What do I need to know beyond this presence of knowing?* There is nothing before or beyond THIS.

Everything is Clear and Obvious — within the natural scope of awareness, right here, right now.

Pure seeing is the first instant of cognition.

The Kernel

‘Who’ is it that is looking for the absolute truth?

It is right here, in front of your eyes.

It is right here behind your eyes.

It is One Wholeness.

The imaginary boundary between ‘in front’ and ‘behind’ is empty of any substance and no ‘entity’ resides there or anywhere else. Knowing that is freedom.

All there is, is KNOWING.

You are that immediate KNOWING. Right now!

There is actually no possibility in THIS authentic presence, when or where you could not be THIS KNOWING.

In seeing that this is what I am, then all the mental anguish ceases and all the turbulence subsides and everything is known to be clear and obvious. And yet it IS always so.

Love yourself and let this knowing blossom into its natural wordless reality — of simple wakefulness.

There is no harm done anywhere, despite your belief that there may be harm done somewhere. See that it is all of ‘somewhere else’ and in ‘some other time’.

All the dissolution and the resurrection is appearing and disappearing in THIS moment. This moment is all there is — it is One eternal Moment — One Instant.

This is immediate life. I call it the First Instant.

You have never left THIS, not even for a fraction of time.

THIS very moment is the unbound vastness of the ever-present NOW. You are this pure duration, which is endless.

Where is the doubt?

Could It Be Possible?

Could it be possible that all problems, which appear in the mind, are so-called problems simply due to conflicting conceptual forms or erroneous mind interpretations, which appear only in the mind itself?

It certainly appears that circumstances compound into a series of complex representations in the ‘mind realm’ of ‘time’. The past and future appear to loom over us, yet they are simple concepts supported (as being something actual) only by belief.

No one knows what will happen. It all unfolds without cause or reason.

That is a challenge for the intellect. ‘Who’ is challenged?

If you were told that none of these problems are actually true, it may be quite difficult to accept such news to be correct or true.

Who could possibly believe in such a revelation?

No one! (No one in their ‘right mind’?)

I put it to you that the ever-present pure-functioning of ‘direct cognition’ is directly present as this ‘actuality’, in all its immediacy in every moment — and further more it is this ‘immediacy’ itself which cuts through ‘all time realms’ without exception. It does this simply because it is immediate — un-mediated knowing.

Nothing actually compounds into anything that can be held to be separate and/or independent from ‘this immediacy’ — this ‘living now’. All conceptual postulations about this (or about anything at all) can only ever ‘appear’ in this now (this presence) and they are either seen to be conceptual or they are believed to be substantial — and so they seemingly consume the attention in ‘the realm of extensions in time and belief’.

In simply paying attention to what is actually directly happening, the mind is spontaneously brought back to this immediacy — its own pure functioning. Everything is seen to be appearing before or within one’s (unlimited) presence without entering into any extension in so-called ‘time’.

Whatever forms as a concept or as an ‘object of knowledge’ that form will disappear. In the immediacy of our attention (awareness) there is witness-ing of concepts appearing and disappearing and this direct and profound revelation appears as an opening of the mind into a fresh view, which is ‘then’ found to be ceaselessly present.

This fresh view is not something new like a ‘new presentation’. Even though this open view has been here all along, it appears, for the mind, to be a fresh clearing. This is due to the habitual fixations, that appear in ‘awakened mind’ or awareness, are vanishing from view or simply disappearing — leaving a sense of more space. The habit is for the mind to grasp at this and ‘create’ a new realm of delusion.

In essence it is actually not some newly acquired state of affairs.

It ‘was’ and is happening always, yet nothing compounds into any ‘thing’ with separateness. Knowing is happening.

This is tasted as unmediated presence - directly, not as a conceptual possibility but as the ever-present actuality — the nature of awareness itself.

The true nature of mind is clear and empty.

All systems of knowledge fail in ascertaining such directness because they themselves are not direct and are always based on concepts. These concepts of the past occupy the mind and so directness is

seemingly subjugated or missed via identification.

Then one must ask: ‘who’ misses the obvious? It is already here as the very nature of (your own) awareness.

Intelligence suffuses all systems and they are all ancillary.

With applied intelligence, through the alignment of the intellect with ‘the actual’, everything falls into place.

With intellectual resistance, inner conflict or complaint, the functioning feels bogged down and awareness appears to be obscured from its open and clear presence.

This obscuration only happens for the fixating mind content, which includes a long-standing identification with being a separate entity which believes that ‘it knows’ something.

‘Who’ can’t see this? Seeing is happening!

Paradoxically for the intellect, this seeing is **not** actually compounding into any substance, knowledge or any concept about what is ‘seen’ or even ‘what’ is doing the seeing.

Seeing is simply happening!

The ‘seer’ and the ‘seen’ are like two ends to ‘the stick of seeing’. It is a bad analogy but useful for some.

The subtle yet obviousness of direct ‘knowing-seeing’ appears to have eluded just about everyone, including very bright intellectuals and even many philosophers as well.

Investigating directly whatever appears as ‘thought’ and the ‘library of self-knowledge’ or the ‘known’, quite naturally brings to the fore ‘direct knowing’, which has always been present yet seemingly overlooked. The ‘clearing’ reveals the true clarity of mind. Once truly tasted, it shows itself ‘more and more’, in a manner of speaking.

Direct knowing is prior to ‘the known’ and so it cuts through the known and reveals the ‘foundations’ of belief.

You are free. You have always been free.

Why sacrifice this freedom for mere transitory states, thoughts and ‘beliefs’? They all disappear when they are really looked into.

Investigate what has been indicated and see for yourself.

‘Thought’ Can’t See or Know Anything

Part of a long email query: “*It is hard to know if I am really communicating this clearly or not since there is obviously some confusion going on here.*

I guess some of it may boil down to the “understanding” seemingly being restricted to the intellect at times — like “well I can see that point and it brings some relief yet I can’t take it wholeheartedly because there is still some worry or fear happening” — and it appears to be “deeper” at other times — which really can’t be explained in words.

My reply: Let me put it in a new context: It is like standing in the bathroom, in front of the mirror. The attention slides from what you are to an image of self associated with the image in the mirror. You can’t see yourself in the way that you can see your reflection. (Speaking in the terms of the body, etc.) Without getting into the vanity aspect of it all, the image appears to be alive. Where is the immediate livingness? There is a lot of self-referencing going on.

The image may *appear* to take on a ‘life’ of its own.

Now keep in mind that this is only an analogy. Don’t construct new beliefs from this. Just see and know. Understand clearly. Misunderstanding is conflicting concepts, while *pure seeing* is non-conceptual.

If the image in the mirror speaks to you, you will jump out of your skin and run for the doorway.

The image can’t do anything. We believe in a multitude of images of the self and we believe in the projected images of ‘others’-‘outside’.

There is an ancient story of King Solomon. He takes on the appearance of a beggar in his own Kingdom and enters self-exile for twenty years. Without the burden of an image of being a King, he experiences firsthand, the ordinary ‘life and times’ of his people with none of the privileges belonging to his habitual ‘self-image’. In this way he gains new insights, with which he can rule his Kingdom with compassion and wisdom. These qualities are not gained because they are innately present in us all. They are ONE and not separate in any way.

The extended ‘story’ mentioned is full of symbolism pertaining to our true essence and the falsehood of mere images. Note: We use the word self only as a means to discuss something that is not an object.

The true self is our authenticity while the represented image is apt to be so easily false, biased and eccentric.

To see the true, we need ‘to be the true’. In going beyond the limits of fear, especially those about our self, we find our true freedom, which was always present.

Fear? What is it?

Without labeling it with ‘past’ interpretations, let it be. Know it thoroughly and it will appear to transform itself. It will reveal its nature. Be warm towards it, have a love towards this self and do the investigation. If we have a purpose, then it can only be that.

See and know that ‘seeing’ is always from the primary ‘space-like awareness’.

It is not a ‘person’. In Belief, it appears as an image of a person. Are you truly that? Isn’t it an appearance in mind?

Belief is a terrain of agreement and disagreement in ‘common mind’ only. It is not the direct

evidence of simple presence.

There is no problem in this but if the energy of belief shifts via identification into an image, then MAYA appears to take over and so it appears to have ‘got you’. That is ‘her’ job.

All this can tend to feel a little dramatic — it is the drama of life. In essence it is so simple but in detail, so complicated. Be the essence of it all. It is what you are anyway.

Being. This natural presence. Presence to the appearances which arise in seeing — in knowing.

Stop beating yourself up.

Let the movie film roll on — as it does whether you want it or not.

Love, play, act as if you are in the play but know full well it is all just appearing.

Enter consciously into the role of the apparent puppet — with loving presence, free of judgment.

Whatever is happening is the work of intelligence energy.

Feel the sensations in the right arm. The left arm sensations appear also (in this same place).

The whole body is there. It is this immediate livingness.

There is a subtle presence which we may have ignored for ‘too long’. This moment opens up revealing that there is no time at all, apart from THIS moment.

Let conscious awareness spread to all the body and beyond, the floor, the room, the house, the street, the extended terrain, the globe, the space. It is not imaginary. The imagery that pops up is not of the direct sensation or direct knowing. Knowing is beyond all content of mind.

The actuality is real in the immediacy.

One full moment of conscious awareness is all it takes.

One kiss from eternal presence.

You see that it is already happening endlessly. It has always been so.

It is this immediate presence — the livingness of conscious life.

What is the nature of those troublesome unconscious beliefs? Find out what you are and in so doing you find out that you are not those ‘things’ that ‘come and go’.

What is the nature of the limitations we place on our being presence? Contemplate this.

The Only Obstacle

The only obstacle to a complete open view is a habitual fixation within the intellect.

It appears to be a stubborn stumbling block for so many.

However, when the basis of this fixation reveals its insubstantial nature, even the most stubborn intellect is rendered passive. The energy of belief ceases to support the erroneous evidence.

Pure seeing is completely free and spontaneously happening right now.

The intellect follows as close as it can but it is a borrower only.

It takes on fixated forms in mind and that includes the belief that ‘it’ is seeing, that ‘it’ is knowing. This is a complete fabrication yet this fact will never be accepted by the intellect willingly. It wants proof yet it ignores the clear and obvious.

The pure functions are not owned by any ‘entity’. False ownership will dissolve if it is challenged by a conscious investigation.

Fixations in mind do not belong to your authenticity — natural being.

The psychological ‘you’ will never embrace it while a belief of separation continues. When you cease to project an ‘image’ of a false self, it will appear that your true essence embraces and enfolds everything into this pure presence that you ARE.

This dissolution may overwhelm the organism and a sense of humility and relief may spread as an immediate response throughout your being. You are not the response. You are the direct cognition only.

This humility is a temporary condition and will dissolve into simple presence as long as the mind does not grasp for a familiar habitual condition or some sentimentality (a state of mind).

Be warm towards yourself and let your love of presence remain free.

In some cases, if there is a strong habitual pattern of inflexible perception, this hold of the intellect may require many strikes from many angles with forceful shocks to shift its eccentric stubborn stance in mind. These habits are somewhat like crystallizations or states. (Remember that they have no real substance.)

As things loosen up, impressions are not translated in the habitual way and one gets a taste of this ever-fresh nature of simple presence.

So then the old identified point of reference called the self-center is dissolved or is at least in abeyance with this true ‘*prior to all*’ intelligence.

Fresh insights bring a new impulse for openness and to remain open. Watching (Seeing) from this relaxed openness, one will notice the habitual conditions from spaciousness without fixating on them.

They may appear to try and reassert themselves yet they have no power as long as you remain alert. Eventually they will appear to give themselves up and cease to invade your natural presence.

This is the ‘age old’ realm of self-knowledge and just this singular and immediate moment of self-knowledge — self-knowing — is real.

It is THIS moment of SELF-KNOWING Awareness.

It is only THIS immediacy.

It is not in some ‘other time’ than THIS moment.

It is of course obvious that ‘This moment’ is all there IS.

It is not somewhere else.

No practice is needed.

This is not contestable or negotiable.

You are THAT.

Seeing Remains

Seeing is spontaneously happening.

That which is seeing remains invisible.

Everything that is seen appears and disappears without exception, while seeing remains as it is.

You are present and aware.

Do not assign your identity onto anything that is seen, not even onto this body, which you know as your own.

Stay attuned to this spaciousness and remain free and open — as THAT which is ‘seeing – knowing’. It is NOT conceptual!

You are this light of knowing which is prior to the body and mind.

Some say they can’t see this truth.

It can’t be seen! It is the SEEING!

There is no such thing as ‘Not Seeing’.

All sentient beings are Seeing. It is the very nature of being. What is seen is IS-NESS and THIS does not become anything other than what it IS. Ever Fresh and New. Seeing is prior to the form of any so-called ‘SEER’.

‘You’ can’t stop seeing just like you can’t catch a train that has already left the station. Run as fast as you can but you will not catch up with it.

In other words, seeing is the immediacy. The Seer is time bound. All the mind’s interpretations are always ‘after’ the fact. This is happening NOW.

It is not ‘somewhere else’. Everything is IMMEDIATE.

All else is NOT. Yet we cannot affirm nor deny existence for any ‘thing’.

All we know is that ‘I AM’. This wordless presence cannot be negated.

When the seer dissolves into pure seeing, then the journey of deception is over! The seeker is no more!

All there is is SEEING.

If this still does not register clearly with you, then simply acknowledge that seeing is spontaneously happening.

Are You Ignoring What You Are?

When you look back and see what you were and what you might have been, are you ignoring what you are right now?

All of our hopes and dreams, our regrets and accomplishments provide no real shelter from the actuality of this presence, right now. Indulgences in memories and dreams are just states of mind and these are often not much more than a shroud of ignorance. To believe in this ignorance is, itself, a habitual pattern in mind and it is **not** what you are. You are the natural presence only. The simplicity of presence (of mind) is the actuality of what is present right now. See that it is so.

The attention is like a lens of awareness. If our focus is narrowed or is turned away from what is clearly evident presently, then we are cast into the imaginary, shadowy realms of the mind — but only because there is belief in these concepts — it's just a habit — a tendency. They are translations and projections of mind.

As Bob says: "Start from the fact that you are That".

Be alert and pay attention to your immediate life. Deal with whatever needs to be attended to, from and AS this presence of awareness. Clarity of mind is only found right here, right now. Right here is the only place where the functioning mind is free to navigate through the demands that are arising from all these changing circumstances called LIFE.

It is possible to walk to the kitchen or wherever and make a cup of tea or coffee with all the senses open — being open in this 'space of knowing'.

In being open, all the impressions of the body and its movement and sensations and the light which illuminates everything in the space, all register in this openness.

It may be vivid or intense in its freshness.

This will settle as the contrast of previous states of mind fade away.

Oddly enough, this crispness is always here. It is only covered over by states of mind. A fog which will clear away naturally.

The Buddhist speaks of mindfulness.

It is all the same. One Mind.

Wakefulness.

Quote from Sri Nisargadatta Maharaj:

"To know by Being is Direct Knowledge"

Do Not Doubt

If you simply consciously occupy this space of knowing as a gentle effortless alertness, then these habitual tendencies will have less chance to invade and rule the mind.

If you look clearly and directly into the open nature of this moment, you may very well see that there is no uncertainty within the nature of this openness. This thoughtless reality is the ever-present natural abidance of ‘what is’.

While you pay attention to what is presently appearing without fixating on thoughts, the mind will be in abeyance and any thoughts that do arise, will just float through this open space of knowing.

Everything is found to be clear and obvious. There is no need to trade this open natural clarity for fixating consciousness.

The weight of afflictive emotional life can be left to the past once and for all time.

If you do not doubt this possibility, it will unveil its obviousness in presence and it will do this in a natural way.

Nothing can truly pull or push you out of this endless moment.

You may very well feel an ephemeral solidity of wakefulness that nothing can ever deplete or diminish.

What you see may indeed appear to be painful or joyful in this unfolding. It all takes place yet there will be an undoubting presence of mind that remains ever untouched and solid as the age-old rock of truth.

The Unwitting Divergence

Is it possible that you have been unwittingly coerced into a state of feeling isolated and separate from a sense of wholeness? Is it true? Is that what you are? Have you lost a natural love for yourself because of ‘others’? You are present and aware right now. See and know from the source that you are, awareness, AS THIS moment.

It *appears as a ‘re-claiming’* of your natural state, which is full of warmth and love. When this warmth is nurtured it spreads out and touches everything in body, mind and beyond. A natural radiance of presence, yet having no location.

It is truly your natural inherent stateless state, which appears to have been temporarily covered over by concepts and habitual states of belief, self-protection, reaction and inattention.

This re-claiming is not by thought, in fact believing in secondhand and contrived thoughts is one of the main culprits. Clarity is ever present.

The natural state is already present, just covered over by divergent fixations in mind. Projected concepts and images. But look NOW. Is this true in this immediacy?

The natural state is beyond the limits of forgetting and remembering. Simply pay attention to your immediate life in this moment. Be attentive and open to ‘what is’.

Even if some drama arises, it will last a certain ‘time’ and it will pass. If you let it be just as it is, without attaching your identity to it in any way and in not dwelling on its associative reverberations, then it will fall away or pass by without incident. We don’t have to carry it around with us.

The Space of Knowing

Profound quote from Ramana Maharshi :

“You impose limits to your true nature of infinite being, then, you get displeased to be only a limited creature, then you begin spiritual practices to transcend these non-existing limits. But if your practice itself implies the existence of these limits, how could they allow you to transcend them?”

There is really only one essential message that all the true teachers are pointing at.

It arises from the innate freedom that they live spontaneously.

The message is so simple yet it is expressed in so many wondrous ways.

It delivers the attention back into ‘space-like awareness’, ‘the space of knowing’ which is direct un-mediated cognition.

And so, in this way, it is recognized that one cannot attain that which one truly already IS.

It is also spontaneously realized that there is nothing to ‘do’ to bring about some ‘event’ of awakening.

Wakefulness is already here as presence awareness.

Your true nature is self-shining awareness.

Chronological Views of Nothing

Time is a concept which is useful in a worldly sense.

Being a concept, it is simply a movement in mind.

Time is duration. No beginning or end is really '*happening*' anywhere except in appearance.

So, in light of this, we may apperceive that time is a movement, which appears in Eternity. One moment of Eternal Movement. Knowing movement!

This Eternal Moment called 'Eternity' can be understood to be Pure Duration. Don't get bogged down if that does not make any sense to you. Move on.

Any chronological instrument (timepiece), no matter what it is made from, will never last in the pure duration of Eternity. The instruments very nature is energy and the nature of energy is to move.

That is a concept but useful temporarily.

A chronological instrument can never encompass that which it is measuring.

Just like a measuring tape cannot encompass what it is measuring in all the dimensions. It is just held up against the 'object'.

Eternity can equally be named as the timeless, expansive presence. No Thing.

This is nothing other than this immediacy that we call life. Right Now.

If we transpose this 'understanding' onto the concept of Mind we may see something equally illuminating.

All thoughts are transient appearances in Mind.

In the pure duration of empty mind, they are nothing. They are a movement in stillness.

The true nature of mind is clear and empty.

This is the timeless nature of Eternal Mind – Awakened Mind – No Thing.

The limited view from an intellect can never capture or encompass the pure intelligence from which the intellect springs forth.

One Source.

Undivided.

The Ultimate is here now.

It is the pure function of Seeing. It is the pure function of Knowing.

Not Two.

You are That.

Wandering About

If you are wandering about in the guise of a seeker, then you have simply created a series of gods in your mind. One god is your own self-image. Another may be a guru or teacher ‘out there’ somewhere. Money, food, sex have all taken on god-like forms for most.

With one particular god, you may want ‘it’ to come and save you from your other inner gods and vanquish or dissolve confusion and dis-ease.

The sad but true news is that He, She or It will never come and save you.

How can a fabricated image save you? Save you from what? Your own imagination?

It is in our dreams that we have created a heaven and hell. It is relative and limited. It contains no universality.

Heaven and Hell are just the polar opposites of the dualistic mind.

Angelic thoughts and demonic thoughts play off each other in a confused mind.

The kingdom of freedom is (hidden) within your own heart essence. Presence has no boundary.

Its influence is ‘finding’ its way to you in many ways if you pay attention. The use of less biased dualistic concepts is only to assist the mind to be free. It’s another paradox!

Find the first instant of *conscious being-awareness*. It IS what you are. The one who finds it is THAT.

Merge with that and see from that ‘place’.

Everything is clear and obvious.

There are no gods or entities anywhere.

Your view is pristinely open and obvious.

Back in the place from which seeing is happening, there is a clear open space. Be that.

Why do you invite all those imaginary gods and images, with their conflicting natures, into this open view?

The peace beyond all understanding is non-conceptual awareness.

Concepts appear to take over simply because we do not fully occupy this space of knowing presence, AS SIMPLE WAKEFULNESS. As a conceptual being it cannot be done. As the actual, it does not need to be done, because it already is.

Free of Bias

Even though in the ultimate view, there is no transmission, yet here in the world of seekers and gurus, it does appear that there is (the assumption here is that you still believe it is so).

Only from the point of view of open awakened awareness is the riddle resolved. From the perspective of a ‘seeker’ it appears that a transmission is necessary and desirable. Original seeing is undivided and it does not have any qualities of being a finite point because it contains all points, as such and is the very vastness of presence awareness, which is timeless and unbounded.

Even so, it appears that one who is free in this life, can actually assist to bring another into the same open view. The one who is free knows full well that the ‘other’ is already ‘there’ so to speak and the introduction is simply a vibrational connection held long enough for the ‘other’ to taste this freedom fully in themselves. Then it is over! The full deliverance into open awareness appears to take ‘time’. In ‘pure duration’, THIS moment, you have never been lost at all.

The mind of the seeker is usually so full of anticipation or anxieties, etc., that this taste goes unnoticed. It is ignored by preferences for or the attraction of gross concepts and sensations. It is a false sense of reality and has no security.

Once this ‘new view’ (of open awareness) settles, it is noticed that there is no interest in the ‘old’ views and even how things appeared ‘before’ (memory) actually contains nothing that is needed. Presence is full and it washes over all content and the fragmentation of previous views is made whole and partiality disappears into its origin — impartiality.

Note: Words are not the real.

The barest factual memories are still available but they are known to be nothing but a reflection in mind. They are nothing but presence (seemingly gone) and have no independent nature of themselves. They no longer trigger off states of wanting or desire for more of anything with which they are associated.

It all simply IS as it is.

All the fuss and bother about enlightenment is known to be completely unnecessary. The dramatic search for enlightenment is a joke.

The one who can truly see that, is beyond the humor or sadness of this joke and beyond the drama of a search ‘out there’.

So much has been written on non-duality, some of it is clear and much more of it is just messy dualistic notions disguised in fancy nonduality language. This indicates that the authors are not free at all. They would disagree, of course. Their expressions reveal far more than they might intend.

To the one who is free, this is of no consequence or concern.

Who cares? The ‘person’ is an appearance. When that is fully known, then all the patterns, which appear, along with the apparent ‘person’, are simply a play of energy and these do not compound into anything at all. Space-like awareness remains free of all content. There is no entity, nor any ‘doer’, apart from an appearance in mind. How many appearances have appeared? It is ceaseless.

In looking from the space in which seeing is happening, all is clear and empty. So it is seen that there is no substantial foundation for any stance to be taken except as an appearance in mind/body and these come and go endlessly. Not one has any permanence at all.

In knowing that, one does not cling to anything and so one rests in open awareness, which is free of

any bias whatsoever. This is Freedom.

What must be seen is that no matter what is appearing on awareness, it is and can only be awareness appearing as the energetic expression in forms and patterns. Being aware of this is spontaneous and un-contrived. In essence it is known already yet because of beliefs, beliefs in that which is *appearing*, this knowing is translated into more patterns of belief for the mind. What is not commonly seen is that *this knowing* is untouched by anything that is appearing. It is actually untouchable and is ever present as the direct cognition of ‘what is’.

The energetic array of phenomena is nothing but awareness.

You are this awareness and the appearance is this awareness.

And so, you are not separate from anything at all. Even concepts of exchange or transmission are just conceptual.

Willing and Able

Are you prepared to stop pretending to be a spiritual person?

Are you willing to BE the pure light of knowing which shines forth from your own authentic being?

What are you afraid of?

Who is afraid?

There is nowhere to hide.

It appears that this conceptual ‘you’ must face it one way or another. The psychological aspect seems as if it is hiding from the authenticity because it feels unworthy, impure or whatever. Facing it is either right here in this now or dramatically and finally at the end of this story of a separate life which will be now also. No difference.

Strike with the sword of truth and free yourself from these deluded states of mind, in which you take yourself to be something ‘other’ than this light of knowing.

You are the source of light by which you see everything.

So, in knowing that, there is no need to face anything because you are That.

I am awake — present and aware.

Can you truly say that you are NOT THIS also?

The free man moves on and adheres to no system.

Neither does he fixate on any reference points. He lives entirely within the spontaneous freshness of each unfolding moment no matter how it may be appearing.

Even the re-appearance of habitual patterns of reference are not binding in this free and open state of awareness.

Disillusioned

Who is disillusioned?

To be disillusioned is commonly thought to be a negative state of mind.

When all illusions are dissolved, the natural freedom shines of itself.

How can that be called negative?

One particular teacher comments that it is an error to quote from ‘others’.

He is an unfortunate one. If an expression is clear and precise and especially if it is from one’s own tradition, then why not quote?

Quote from Nisargadatta:

“The nature of the self is pure awareness, pure witnessing, unaffected by the presence or absence of knowledge or liking. Have your being outside this body of birth and death and all your problems will be solved. They exist because you believe yourself born to die. Un-deceive yourself and be free. You are not a person.”

Forget It

Chop wood?

Carry water?

Forget it!

There is no ‘before’ enlightenment.

There is no ‘after’ enlightenment.

There is no enlightenment ‘other’ than this moment.

The light by which you see is it. THIS presence.

All there is, is THIS — this immediate knowing — right now.

It is direct cognition. Pure Knowing.

There is no such thing as indirect cognition so it is All That.

Knowing is all that is happening. Everything else is appearing in that Knowing.

You can call it enlightenment if you wish, yet it will make no difference whatsoever.

You ARE this knowing presence - That is all.

Still Searching?

You may be new to this Nonduality scene or you may have been around it a long time.

It really doesn't matter. If you are still searching, it means you have missed the nucleus of the message. It must strike you with a resonance and this will happen if you open to it. This part is up to you. Some require a devastation to open them up but it is not necessary.

As a kind of exercise, I suggest you go to the nearest mirror and take a good look at your reflection. Then ask yourself do you really want to be free?

The reflection of yourself will not answer you. You don't expect it to. Yet you expect the mirror in your mind to answer all your requests.

The mind only reflects 'what is'. It interprets what is seen and adds elaborations and distortions to the images.

Whatever turns up conceptually in the mind is not what you are. Look into the open space beyond whatever arises in mind. See through these appearances. Keep looking until everything is dissolved into transparent appearances. This must continue until it is all done with and your true identity reveals itself.

You will see that what you are is the essence of 'that' which is seeing. It needs no conceptual identity and is functioning ever prior to all concepts. Your true identity is always prior to all concepts and all thoughts.

They serve you. Do not attempt to serve them.

This bare, naked awareness is found to be the essence of freedom itself.

So, you discover once and for all, that you are indeed free and that you have been free all along.

It only appears as bondage and belief and it is only that which seemingly binds you. Apparent limitation only.

And what substance does a belief have if you ignore it? Or better still — see through it?

The freedom you search for is not going to come from any reflections or additions in mind. It can only arise from within your self as spontaneous, pure presence — which you already are.

So it is, that we must look into the mirror of the mind and try to find the one that wants freedom.

We need to do this as a means of informing the mind of its role. Then the heart, the core of 'your own' knowing essence, may send forth a clear message.

Confusion

All of your confusion takes form due to one central factor.

The view through the mind is seemingly fragmented and conflicting within itself because pure intelligence has attached itself via the intellect to many beliefs. They are all, without exception, simply ‘content of mind’. Who you think you are is centrally placed in this flourishing series of patterns.

Direct cognition is pure in everyone without exception.

Direct cognition is not ‘of’ the patterns or the appearances.

Direct Cognition is not personal. It is Universal.

The false identity that we habitually adhere to is ‘the story of my life’.

It will play itself out and no trace will be left.

Yet the Universal remains ever present.

THIS space of knowing is the true identity.

Why sacrifice it for mere beliefs and inner conflict?

Get This Clear!

It is already clear, however you must get it clear in your own mind.

THERE is NO method to AWAKEN.

Wakefulness IS.

It is the recognition of this present wakefulness, which clears the obscuring fixations in the mind.

Wakefulness itself cannot be altered in anyway so all methods and attempts to do so are erroneous even when they appear to bring some result. The one who believes in some result that has happened or will happen is just a concept also.

This will never make sense for the practitioner since it eliminates the foundation of belief.

Follow the resonation of authenticity in your heart.

You may have been following some dead path and have been willing to pay so much for false information that leads nowhere. In the appearance, all these characters are just phantoms — fictional characters and this includes the seeker's self-image. All re-presentations of presence are not presence — just limited re-presentations of it.

The real teacher is no character. He speaks from beyond the facade of 'personalities'.

A few '*lucky ones*' find him even though he may appear as ordinary as your next-door neighbor. If you pay attention you will notice a subtle resonation in being in yourself as you respond to a contact with him (or her).

Quote from Sri Nisargadatta Maharaj:

"This person (that you believe you are) should be carefully examined and its falseness seen; then its power over you will end".

The Paradox

The paradox is only for the identified, partial, personalized consciousness.

One aspect of it is this:

All beliefs, without exception, whether they are the beliefs of a fool or those of a brilliant philosopher — they are all just appearances in ‘time’. All corroborating evidence, which appears to support these manifold beliefs, is also time bound in a ‘realm of mind’ only. The actuality is always this presence right now and it is non-conceptual, thoughtless reality.

The essential nature of all things is silently present as this immediate vast unlimited presence. It is your true nature and like the true nature of mind, it is clear and empty — yet full of knowing. All of this universal material appearance is floating, suspended in a vast endless, timeless space of knowing - awareness. It is this knowing presence, which is so familiar to you — yet you have continually missed its significance. This un-mediated knowing is ever available because it is this timeless presence.

Its essence can never be reduced to an objectified ‘thing’ in mind (or outside of the mind). Even so, the mind appears to do this constantly. Nothing compounds into anything in this timeless open space of knowing. The intellect is seemingly frustrated by this and as it tries (appears as a trying) to approach the immediate empty nature of mind, recognition arises that ‘it’ indeed is not that which is knowing. A moment of humbleness may happen for the ego as its foundations vanish.

The essential simplicity of being is this immediate presence - being - knowing.

It is this presence — right now. There is nothing you need to ‘do’ in respect of this.

It just IS. Be warm and open to it — that is all. It is yourself.

Right Here - Right Now

Right here, right now, the Ultimate reality is clearly obvious.

Yet no one sees it as obvious.

People imagine that they will come ‘into’ an Ultimate Understanding. This is an impossibility.

The fabrication of a ‘person’ has no bearing on the ever-present Universal Essence of Being, which is the understanding of itself. The ‘person’ is a concept that only ‘appears to be’.

As the ‘personal’ fades into empty space, which happens many times a day for all of us, the clear, direct and immediate cognizance is left, as it is, with no encumbrances — As it always IS. The mind caught in seeking misses the obvious.

This immediacy is so obvious and so clearly evident — yet few see its true value.

As an individualized pattern of energy, you are submerged in it like a whale in the ocean.

There are no words that can describe it because it is beyond all description and language. It is not a state!

Yet it is so profoundly present. Every particle in this universe is suspended in this vast un-mediated presence.

Without naming anything, without creating a conceptual world of particles, all is seen to be transparent, empty. The vastness in front of your eyes and the vastness behind your eyes is One singular vast presence.

Everything that appears, appears to float within your own space of knowing — your ‘*true nature*’.

Always immediate, it is this immediate living-ness.

The obvious and clear evidence appears to be obscured simply because the content of mind is believed to be something substantial.

Wakefulness is never obscured. Its very nature is open intelligence — unconditioned by any past.

There is not even a speck of dust (objectivity) in this clear and open cognizance.

The ‘entity’ is simply a conceptual appearance in THIS.

Paradoxically for the dualistic mind, there is no one that can know this.

Knowing IS. Knowing is prior to every-thing, including any ‘who’ or personality.

No matter ‘who’ you are, no matter ‘where’ you are, the basic situation is the same for all of us.

Right there, there is a body appearing in space. It is nothing other than the immediate expression of this immediate intelligence, energy appearing as a form.

Within this (your) body there also appears (most probably) a habitual concept regarding an ‘individual’, an ‘entity’ that resides in this body.

‘Yes, it is me’, you may say.

In the ‘space of knowing’, in which everything appears, this concept of a ‘me’ also appears.

If one looks into, investigates this appearance of a ‘me’, this concept or idea, it reveals something extraordinary, distinctly different from the usual apparent view of the, so-called, individual.

All objects appear in this OPEN space of knowing and nowhere else.

If you do not consciously include this (your) body and the content of mind within this space of

knowing, then the apparent substantiality of an ‘entity’ (me) is not transcended.

For the so-called seeker of truth, in the story of its search, this minor step or movement of attention can be a major turning point.

Without a thought and without relying on any mind processing or naming, something quite extraordinary opens up. We can call it a shift in perspective.

However this open perspective has always been here.

Drop all ideas about time, past, present and future and sit with this immediacy.

Without a thought or concept it is all clear, open, spontaneous living.

Obvious pure clarity in being. It is too subtle for the word based mind, because in its entire wondrous boundless expanse, it is utterly non-conceptual.

The First Instant of cognition is non-conceptual. This first instant is ever present. One Moment of Eternal Realization.

All that you actually see is this immediate living-ness. The acquired mind of learned ‘things’ adds its words and concepts. These appear within the scope of pure seeing, so you can deduct from that, that seeing is prior to words and concepts. All concepts and appearances are appearing within the scope of seeing. How can an appearance appear without seeing?

What you truly are in this moment is cognizing emptiness, it is actually ‘non-being’, from which ALL being-ness arises.

You cannot know this in any fixed and finite way because it is infinite and ever fresh.

Pure knowing is it yet this is never a ‘thing’ in a ‘world’. All worlds appear in this infinite knowing.

There is no entity in this to be concerned or not concerned and that will always appear as a paradox for the intellect.

However, when the foundations of erroneous belief loosen there may arise an apparent increase in resonance with this infinite knowing. It remains as pure knowing and words fail to express it. The sharing of such knowing as knowledge is not possible because it is always prior to any conceptual, verbal bridge that may be apparently constructed by teacher and his/her pupil.

Basically: Clearing out erroneous beliefs reveals what is already present.

The basic fact of immediate ‘being’ is the first instant of knowing.

It is what you are and it is always direct and immediate experiencing no matter how it appears in its phenomenal aspect.

What are doubts made of?

Contemplate this.

Bird in Flight

Watch a bird in flight. All there is, is this immediacy. You cannot predict its pathway accurately.

The bird glides through space and nothing attaches to this spontaneous movement. No dots mark the sky with its flight path.

The past does not appear in its immediate flight. The future remains unknown. All you ever see is this immediacy. It is life. This is the direct and immediate situation at all times whether you believe that you see it or not. If ‘you’ are caught up in mind stuff, then the dualistic mind is occupied with fixations and the spontaneous non-dual nature of all things is missed.

See directly for yourself whether what I am saying is true or not.

In not making this investigation, then all these words or indicators remain useless and book like. Just words.

So, let's look at this again in a slightly different way:

What possible benefit is there in continuing with these limited, fluctuating and time bound views of being separate and alone?

The imaginary path of a seeker is scattered with obstacles, suffering and all manner of afflicted emotions. And so the bliss of completion is always conceptually placed ‘just over the hill’.

Open your eyes and see. See from an un-contrived natural state of presence, which is here behind or beyond the transient states of mind.

In your search for meaning, you attempt to see this Ultimate reality. Because it is everywhere and because it is everything, you cannot say that you cannot see it.

This immediate knowing is IT — IT is seeing! What this means is that this activity of knowing, happening with you right now, is the very same foundation, the very same essence that is found everywhere in the vast array - this dynamic display of presence awareness. No separation exists.

How can you say that you do not know THIS? How could you be without THIS?

All thoughts, emotions, images, objects and all mind realms appear in THIS.

Observe the fact that they also disappear in THIS.

Without the slightest deviation from THIS all-inclusive presence, recognize that you ARE as you have always been — present and aware.

You are inseparable from THIS ISNESS.

No boundary — anywhere!

Supremely ordinary and obvious, clear as the space immediately in front of you.

With no process at all and with no imaginary division

It remains open as it always IS.

Who can divide the indivisible?

Who can change the unchanging?

Come back to the ever-fresh eternal moment of being-ness.

Live from THAT.

Yes, with insight and time, it does appear to consolidate into a constant knowing, yet the essence is always clear and empty. Timelessly Present.

Such knowing reveals itself in the spacious, non-fixating awareness. Because that is what it is. In this there is an absence of anything like a ‘someone seeking something’.

The story ceases - if only for a moment.

The essence of this knowing is not accumulating into any form of knowledge. In the First Instant — Pure Intelligence IS Knowing!!! IT also ‘appears’ as everything.

Knowing is ever prior to anything known. The ‘known’ comes and goes while knowing remains.

This fact will always appear paradoxical for the dualistic mind of a seeker — even though such a mind has no substance at all in itself.

Who would believe it?

It is a story for the mind! It is nothing but a story. So, full stop.

One moment — One presence — One Knowing.

If you look closely at what is happening with regard to thinking, you will see that thoughts appear quite spontaneously. The thinker is an addition and really is only another thought.

The long standing habituated attitude or belief is that ‘I am thinking’ or ‘they are my thoughts’ and ‘I believe such and such’. ‘This is my accumulated knowledge’, etc.

All this is related to a self-centered reference point, which we call ‘me’.

With a little looking or the simplicity of just watching what is actually happening you will see that thoughts simply appear and disappear. Do they leave any trace?

Without claiming them as ‘mine’, they just dissolve spontaneously.

This is not to say that this is a method of ridding oneself of thoughts or that they are bad. It is simply to come to see what they are — they are all in ‘the realm of appearances’.

Without feeding them with the energy of belief they simply disappear.

All this may of course be a direct challenge to the self-centre. There may appear a strong resistance, which could be said to be a struggle for survival of a belief system. However it is just more of the same content of mind in partnership with a conceptually based emotional reaction to an imagined threat. All this hangs off other reference points — of a ‘me’ and ‘other than me’ — conflicting thoughts. Separation!

NOW, realize THIS: Separation is only a concept!

It is an old story that supports the belief in being a separate ‘entity’ with territories called ‘Mine’ and ‘Not Mine’.

It is just non-sense and it is easily seen through with a little open investigation.

However, very few come to this point of view.

There is no need to take on any new beliefs in regard to this.

In the simplicity of looking, in seeing clearly what is actually taking place, we begin to discriminate the erroneous from the actual.

This is all that is needed.

You are present and aware in this first instant. This is the actuality, right now. It cannot be otherwise. Without moving away conceptually from this simplicity, see that all is clear and obvious in this seeing from this actual and immediate functioning — this simple wakefulness.

Quote from Sri Nisargadatta Maharaj:

“You will understand neither the body nor consciousness unless you go beyond both”.

Shining Through

So, what is it that prevents so many from seeing the message of Nonduality clearly?

In many who ‘approach’ this, there is a spiritual smugness, a clever attitude. Quite often the intellect is bright and the mind is quick. You could say it is too quick. It is this self-centered activity that appears to ‘hold ground’ and is a belief that ‘it’ is the Seeing, ‘it’ is the Knowing. The belief is that ‘it’ will find the answer or in some cases ‘it’ already has the answer. It certainly may appear to have an answer but the view is ‘mind stuff’ and is dualistic. It is ‘one-up-man-ship’. This comes across as extremely annoying to others who appear to be more genuine.

Of course it is all just how it appears in the unfolding of phenomenal life.

Beyond all that, the situation is so simple. You can reject all traditions and teachings and go your ‘own way’ and it will make no difference. However, it may be important to note that no matter what you ‘appear’ to ‘do’, you can never escape one central factor — unless it is transcended with pure seeing. Transcending it is in the instant of pure being, which is seeing. Transcending it is for the mind only. The mind’s erroneous view is known from beyond its limited view. It is known to be just another appearance in Awareness.

Awareness naturally transcends all content of mind. It is even logical, if you want to think it through.

Like pulling focus or ‘zooming back’ on a telescopic camera lens, the open view instantly includes all other views ‘before’ it — without any obscuration or distortion. Like removing ‘the filters of the mind’, seeing is freed from the apparent limited distortions of the dualistic mind and habitual fixations.

‘Seeing’ itself is actually always free of these limitations.

We are speaking of how it appears for the one who comes near to the open view — in mind.

The elusive and commonly overlooked central factor is: there is a belief in being a ‘person’. The ‘person’ is a psychological fixation. A fixation with being a mind in a body. Both body and mind are ‘mine’. It is a belief in being something solid and real. This belief is appearing with and ‘as’ a habitual image — self-image.

It is a belief in being a permanent fixture. Everything is being judged in the mind from this fixation. The view through this fluctuating fixation is an unstable view, inconsistent and is vulnerable to any influence at all. For instance, someone is pleasant or charms you and the apparent result is such and such. Someone is horrid towards you and the result is such and such.

“How was my day? Well, so and so did such and such and blah blah blah”.

There is no danger in uncovering this erroneous belief for what it is.

It can only be another belief that appears to resist this expectation of danger.

It can also appear as a re-action, a sensation of fight or flight.

Seeing is knowing. Knowing is seeing. This spontaneous seeing-knowing is pure functioning — prior to all beliefs and mind processes. ‘Belief’ is in ‘time’.

In other words, it takes time for a belief to unfold in the mind. It is basically a story. A process.

Seeing-knowing are One in pure functioning and are spontaneous — instant. Forever instant. Don’t skip over this fact. See it.

Nothing can alter this fact. Everything is spontaneously appearing — and so, all is arising ‘equally’

from the One source in this Singular Instant. The First and only Instant.

Seeing this fact is not an intellectual process.

In other words, *no deviation in mind takes place in direct cognition*.

‘Time’ is mind and mind is time. A deviation from this moment, this presence, is in ‘mind process’ only. Time and space patterns all hang off the self-centre. There is no coming or going in this first instant of direct cognition. The one that believes that it leaves this and comes back is what we commonly call the ‘person’ — the psyche.

All psychological suffering is hinged on this belief in being a ‘person’.

So, no matter how distasteful this ‘pointing’ may appear to be — there is no escape from this cycle unless this fixation is transcended.

How do we do this? How do we transcend this belief?

In the delineation of appearing to be a ‘person’, it excludes all open concepts of boundless awareness. The personal cannot be the impersonal.

The impersonal appears as the ‘personal’ without changing in essence.

It is all already happening in its completeness. ‘Your’ belief in being a ‘person’ (with all its baggage) is just an obstacle to this clear open view of immediate knowing.

And so, this natural knowing is beyond all belief without exception.

It is all in Seeing.

Simply see what is clearly obvious. It is NOT an Object!

Realize that this common erroneous belief is actually transparent.

There is seeing of this immediately — in this instant.

Pure seeing is cutting through all transparent belief right now.

Drop the concept that you are a ‘person’ and simply be the seeing.

In this open view, where is the belief?

How obvious it all is. Yet no ‘person’ can ever see it.

Is there still a question of why this is so?

It is because the pure functioning of seeing, which is pure knowing, is not a psychological process. How can a concept see?

It is obvious that it will never be the pure function of seeing.

And seeing is knowing. They are One.

This pure functioning does not depend on any subsidiary process of mind.

All conditioning is acquired in ‘time’. It unfolds in ‘time’. The absolute mystery is that there is only now. The psychological ‘person’ depends on ‘time’ for without it, it cannot appear. Let it appear — know it for what it is.

Can you find any substantial, simple evidence in direct cognition of this elusive ‘time’ without adding more thoughts to it?

In looking for it, simply notice that this looking is only ever happening now. You cannot look from a yesterday or a tomorrow. Neither can you look from a moment ago or from a moment in the future.

This revelation is a profound yet simple and ordinary fact of being. It is truly already known in this innate knowing — this intelligence that you are.

There is a Zen saying: “Before enlightenment, chop wood, carry water. After enlightenment, chop wood, carry water”.

I would put it this way: Forget about enlightenment! There is only ever ‘chopping wood’.

In other words, all there is, is direct cognition, spontaneous seeing – knowing - being. Everything, including apparent ‘doing’, appears in THIS.

Everything is happening spontaneously yet nothing really happens.

When you truly understand this, there is no ‘you’, no ‘person’ there that understands it at all.

However, there is an un-doubt-able immediate knowing — all contained in pure seeing.

There is only understanding and this is nothing other than direct cognition - seeing - knowing, shining through the mind.

Quotes from Sri Nisargadatta Maharaj:

“Your difficulty lies in wanting reality and being afraid of it at the same time.

You are afraid of it because you do not know it.

To know reality is to be in harmony with it.

In harmony there is no place for fear”.

“You cannot destroy the false, for you are creating it all the time.

Withdraw from it, ignore it, go beyond and it will cease to be”.

I Am THAT by Which I Know I AM

This title above was spoken by Sri Nisargadatta Maharaj and it conveys a subtle and profound fact for all.

Being a '*jnani*', his *appearance* of 'body-mind' was in India. The word *Jnani* means one who is the 'formless knowing presence' — beyond the dualistic realm of mind.

He was discovered by a westerner, Maurice Frydman, who organized the recording and transcribing of the contents of the now well-known book "I Am That".

It was the reading of that book, which led to my meeting Bob Adamson in Melbourne. Bob is a living example of this 'knowing presence'. He does not call himself a *jnani* or even a teacher. See him if you can.

Let's take a look a little closer to home. The practices or methods of the (apparent) individual can be seen simply as a pedagogical means of self-knowing awareness.

We could say that all 'experiencing' is equal when viewed in this way.

Direct experiencing is the non-stop activity of Self-knowing awareness — no matter 'what' is happening and no matter 'who' it is 'appearing' to happen to.

So, where is the problem?

It is all due to conflicting reference points! A concept of a 'future time' seemingly inhibits the immediate recognition of *this instant* of knowing presence.

Whatever problem there appears to be, investigate the limitations of its mindset. It is all content of mind.

Are you that? No!

The so-called identified consciousness is just one kind of 'transient' expression in the infinite possibilities of self-actualizing awareness. It is not the actual ever-present pure nature of awareness!

In the overall scheme of things, what difference can these transient appearances make, no matter how they appear to be, in this vast expanse which we call the Universe?

Is the seeker just a fiction? A temporary condition?

When all the practices and methods of the seeker have been exhausted, there is no 'hook' left to hang a futuristic 'hope' upon.

And so the ever-present, self-knowing awareness is left naked and un-obscured (to itself).

The 'long way home' and the 'short cut' are actually equal.

Since we never depart from this self-knowing awareness and since the phenomenal conditions are ever changing, it is inevitable that the obvious and unchanging aspect of our own being reveals its natural expansive freedom. The dis-ease of the 'entity' is transcended in one clean, clear and open moment of naked awareness.

With this insight a natural confidence suffuses our being-ness.

It is found to be the natural and ever-present fact of being beyond all transient conditions.

The mind is pure knowing.

The concepts that float through the mind are nothing but appearances. Each one appears and each one disappears without a trace. The clear and empty nature of mind remains untouched. Look and SEE!!!

You do not have to enter this empty space of knowing. It already is.

It is your own true nature and you have never ever left it for one micro-moment or nanosecond.

The ‘seeker’ will never find it because the seeker is really nothing but an appearance in IT. Even though it appears as something ‘other’ — there is not one micro-chance that it could have any independent existence whatsoever.

All the secret knowledge from all sacred places amounts to nothing if this innate knowing is not revealed for the mind.

Your direct experiencing of this moment, right now, is the hidden ‘prize’ that all manner of seekers strive to attain from a position of ignorance. It is an erroneous view!

And the ignorance is — the blindness to the obvious fact of “I am THAT”. As Sri Nisargadatta Maharaj says: “I am THAT by which I Know I AM”.

This innate knowledge is embedded in the direct experiencing of every experience. It is self-knowing Awareness.

You could not BE without IT.

Quote from Sri Nisargadatta Maharaj:

“The past is projected into the future and the future betrays you”.

To which I add:

The energy source of all projections by the mind is pure intelligence energy and can only ever arise from this moment of presence that you ARE.

Pay attention and all will be seen.

Good Servant - Bad Master

There is and always will be those that live completely in the natural and spontaneous life. It is referred to, here, as the natural state. For some it first appears as an instantaneous falling away of erroneous beliefs. For others, they are shown a living resonating example of this open and natural state. It is recognized and this recognition opens into direct cognition spontaneously.

In the 1930's, a young Indian man, later to be known as Nisargadatta Maharaj was 'pointed' to his own natural state by his guru Siddharameshwar Maharaj. By following a very simple instruction, Nisargadatta found that he had completely transcended the erroneous beliefs in the space of three years. Thereafter, many were drawn to listen to him. He made a space for these meetings to take place at his residence.

These two men belong to a lineage called The Navanath Sampradaya.

It is a lineage going back to the first Guru in India, Dattatreya (Author of the Avadhut Gita which is still available in book form today).

In the 1970's an Australian named Bob Adamson went to India and was introduced to the natural state by Nisargadatta.

Of all the teachers I have met, Bob is clearly a teacher of the highest order. However, he would tell you that there is no teacher and no pupil. There is just THIS.

His pointers are disarmingly simple yet so profound. They are so profound that many visitors still miss the real punch of the message. In any case, it 'goes in' and may mature in its own way.

He explains the basics of our 'problems' so exactly and in ordinary language. With a willingness to explore one's own immediate situation and consciousness, one can systematically eliminate all doubts and erroneous beliefs while engaging in conversation with him and through the insights, which naturally follow.

This is what happened in my case. During this time, I was moved to transcribe some of the recorded talks and promote his clear message.

A book and new web site plus CD's were made. All this happened in a very natural way with no push coming from Bob. Anyone who meets Bob can see that he is so comfortable in this natural state. You may not even give him a second glance if you passed him on the street. In other words, he has no airs of superiority at all.

I now know that a lineage is just in the appearance, a story in time. However, one could say that it is the potentiality of Awakened Mind.

The immediate, time-less fact of being – seeing – knowing has always been and it is this living intelligence that dissolves the errors of belief.

Even while living in obscured mind stuff, the basis of one's true nature is right here. It only appears to be smothered by troubles and beliefs. Like a dirty window, when cleaned, the view is once more pristinely clear.

'Seeing–knowing' is ever here as the pure functioning of presence awareness — timelessly so.

The one that can't see clearly is not the seeing itself. It is a belief in a mind of one who is being 'someone' who thinks that they see life from a separated point of view. A 'someone', who lives the life of an individual. It is a limited selfish view but is only mind content and really just a multitude

of reference points.

It is a limited view and a distorted fragmented section of a much wider view.

The universal principle of pure presence penetrates all that IS as Absolute Presence.

Big words maybe.

However, it is and cannot be ‘somewhere else’.

Absolute presence is right here, right now.

Nisargadatta said to one visitor, “the mind is a good servant but a bad master”.

The bad master is the elaborate belief system, which is cut through instantly when the mind aligns itself with its source of pure intelligence — Intelligence Energy.

The whole manifestation is what Bob calls ‘intelligence energy’. Rather than giving it a name like ‘God’, let it be free of these cumbersome concepts and troublesome opinions.

In one instant one can see clearly. The open and unbiased view includes all that appears and it is free of all concepts.

This has been termed as non-conceptual awareness.

Siddharameshwar spoke of it as ‘thoughtless reality’.

If you are a seeker of a natural freedom from erroneous beliefs then I suggest that you look into the teachings of these messengers.

I have written elsewhere about the impact that meeting Bob Adamson had on my life.

Here is a brief account of someone else that attended Bob’s meetings in The U.S. and also visited Bob in Australia afterwards:

Bill: “I went to Melbourne and I’m so glad I did. Bob was so kind and patient with me, and was very generous with his time.

I was only there for about eight days but saw him pretty much every day. Something felt like it vanished in me and now I’m not able to deny (at least for very long) what I am. I can’t seriously search anymore (after having been a seeker for more than 30 years, this is quite remarkable).

Like you, I made the trip to see Ramesh in Bombay a few years back, but had been looking for a teacher I could really have some good heart-to-heart, one-on-one private time with, which strangely enough I had never had with a teacher. After speaking with John Wheeler and listening to him speak about his experiences with Bob I decided to make the trip.

What can I say about Bob?

At one point I had the experience that there is really nothing there where Bob seems to be — just open space with a shining intelligence speaking. I am so grateful for what he gave me, so to speak.

Somehow his courage and clarity encouraged and clarified me out of the picture as any kind of solid separate entity.

So, I’m left with a well-being, which is changeless.

There is nothing here but WHAT I AM.

These are a few of my thoughts at present —

Love, Bill”

“If you allow your attention (the ‘lens’ of awareness) to spread out and rest on nothing but its own presence, you will discover that this presence is all that there is.

All ‘other-ness’ is simply conceptual. Just stories.”

— Gilbert

Quote from Sri Nisargadatta Maharaj:

“Once a living being has heard and understood that deliverance is within his/her reach, he/she will never forget — for it is the first message from within”.

In Pure Seeing Everything Is Obvious

You may believe that you get caught up in ‘things’. The ‘entity’, the ‘you’ that you may believe that you are and the terrain of ‘being caught’ is all simply content of mind along with associated habitual states in body and mind. The nature of this image-ing (imagination) is just concepts, images and belief. Without the energy of belief, it vanishes.

With a clear seeing of this fact, you recognize that this seeing is from outside of — or beyond ‘that’ which is seen. This reveals directly and immediately something, which otherwise is difficult or even impossible to grasp through concepts. The mind appears to keep turning ‘what is seen’, along with what is imagined, into more concepts in a kind of internal dialogue or monologue —all stories — merely descriptions of the world. These are all habitual associative thought patterns.

Notice the fact that direct cognition never ceases — not even for an instant. You can’t stop seeing, just like you can’t stop knowing — And you can’t stop being.

Being - Seeing - Knowing are three aspects of natural presence.

All the comings and goings are simply a conceptual flow, the ‘content’ in mind. Nothing is permanent in any of this content.

These points are hammered away at until it sinks in. When it sinks in the words are just words as they always were. Like splitting a huge rock with wedges, shims and hammer blows. One must find a line in the grain of the rock. Place the wedges in a correct alignment. Many, many blows are needed as the force of the blows sinks into the rock. The grain splits in minute cracks.

Then the final blow may be the slightest tap and ‘crack’, it is done.

The only permanent aspects are being and non-being, which cannot be separated.

Seeing, hearing, tasting, smelling, touching, feeling and thinking all appear in this space of knowing that you are.

It is obvious.

This simple truth is a key point — simply profound, yet mostly bypassed, missed by everyone.

What do you have to do to make any of these functions start working?

Are they not already fully here in the immediate being-ness?

Spontaneous Being. When have you not been this spontaneous being-ness apart from some conceptual matrix? Even that appears spontaneously.

Contemplate this key point:

Can you determine that there is or could ever be anything ‘outside’ of this immediate and direct cognition, this knowing, of ‘what is’?

This view from the open nature of empty mind is not a process of mind. There is no entity in that, only openness.

Many argue about this fact but when their arguments disappear as they surely do, the fact of natural openness remains just as it is.

‘Time’ belongs to conceptualization. It takes ‘time’ to tell a story.

The story begins in awareness and ends in awareness.

Awareness is not limited by anything whatsoever.

There is ‘no one’ that knows this. There is knowing! All entities are simply content of mind and actually they have no substantiality beyond the nature of a mirage. This is an outrageous suggestion to make to a ‘person’.

These words are just appearing in awareness just like any of the myriad thoughts that appear in your own mind. Do you make them happen? Are they yours? How did ‘you’ make them? What are they made of? What history do they have that is valid without more thoughts being added?

It is all patterns appearing.

Descartes said, “I think, therefore I am.” With due respect dear Descartes, that is highly questionable.

‘Am’ is the verb ‘to be’. Surely you must ‘be’ in order for any thought to appear.

“Well I ‘think’ that there is more to ‘doing’ than ‘being’”, says one web site reader commenting on one of my postings.

When we really look into it, when we examine closely what is actually happening, we find something beyond all our conditioning and habitual views and expectations.

The point is: ‘Who’ thinks and ‘Who’ is ‘doing’?

Do you as *a creature of belief*, really believe that you are an independent ‘thing’ that has power to determine anything at all? Are these things what they appear to be?

Can you breathe underwater? Surely not. Did you determine the limits of your organic nature? Can you leave this Planet?

How far can you go out in space without a life support system? — and when any support system fails, what happens?

The continued belief in ‘the erroneous’ is all that appears to keep the mind in a (discontinuous) sense of a separation — and in a time realm. A realm of forgetting and remembering is a realm that appears to exclude the clear and obvious presence of what is. This mind realm is conceptual and that includes what is written here or anywhere else. These words are an attempt at pointing back or cutting through to ‘that’ which is seeing — ‘that’ which is knowing — IN YOU.

This immediate knowing is not some state of mind to acquire!

It is already present — simply direct cognition. Direct knowing.

It does not rely on the past!

Intellectuals argue about all manner of conceptual baggage.

What is achieved? In the appearance of history, of ‘time’ there have been hundreds of years of learned men and women with untold numbers of books of knowledge. Has anything really changed? The big questions remain unanswered, because they have no definitive answers.

It is all intelligence appearing as ‘this’ and ‘that’.

From the open view of empty mind, with no attachment or detachment, everything is clear and obvious just as it IS. Has your immediate knowing of the so-called ‘world’ been contaminated by anything? Isn’t the view clear — crystal clear? Isn’t it clear and free of all words, theories, and empty of any need of a secondary thought or image?

Without any thought having to be projected onto it? Isn’t it direct and immediate?

Clearly it is so. In pure seeing it is so. In pure knowing it is so.

Is there a psychological ‘stance’ or mental resistance to this obviousness? It can’t be that simple?
YES it IS!

If it is clear now, then what ‘problem’ could you ever wish to bring back into this clarity?

If there is a problem you wish to bring into this clarity then see it for what it is. Its nature will also be clear and obvious.

It could be said that this ‘problem’ is the very fabric that you should examine closely.

Because in the ‘fabric’ of this problem lies the bondage that you wish to be free of.

No one else can know it as intimately as yourself. It is your erroneous bondage and to be free of it, you must look and see for yourself in this clarity that you ARE. Do not be tempted to postpone this because if you don’t see it NOW — when will you see it?

Investigate; investigate, until the stories all fall apart and leave this ever present knowing simply shining through the mind.

This clarity will remain just as it is, whether you continue on with your erroneous beliefs or whether you see through them.

The only difference is in psychological stance, which includes all beliefs and suffering.

I will ask the question again. What problem would you wish to bring into this clarity?

The essence that you truly are is free right here in this direct or immediate actuality. THIS is all there is. What is the doubt in this? In this direct view there is an open view from empty mind. This is so whether you believe it or not. Even if there is a bunch of activity going on in the mind, the clarity is there and what’s more, it is obvious. So obvious that you miss it. You miss it because of an habitual need of a concept to hang onto. It is not a concept!

It is non-conceptual awareness which knows all concepts — this knowing presence is your true nature.

Pure seeing, pure knowing, is non-conceptual awareness.

What concept can you make ‘that’ into?

Words are just words and knowing is knowing and is ever prior to words and concepts.

It IS clear and it has ‘always’ been clear. It is this vast immediate clarity in which all manner of ‘things’ only appear to be.

It is only the content of mind, erroneous beliefs and habitual attachments which seemingly cloud this clarity — for the fixating individualized consciousness.

All there IS, is self-knowing awareness — direct and immediate cognition. The space of knowing. THAT you ARE.

FEEL the space in which the body appears in.

The direct light of illumination is nothing but your own true nature. Self-shining awareness. It shines through the mind content and illuminates everything without distinction. This light dissolves fixations in mind.

Quote from Sri Nisargadatta Maharaj:

“There is no reality in your comings and goings and your problems are so unreal”.

A New and Ever Fresh View

This ‘eternal presence’ is right here as this first instant of awareness. It never budges from this. And so you do not have to ‘go’ anywhere or ‘do’ anything to ‘get’ anything regarding the natural freedom of this eternal fact.

This eternal presence is appearing to be obscured in those that have a firm belief in erroneous concepts — a ‘me’ — concepts of being a separate individual, a ‘person’. It is a stream of conceptualizing, which revolves around and through a series of beliefs. This holds the attention in a cyclic fashion. It often appears as confusion. Slipping from one concept to another keeps the mind busy with its endless stories of a ‘me’ and the ‘other’. This can only ever contain brief ‘passing’ moments of satisfaction, since the very vulnerability of its foundations is due to it being merely a belief and not a fact.

‘Build your house on the rock — do not build it on the sand’ — from my Sunday School lessons at the age of 6.

And so, any unexpected ‘thing’ can come along and disturb the ‘me’s’ shaky eccentricity. Sound familiar?

Moments of peace from such cyclic mind activity ends without notice, as we appear to slip back into more concepts. All this is in the appearance of the ‘normal’ life of an individual. It does not have to be a cloud of unknowing. ‘We’, as a fixation in mind, are continually ‘going with’ what the mind throws up like a bee to a flower. Just like rainwater flows in old pathways in the virgin soil, it is just a habit yet it brings so much trouble for the one who believes in it.

Beyond all such activities in mind, the eternal presence of the natural state, our true nature is right here, right now, fully present and unobstructed. Seemingly hidden, so it seemingly reappears. Natural awareness is presence. It is clearly obvious, yet by so many, it is not noticed at all because of its non-objective nature.

All the functioning senses are registering everything just as it is — in the immediacy of this ever-present moment. This subtle fact is a mostly unrecognized key to self-realization. Yet it is so obvious — this moment now — is all there is! Can you know this fully right now? It is so obvious. You are That. How can you say you do not know this? Right now, without going into some time realm in mind — it is obvious and neither affirmation nor denial can touch its ever-present ephemeral actuality.

We apparently move into some state of mind where we deny this obvious moment of clarity.

(Note: I might add here that it is not an easy task to express some of these non-conceptual aspects of reality in words. Language does not lend itself so smoothly to the task.)

By resting in this openness, which includes the immediate registration of ‘what is’, the mind is thoroughly known — and known without doubt, to be clear and empty. This is the place where awareness and mind are indistinguishable.

The content of mind appears and disappears in the same way that all things appear and disappear in the manifestation. The apparent difference is only in scale.

All happens in this knowing presence that you are.

With a fine attention, it can be seen that the mind is filled yet emptied in one instant. By not fixating on anything at all, this boundless awareness is known to be free and obviously so.

Nothing of the activity in mind compounds into anything at all and the universal aspect of mind,

pure mind, awakened mind, remains open. It only appears to close for the fixating individual mind. The curtains are drawn and so the open view is shut off for the ‘me’ and its manifold reference points. How extraordinary we are in our beliefs and obscuring mindsets.

This immediate openness is full of knowing yet ever empty.

Knowing includes a direct and clear ‘sensation’ that there is ‘no one’ here (as a fixation) in this openness.

This presence awareness is undeniable and not negotiable!

It is totally present with no flavor of positive or negative at all. It just is.

It is self-shining, self-knowing awareness.

It may very well be, that you still imagine that you will solve all your problems somehow. Some method or belief system will save you from chaos and suffering.

How can it be that these problems can be solved? They are no more than a mirage. You can transcend them but not through belief or concepts — only through direct knowing — non-conceptual awareness.

Consider this: What do you actually ‘do’ at the moment of seeing through a mirage? Does it not spontaneously reveal its nature without any ‘doing’ on your part?

All these problems are simply incomplete views full of preferences and bias. They are partial views of ‘what is’. They belong to an erroneous view and the one that thinks it sees a problem is indicatively embedded in the fixated view of ‘the seer’ — mind content which can’t see at all! Pure seeing is non-dual — there is no ‘seer’, no substantial object that is ‘seen’ as distinct from the pure function of seeing.

All these delineations of wholeness can only be added to by the mind with more delineation. Pure, unadulterated seeing cuts through all this. See clearly that none of these apparent additions actually stay or ‘hang around’.

All these delineations are like lines drawn onto a clean sheet of paper. If you continue to be these fixations in mind, all you end up with is a sheet covered with lines, words and theories. Chaos and confusion, or conversely, a nice pattern. The paper, the lines and the one making the scrawling details are all appearing in the clean and empty space of impartial, self-knowing awareness.

Drop all internal dialogue and ‘come back’ to the ever-present first instant of presence awareness. For one moment, stay open and simply be the seeing.

In this way everything is revealed.

Stay open in the vastness of THIS.

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Note:

Common meditation is a relative means, like anything else, of self-discovery: the discovery of this un-differentiated natural state — of pure awareness with all its appearances on, or in That, which IS this awareness.

Freedom

In your apparent 'journey' you must find what is called 'a true teacher'. One who lives the freedom he speak of. It is not a matter of service to someone and time does not play a role in self realization, so in the appearance it can be very quick. Very quick - and it is in fact instantly revealed.

You must find out what it is that 'seemingly' obscures this clear presence of immediate knowing.

Even though the messenger will tell you that there is no teacher and no teaching, you must pursue the situation to its final ending. Paradoxically, such an 'ending' can only ever be 'a dissolution' of erroneous beliefs, right here, right NOW. You are already HERE 'in' and AS this Moment.

Get the message and be done with seeking all together.

"Free man (woman) move on". — George Adie

Be free - move on. Let everything flow in its own natural way.

Quote from Sri Nisargadatta Maharaj:

"Self-identification with the body creates ever-fresh desires and there is no end to them — unless this mechanism of bondage is clearly seen".

Squeezing a Restless Mind Into a Peaceful Space?

The true nature of mind is pure empty wakefulness.

The dualistic state of mind is restlessness. It will never be brought to a restful silence by any activity that arises from a fixated point within its own realm.

This fact is almost always ignored or not even suspected by otherwise serious spiritual seekers. It comes down to clear information. Such clear information is not so available through traditional systems. It is expressed by a small number of clear teachers who almost always insist that they are not a teacher at all. They point you straight back to your own presence of being - seeing - knowing. Few recognize the significance of this 'pointing'.

Such is the apparent depth of identified states of mind.

The insubstantial 'fixated hold' on consciousness is due to dualistic states of mind. Along with this, there is a belief in 'time' as being something quite real. "I'll get it later" - "I'll see it eventually!"

This is accompanied by attachments to objects, which are believed to be 'in time'.

Are you convinced of the reality of this 'time realm'?

Do you believe that you depend on it? The adherence to this belief is widespread and of the common mind.

It is rarely investigated.

Your beliefs, without exception, are all in 'acquired mind' and this is based on a 'dead past'.

It can also be called the '*conditioned mind*'. The conditioning of mind belongs in time. Belief in a 'substantial past' can limit the presence of mind with all kinds of projections, into some 'future time', which is based on memory and imagination — which are all images from the past.

Everything without exception is fictitious in this mind realm of self-hypnosis.

This immediate living-ness, this authentic being, is not time bound.

You must re-discover this yourself. It actually discovers itself via a resonance in its own home ground — authentic being.

The practical knowledge of daily life is not in question here.

This message is addressed directly to authentic being. It must penetrate through the realm of belief, which appears to cause so much psychological suffering and resonate in immediate knowing.

The otherwise natural clarity of mind is clouded by the restless activity of opinions and beliefs and these arise as conditioned responses to stimuli in your world. All this appears to assist in a survival of the onslaughts of life. If you start to take notice, you will see that all the dramas of life actually depend on 'time'. "So and so did such and such". Past! Such and such happened and so on.

It is no longer present evidence apart from the constant reference to it in the mind.

Give it no attention and see what happens to the drama. This inner squabbling settles down and the view changes. The actual present emerges in view and the quality of mind changes. Actually, the absence of erroneous beliefs leaves the clear and obvious as it is.

In the appearance of a restless mind you will find no peace. Squeezing this restless mind into a stern practice of meditation is quite useless yet so many try so avidly to do this. What is achieved? — Truly?

Meditation intensives are popular and enlightenment seminars are springing up everywhere.

Thousands upon thousands appear to go by these erroneous paths.

They are not necessarily bad things in themselves but the so-called ‘results’ are transient and time bound. Any state which is ‘reached’ will dissipate naturally. Attachment to any pattern of energy will itself, inevitably, dissolve along with whatever it is attached to.

Anyone teaching these methods, who proclaims to be enlightened, is ‘pulling your leg’. No exceptions! What’s more, they know it too.

There is no such thing as an enlightened person.

Now, I realize that to mention these things is quite unpopular. Especially to those who have convinced themselves that they are well on the way to enlightenment.

In fact, to mention such blunt facts is an insult to the core of belief.

The fact is that a restless mind cannot be molded into a peaceful state, no matter what practice or method you use. This is an unfavorable statement for many aspirants.

Even so, it must be pointed out.

The main point to recognize is that the fixated point of reference called ‘me’ is the one trying to attain liberation. It cannot do this. It is no different than any other fixation. It is a ‘someone’ (a bunch of ideas), which appears as an attempt to escape its own structure of reference — more ideas.

Liberation is only found in the true nature of mind, which is a clear open and natural state of wakefulness.

You will never squeeze a restless mind into a peaceful space, so don’t try! The one trying is the obstacle!

This natural state is unachievable for any ‘individual’ due to the fact that this individual is a series of reference points that only appear and disappear in the natural open un-mediated awareness. Simple Wakefulness. And beyond all that has been said about this, wakefulness is already ever-present.

It IS. It is your own true nature. You have never been without it. You cannot alter this timeless fact. Without it there is nothing but ignorance.

Thoughtless Reality of ‘What Is’

For the so-called *limited individual*, each moment (*which is always This Moment*) contains the fullness of *the absolute potentiality* of self-realization.

In this *actuality* there is self-realization — just as it is. Who does not know this? The limitations are only an aspect of the current appearance or state of mind, which erroneously takes itself to be separate and limited. It is as though your reflection in the mirror were to believe that it had some power and independence of its own. It is not even ignorance pretending to be wise. All such nonsense is due to ‘belief in concepts’ and taking them to be ‘the real’. ‘Who’ is that?

Q: Yes, but isn’t that what everyone does?

Sure it appears to be that way, but how many of these realize their natural freedom? They all are limited by the closed and limited concepts.

In other words, the unlimited infinite actuality just as it is, is appearing as the erroneous limited and finite relativity. There is NO individual with any substance or independence within THIS or anywhere. So who is affected? Who does not know this? It truly matters not. Few seekers would agree.

For them, a preference for a suffering identity is too valuable to them to give up. Even highly educated ‘persons’ find difficulty accepting that their concepts are binding them into erroneous realms of mind. It is just too confronting to let it go, even for a minute of their precious ‘time’.

All there truly is, is understanding, which is only seemingly clouded by misunderstanding. Understanding is simply immediate knowing. It is not limited by the content of mind.

In Essence, you are That which Knows.

What is self-realization? Is it anything ‘other’ than the dissolution of the concept of being separate? It shows itself as a relaxation, in the ease of being.

Then, even though one’s habitual stance is consistently consumed, in a manner of speaking, one remains present just as one is. All *concepts* vanish in *non-conceptual* awareness, from which they arose in the first instant.

Those who profess to be enlightened are indulging in personalized delusions. Those who go on, and on, about their personal enlightenment, have missed the freedom of essential being-ness. I see examples of this frequently and it is so obviously egoistic and self-delusional.

Your true essential nature is not separate from Awakened Mind.

If you can grasp ‘the gist’ of this, then the messenger’s job is done.

However for most, the mind bounces back with doubts, fears, questions, unrest and uneasiness due to the habitual patterns of mind. Seeking wholeness in these patterns of beliefs is useless. It’s much like talking to yourself, while the simplicity of silent knowing is ignored as anything worthwhile. The subtlety is overlooked.

All beliefs and erroneous perceptions may be seen through. They lose their apparent substance and take on a transparent nature yet they are never right here in ‘the pure space of now’ except as a fleeting glimpse of ‘other-ness’. This view happens within your own quality of conscious presence,

which has a quality of invisibility. You cannot see yourself.

So, to reiterate in other words:

What is the situation?

Basically there is really no ‘situation’ that is separate from ‘what is’. ‘What is’ cannot be said to be a situation since it is not fragmented nor is it full of conflicting elements.

I am present and aware. That is not a situation — it is an ever-present fact. The conscious quality cannot be located in any specific place, condition or time. Such transient qualities, as ‘time’ and ‘place’, all shift and change — yet the overlooked fact is that I remain at all ‘times’ as this unchanging quality of presence. That is the true nature of ‘I’. Un-quantifiable, invisible, yet suffused with the quality of knowing.

When have I truly left THIS natural presence?

Whatever I am aware of, beyond this simple nature of natural presence, is only the transient content of mind, the ever changing parade of phenomenal objects, conditions and ‘situations’. These do not compound into anything of substance other than this presence of what IS.

I cannot truly place myself into any temporary or permanent situation except conceptually. Psychological suffering is always a resistance to ‘what is’.

When ‘the concept’ completely disappears — ‘the situation’ disappears. They appear as mutually dependent ‘things’, yet they have no existence at all without ‘thought support’.

The mind may try, at this point, to come up with objections and contrary examples — but I assure you that every one of them is *a transient mind projection* — without exception.

It’s just a matter of *scale and time* and these qualities are conceptually based whether you realize that or not.

All this may appear unacceptable to the habitual mind and a resistance may be felt. ‘Enter into it’, go into it and see how real it is.

The resistance happens solely due to biased beliefs being challenged by contrary information or some truth. A false security of self may squirm to retain its ground. Yet it has no power to hold back pure seeing.

You or I are not this biased self-center with all its ‘luggage’, which you or I appear to carry around.

If you take some care in examining your mind closely, you will discover the ephemeral terrain of erroneous beliefs. They must be seen clearly to release their apparent power over the mind. Direct knowing cuts through it all. Once seen clearly enough, it snowballs since all erroneous beliefs have one common bias. Once this is seen and known directly to be a fraud, ‘the game’ is over.

Beliefs come and go like wisps of smoke.

In the mind’s terrain, an attitude may appear to be permanent like a fortress wall and this is due to states of body-mind associations — however, they too are all transient.

Without exception, they are all appearances and they all disappear.

All apparent duration appears in (your) presence — whether this habitual ‘you’ appears as ‘knowing’ or ‘not knowing’.

The ‘you’ can’t really know anything. It borrows only.

The (your) true essence is not subjected to forgetting or remembering — though that will not be acceptable at first.

Any attempt to hang onto any *state of mind*, will appear to drain you of energy and will be inevitably challenged by its own nature of disappearing, just like all phenomena.

This investigation is a direct challenge, which you will only ever meet and conquer in the space-like nature of your own invisibility. It is a battle which you alone can undertake.

It is an effortless vanquishing — yet few would believe it.

I ask myself, “Who are these doubters”?

Seekers of Oneness — ignoring the obvious.

Turning back or grasping at habitual beliefs will only keep you on ‘a path to nowhere’. Each apparent separate finite moment is unique and contains the equality of eternity and the infinite. All moments are the wonder of this interwoven diversity, appearing in One-ness. The Singular Essence and the diversity of all its appearances are one and the same. Like your face and its reflection in the bathroom mirror, they exist together — only ‘seemingly’ separate. One cannot exist without the other. Drop all resistance and relax into it.

The ‘path’ of delusion and belief, like all paths contains the hidden potentiality of self-realization but only through negation. All we need to give is our undivided attention in recognizing this vibrancy — the immediate livingness for what it is. It is not a concept! Attend to this and the rest will take care of itself. Self-realization is already happening.

‘Who’ is it that does not know this?

Any disagreement you may have about this is the very ground to be explored.

This actuality right now is the pure actualization of self-knowing awareness — just as it is.

This actual presence, this natural state, is the thoughtless reality of what IS.

You are present and aware — Full stop.

Numberless Ways in ‘No Way’ at All

There are an infinite number of ways to describe the situation that we find ourselves in — this applies to anyone, anywhere, at any moment in space and time.

Each description would have a beginning and an end. It would be limited. It would reveal a bias or a leaning and these would flex about within the realm of words. A written or verbal account may include all manner of diagrams and symbols. All would be a representation of ‘something’, which the words, diagrams and symbols are intended to ‘point’ towards. Basically it is all name and form in space and time. Space equates as ‘distance’ and time equates as ‘duration’. However it is all relative to reference points. That must be seen clearly.

Now, let me suggest a radical leap of mind, body and faith ‘into’ the Time-less NOW. No distance from HERE and no TIME other than THIS moment right NOW.

I suggest that this very moment contains, ever so spontaneously, the ultimate description in space and time.

This expression is an ephemeral notion of the ultimate form that is truly formless.

It is right in front of your eyes — right here, right now.

In the space of knowing that each one of us is, it appears immediately, yet no one sees its profoundness.

This ultimate and immediate description is this actuality, it is not a facsimile.

It is this actualized awareness of right now!

It is totally unlimited — whether there is a corporal knowing of it or not.

There is no ‘present’ other than this ephemeral situation of presence — now, as it always is.

There is nothing you can say that will add or subtract from this ever-fresh moment of actualizing awareness.

The immediate livingness is the ‘I am-ness’ in all things.

It is nothing ‘other’ than this ultimate expression, this infinitely unique expression of right here, right now.

There is nothing else and nowhere else — just THIS.

Each moment is fresh and new. This moment has never happened before and yet it has never been divided into fragmented moments. THIS is truly ONE moment.

This is too subtle for the mind’s gross occupations but it is simply obvious in the natural state of simple wakefulness. Easily dismissed by the intellectual as far too obvious, yet it is the singular fact that the intellectual misses constantly.

This moment is not conditioned by ‘a past’ — because this moment is all there is and ever is.

In essence this moment is Un-born. The only way to know this is right here in the immediate, natural space of knowing, which is timeless. This obviousness is rarely clear for seekers yet it is so very obvious. How that is revealed is a mystery.

The apparent individualized mind is only a limited appearance in universal mind. These are

concepts, not absolute truth. Don't imagine other realms apart from your immediate presence right now.

This bridge that spans the universal and the individual (which are really one) is the attention and it is this that appears as a means of realization for the otherwise limited mind.

It is all awareness appearing as many.

It appears as your life. Pay attention to the natural state of clarity and realize your true nature of wakefulness.

Quote from Sri Nisargadatta Maharaj:

“Reject the known. Welcome the unknown and reject it in its turn. Thus you come to a state in which there is no knowledge, only being, in which being itself is knowledge”.

Clear thoughtless presence

There is only ever direct experience-ING! There are actually NO experiences! There is only THIS experiencing now. NOW!

(be open to this presence that you are – be open without leaning upon any thought or concept.)

That is what everyone is seeking and missing – missing it because that activity of seeking is an active moving away from the simplicity of natural presence - THIS clear thoughtless presence is IT!

No wonder it is missed.

The profoundness of THIS is most unacceptable to habit bound spiritual ‘people’.

Such 'people' are so obviously caught in a fantasy – and they do not take kindly to anyone that ruffles their feathers. It is hard work keeping those fantasies intact. So fragile and so delusional.

Reality bites and hiding from reality is a full time job – especially if one holds an official position in a religious 'group'. We have all witnessed the debauchery that hits the headlines regularly – the arrogance of crippled souls pretending to be 'special' and in touch with God – sneaking around in the dark doing obscene things to helpless and defenseless 'brothers and sisters' of the faith.

See how easily the mind jumps into a negative attitude and takes a stand as judge and jury.

It all appears as the infinite display of all possibilities in this miraculous thing called life.

One must see that the body and the content of mind are simply appearances in and on awareness.

Whether you know it or not - You ARE this clear presence of awareness and the actuality is that you are nothing more than THAT.

Whatever you may wish to add to THAT can only be a concept.

As it IS in THIS Ever-Present Moment

When all words cease, the natural being is left naked and complete in its harmonious state of clear openness.

Without a thought, there is nothing you can say about it.

It is neither right nor wrong — it just IS.

Some, without actually ‘reaching’ this open non-dual clarity of mind, jump in and say that ‘it is boring’ and they express a need for a method, a method for holding onto whatever it is that they value in their personalized estimations. The ‘seeker’ only appears to dominate consciousness with its needs.

Their incomplete investigation leaves them floundering.

Words, words, words — everyone wants a method to practice for this elusive self-realization which is only imagined. Denial (ignorance) of the ‘ever present evidence’ of complete freedom is the apparent bondage.

The true teacher will not give any false hope and so he relentlessly reveals to you the uselessness of methods.

He reveals in the same moment your own innate freedom in a direct communication in the immediacy of freedom itself. Communication of pure intelligence with itself. It is ONE.

This essence lies behind the facade of ‘the personal’.

Through exhaustion or through dismantling, or by a ‘blow’ from freedom itself, the ‘seeker’ comes to its end. The ‘now’ is then known to be free of all constructions of mind including all methods and purifying practices. It is already pure being.

There are NO non-dual practices or methods.

When you open your eyes in the morning, do you have to use some method, or make a practice of this simple wakefulness?

Isn’t it already here at all times?

This simple wakefulness is non-dual awareness.

No practice or concept is needed at all. It can never be a practice!

All these methods can only appear to lead you back to the essence of this — THIS non-dual moment.

THIS Now-ness - Is-ness – Being-ness

And, so it is, that the ‘journey’ of self-discovery is simply a long or short pedagogical journey in ‘time’, psychology and relativity.

It is all self-knowing awareness — no matter ‘how’ or ‘what’ it appears as.

Nothing is really right and nothing is really wrong in this apparent journey into realization. It is all actualized as it is.

There are no exceptions in this.

You are present and aware right now. There is no other ‘time’.

This is always the case. You cannot get out of this ‘now’.

You have never been anywhere but right here in this ‘now’ — because THIS is all there IS and ever IS.

So, since you are already present and aware, whatever you discover is both yourself and not yourself.

In the appearance it is all ‘in’ Duality — in essence it is non-dual.

There is an appearance of consciousness re-discovering itself over and over, moment by moment in this apparent journey.

In this appearance of a separate individual, what you truly are is revealed once and for all time. Even though it may appear as a repeating revelation, your natural essence is ever prior to the pedagogical journey.

You are! — before, during and after all apparent journeys.

In essence you do not actually move from this immediacy, this fact of being.

Thinking arises in being. A fixation happens and an apparent ‘entity’ is born in mind. It is a transient appearance — without any independent being or power.

It is a mirage. Innately you know this.

Being – Seeing – Knowing. It is light — and light is love.

You love to be — and you ARE.

What ‘more’ is there?

There are appearing endless journeys in this vast Being-ness.

When all the journeys are over, Being remains as it always IS.

Quote from Sri Nisargadatta Maharaj:

“Keep quiet and watch what comes to the surface of the mind”.

Never Ending Unfolding

‘Knowing’ is consistently and immediately here without any process of mind needed for its continuous flow. It is indeed, spontaneous knowing.

No practice can create knowing. No method can really alter this immediate knowing — livingness — because the livingness is the source of all, including any apparent method. The method is always secondary and never touches the essence of presence awareness. It is unlimited intelligence in all its immediacy. Who doubts this? Only the limited and biased intellect of a ‘me’.

And so, it is only in the appearance and as an appearance that any benefit, merit, success or failure can appear in this knowing presence. The ‘entity’ that is a belief in being worthy or unworthy or whatever is born of mind and dies each moment.

The mind is clear and empty. No real trace of bondage is there if one really opens the mind and looks into it.

Direct cognition reveals all just as it is.

Bring your attention to this immediate fact and see for yourself.

Awareness is an aspect of the singular constant.

Awareness is the seeing. Awareness is the knowing. Unbound.

Pure Consciousness — Pure Awareness.

It is pure immediate Being. It is not an entity!

It is NOT somewhere else! This is it, right now.

It is pure cognizing. It is self-knowing awareness.

All is a never ending unfolding of appearance — within this unchanging Omniscient Being.

The Absolute ‘presence of knowing’ penetrates all ‘things’ including all teachers, Gurus, ordinary beings, all methods and practices in this apparent endless pedagogical journey. It is self-knowing awareness in all its diversity. The drunk on the corner, the girl on the till at the supermarket, the dodgy car salesman, the bus driver, the guy you dislike the most, the ex-wife, the ex-husband, the pleasant priest, the selfish priest, they all have their place in the scheme of ‘things’. They too are nothing but appearances within Omniscient Being. One Taste - One essence of Being.

The Legacy of Absolute Freedom

This is just a message. Don't get caught up with the messenger. Stick to the essence of the message.

"I am, as you are, the source of the message, the message, the messenger and the receiver of the message".

Once received, it is no longer necessary.

So 'what' is it that you are afraid of?

Contemplate on that for a moment (Without getting lost in it).

Without the slightest exaggeration, in this moment of right now, I sit here in the subtle presence of freedom.

This freedom is yours also.

All the past is rendered into a passive memory that has no power over me.

The future is of no concern to me at all.

I AM — and I am telling something so simple.

It is a legacy, a natural birthright.

In 'the appearance', this legacy was given to me. (Uncovered)

In 'the appearance', it offers itself to you in each moment.

It belongs to you. You have only seemingly lost it.

In this 'now' there is an opening, a space of natural freedom.

So what is it that you are afraid of?

You have been told so often of — and about, this freedom.

It is not somewhere else.

Life itself nudges you continuously with its immediate touch.

How many ways must you be told — before your mind steps beyond its conceptual bondage?

You are FREE, right NOW.

If you follow the following suggestions, you will see this.

Let the restless winds of the mind subside.

Let all doubts dissolve into open space.

Do not grasp at anything.

Let the mind rest on nothing at all.

Let it float into its natural spaciousness.

Everything IS. It is clear and obvious.

THIS is IT—this actuality of potent Presence of Being.

You ARE present and aware.

Your essential true nature is equal to (and with) all that you see — as it always has been.

Do not wait for anything else.

There is nothing else. The train of compulsion ‘stops’ HERE.

Imaginary ‘journeys’ ‘out’ of THIS ‘now’, can only ‘appear’ to take you away from THIS IS-ness.

You ARE present and aware. It is ALL you need and have. Let your doubts vanish into this IS-ness.

It is final. THIS - IS - IT! Period!

I find it somewhat amusing when someone appears to be offended by my declaration of freedom. It is always a certain type of ‘person’. It is as though they can’t accept that I am free when they believe so strongly that they are not free. The irony of their projection escapes them completely. Because I don’t appear as a ‘game player’ in the game of being holy and above it all, the ordinariness of my situation conflicts with their images of what a free man should be like. The irony of it all is that the mechanism of denial, which we use upon others, we are using against ourselves. In other words, when we deny freedom to ‘others’ we deny it for ourselves.

The bonded soul likes its complementary company while the free man is a direct threat to the twisted pleasures of the bonded self. Freedom may appear for some as a destructive force, since it threatens the structures of belief.

Beyond all that fantasy, in the first moments of recognizing my own true freedom, I saw and still see that everyone is free also. Freedom is known here and just because there is a belief of some contrary condition appearing in the minds of others, it does not diminish or threaten this freedom I most certainly feel and know intimately. Compassion appears quite spontaneously for these ‘others’.

In contrast to that, these ‘others’ may often attempt to punish the free man.
I won’t cite the famous and obvious examples.

Quote from Sri Nisargadatta Maharaj:

“You know everything but you do not know yourself, for the self is not known through words. Only direct insight will reveal it”.

One Small Flame of Knowing Consumes Darkness

Within this vast spacious essence of immediate knowing, this essence that you are, there is a natural peaceful abiding.

One could suggest that it waits tirelessly for ‘you’ to drop the charade of guilt and forgetfulness and the pride of false remembering, so that ‘you’ may ‘return’ to its embrace.

However this essence is complete just as it is.

Stories of a ‘return’ are just ‘stories’ since this ‘you’, this bias that needs to return is nothing other than the bias of an erroneous belief.

Knowing IS!

This light of knowing, which is your own light, shines into the darkest recesses of the mind and frees it.

Seeing - Knowing Are Spontaneously Happening!

Follow what I am saying and see if it rings true. See if it rings true in this immediacy, in this actuality of present evidence. You may have read similar things or you may have heard the essence of it before. Yet, if you follow it with some close attention, something most likely will reveal itself.

First off, you may acknowledge that there is ‘knowing’ happening spontaneously. It is not a question of directing the attention or of any ‘doing’ to make this ‘knowing’ happen.

It is!

It is not a matter of ‘what’ is known either because everything that is ‘known’ is spontaneously replaced in the never-ending display of appearances in mind. Try to hang onto a thought and see how long it stays.

‘What is known’ in the realm of words and images is simply objectification.

At the base or source of all this (of anything), there is a ‘simplicity of knowing’ and this is happening quite spontaneously. This does not rely on you ‘doing’ anything at all. So, whether you consider that you are aware, or not aware of THIS — it IS already so in its fullness as this immediate actuality. There is ‘knowing’ and this is prior to any expression or belief of ‘not knowing’ without exception. One could say that it is timelessly present.

Actually this knowing cannot be stopped. IT IS. Timelessly expansive — Presence.

THIS can also be described as this Ever-Present Clarity in which everything appears.

Now, there has never been a ‘time’ when there has not been this knowing. It is a fundamental aspect of this immediate presence, this clarity, irrespective of whatever appears in the mind. It is not ‘personal’. It is also the very nature of existence and non-existence. It is the spontaneous and timeless nature of your own essential being-ness.

“Well, how does he know this?” may arise as a response to all this.

If you knew me ‘personally’, so to speak, you may look at ‘my life’ and say that I do not live according to my ‘beliefs’. You may find many ‘personal objections’ about this.

Well, I can say this: Firstly, in my case, there has been a definite investigation of this consciousness, which is commonly attributed to ‘an individual’ and this so-called ‘subject’ which is commonly called ‘me’. A definite and thorough investigation reveals something quite different to the ordinary view.

This can be discovered quite effortlessly. With an un-contrived looking, it reveals itself so simply.

Secondly, what I am saying is not based on ‘belief’ at all — it is a direct and immediate knowing.

In this investigation (here), there is a view that clearly shows that there is no ‘me’ or ‘entity’ (in any shape or form) ‘here’ that ‘knows’ or ‘does’ anything.

Since it does not exist, or since it is only an appearance, it cannot ‘see’ or ‘know’ anything either.

Seeing is spontaneously happening (with you) prior to any pattern that may appear in the mind. Patterns are seen yet they do not compound into anything substantial.

So, through this investigation, this naked knowing is freed from the superimposed concept of an individual that is commonly called a ‘person’. Yet this freedom of ‘seeing – knowing’ has never actually been obscured. It only appears to be so, to a belief pattern called ‘me’ — a reference point!

There actually is no one to agree or disagree with this.

And make no mistake about it, this ‘me’ is simply ‘mind content’.

Can a ‘thought’ see? No, of course not. The so-called ‘me’ is apparently a long standing habitual pattern in body and mind.

Beyond this pattern the open clarity of vision is revealed to be this immediate, timeless actuality, in which there can no longer be sustained an independent fixation or belief in being an ‘entity’.

As ‘Sailor’ Bob Adamson says, “It can’t stand on its own”.

The behavior and speech, which is commonly attributed to an ‘entity’, will continue to appear and disappear. These appearances spontaneously appear in just the same way as all appearances appear. They appear and disappear in this timeless clarity that I AM. (That you are).

For those that sense a taste of freedom in this, with further exploration, it opens out and all that is false is spontaneously revealed.

It can’t remain as the habitual troublesome ‘bondage of self’.

Freedom is fully sensed as a vastness, an expansion wherein the whole fabrication of this hypnotic ‘belief system’ falls apart with no effort being made by anyone. Natural freedom dispels the erroneous bondage — as light dispels darkness.

For some it may transpire that at some point the mind kicks back in with concepts about a practice for ‘waking up’. Let it be seen for what it is.

Like a creature venturing out of a hole, there may arise a panic, a running back for cover. Freedom is scary for the bonded conceptual belief system. But as the ‘venturing out’ of habitual patterns expands, then the taste of real freedom spontaneously responds (in a manner of speaking).

The naked brilliance of ‘what is’ fills the being-ness and the limited views from ‘a hole in the ground’ drop away. A sense of relief may arise.

Self-shining awareness reveals everything for what it is.

The apparent mirage of a constricted realm of erroneous beliefs is exposed by this un-contrived simplicity. This is the true nature of mind — clear and empty.

Let us call this ‘non-conceptual seeing-knowing’.

When have you ever, truly, been anything with any lasting qualities ‘other’ than THIS?

Now, for some readers, you may notice how the mind attempts to divide what has been said into its usual dualistic realms. The habitual fixations of being someone who ‘wants’ to hang onto ‘something’.

The bottom line is: All there is, is direct cognition.

Once this is seen clearly, the apparent power in the ‘stories’ of separation is over.

The power that they appeared to have had for so long is over.

The roots of self-deception, like weeds, are ripped from their source of energy.

Belief dissolves.

Let it!

Quote from “Sailor” Bob Adamson:

“Subject-object thinking seems to cover the natural state (awareness). But without awareness, thinking could not take place. Because thinking appears in awareness (like a cloud appears in the sky), realize that thinking in essence is awareness. Understanding this, thinking cannot obscure awareness”.

There Is Knowing - of THIS! No Question!

The essential message of the Vedas is that ‘Ishwara’, the pure intelligence, the vital life force, is the un-manifest inner most ‘I’ called Antaratman, which is in all sentient beings. Its nature is pure consciousness — awareness.

It is the singular essence, the singular livingness of all beings.

It is not separated into ‘parts’ at all. It is the living spirit or life force, which pervades the entirety of all there IS.

Without this vital livingness, the body is a dead thing. It cannot see or know anything without this livingness, this intelligence.

All the senses of the body and mind close down when this vital link is broken.

This singular Source animates all living creatures without ever entering into any realm of ‘time’ other than this moment.

The experience-er is a ‘time bound’ fictitious ‘entity’ and is simply a reflection from various objectified ‘reference points’ in a dualistic mind (divided mind).

The multiplication of this Singular Essence is what we call creation.

The manifest arises from the un-manifest.

Shiva — Potency — The Un-manifest — static aspect of awareness.

Intelligence — Direct cognition — Symbolized by Shiva having one eye open as he sleeps.

Shakti — The Manifest — The Active aspect of awareness — Energy.

Together they are Intelligence-Energy.

ONE - not two!

Pure Advaita.

Pure experience-ing is this immediate intelligence of livingness, it is this immediate experience-ing which has no reference points at all.

It needs none and has no ‘place’ to ‘store’ any, since this pure functioning is ceaselessly activated as this directness of being.

All entities are seemingly created in ‘time’ and processes of mind. The whole manifestation is constantly resolving itself as this dynamic display of the elements and this is what we call ‘the world’.

Nothing at all, in this mind realm of ‘time’, actually has any substantiality whatsoever apart from being an elongated belief system of concepts and ideas.

These are accompanied by subsequent states, which appear to span or spread out into a time realm, which appears to support the belief system.

Here is the crux of it all:

It is all nothing but experience-ing. Self-evident in direct cognition — which is timelessly present.

This fact when seen clearly is a cutting through of the belief system of a ‘person’. The ‘personal’ disappears in pure knowing.

So it is, that in these appearances of changing circumstances, only certain ‘seekers’ are attracted to

this directness. The directness itself resonates through them, dissolving them as it draws the attention to that which IS. And this is its wholeness.

In other words, that which ‘is not’, the false, is revealed and the bondage of self falls away like a discarded appendage.

Quote from “Sailor” Bob Adamson:

“Emptiness, suffused with intelligence (knowing), can be a useful pointer or description, but remember — the description can never be the described. It is a valuable pointer only if in looking or seeing there is a recognising of the actuality of this natural emptiness.

Every thing comes from, appears in, and returns to this natural emptiness. The coming and going of things is transience, but the cognising emptiness, being empty, does not come and go. Being empty, it is of itself no thing. It can never be filled or emptied of things, for things appearing in emptiness have no independent nature of themselves, and so in reality things are the same emptiness — appearing as other. Every thing perceived is emptiness.

There can only be a problem if things — including the so-called ‘seer’ — are believed to be other than this natural emptiness”.

See - Know - Be

SEE— what is real - in your life.

KNOW— what is real - in your life.

BE— what is real - in THIS immediate LIFE.

Then all these troublesome mind games will leave as if by their own volition.

THIS IS IT.

Use this natural power of discrimination. See the true and see the false and KNOW the difference.

Don't waste time with paraphernalia or the problems of others.

What you need is not on some ‘shelf’ somewhere or in some book. Nor is it in a teacher or guru.

What you are is all that you need.

Just pay attention. That is all.

The rest takes care of itself.

Quote from Sri Nisargadatta Maharaj:

“It is the very nature of illusion to dissolve on investigation.

Investigate — that is all”.

‘The Bell Tolls for Thee’ - A Wake Up Call

You imagine wonderful things and a future time when everything will be perfect.

You imagine terrifying things and you try to hide from these imaginary things, which you have entertained in your own mind.

You may feed the world with your own insecurities and wonder why you feel alone.

You may torment yourself with a distorted self-judgment and you may attempt to boost your self-esteem with all manner of artificial props.

Your imaginary world may be crushed at any moment by a wake up call from the natural forces of nature.

Does this ring a bell?

Instead of recognizing its clear and profound message, you indulge in further emotional realms of guilt and self-torture.

Wake up! Pay attention!

There is no other life or time in which you will perfect yourself or the world.

THIS IS IT.

The past is dead and gone. Even a moment ago has joined the dead past.

Stay with this living-ness. Pay attention.

This immediate life is the only life there IS.

Stay in this present timeless now. You can't leave anyway.

See the false and know the true.

Be the knowing of this present moment in its fullness.

Be — just Be — this is wakefulness.

Quote from Annette Nibley:

“So this is what we see when we turn and look to where the ‘I’ is pointing. We stop looking at objects and finally look to see the bright, aware space within which the objects appear. And then it is known that this is who we really are. This space — not the objects, nor the noticer of the objects, nor even the noticer of the bright spaciousness. We aren’t the noticer of anything. We are THAT.”

Authentic Being

Our singular identity is authentic being.

It is Self-shining presence.

It is complete and untouched by delusion.

It is ever present as this first instant of knowing.

The pure and direct functioning of all your senses are not removed from this authentic being in any way.

Everything registers in direct cognition just as it is.

The in-authentic being is '*thought based*' only and is merely identification, a fixation with thoughts and images. They have no substantial being whatsoever.

This in-authentic being is *an appearance*, a reflection. It is like a reflection of the moon in the still waters of a lake.

There is no independence in it at all. It is *an image* only.

If the Sun (authentic being) was not in the sky, then the moon would not shine and it could not appear as a reflection in the lake at all.

Amidst all the activities of the endless and changeful nature of life, this motionless authentic being remains pure and untouched.

It is self-knowing awareness. It is not attainable, simply because it already IS.

Due to belief in mere reflections and shadows the mind raises doubts about itself. By not giving them any weight they resolve themselves quite naturally.

Can the Oneness of things be divided without a thought? Thought actually divides nothing at all, except itself.

Oneness is clear and obvious and it can never be divided except as a conceptual division in mind. Your authenticity is in your own natural completeness, just as you are.

Stay with the warmth of the resonance of authenticity in yourself.

Watch what happens. Do not go with any assignment of your true identity onto anything 'outside' of this authentic resonance.

In the warmth of this presence, a doubt is like a cool and pale shadow.

In simply paying attention, let your own light of '*seeing and knowing*' spontaneously cut through the façade of all erroneous beliefs.

It is not a 'doing' and cannot be contrived.

It is not by any habitual, spiritual 'effort maker' based on *past merits*. Such things are merely more obstacles. No one can be told 'how'.

It is an aspect of a pure resonance in authentic presence which brings it to the fore.

It is simply SEEING - KNOWING in this immediacy.

That is all.

The First Instant of Being is Knowing

In the first instant of the pure functioning there is ‘seeing- knowing’ — it is with you and with every single sentient being on this ball of consciousness, which we call Earth.

It appears as many, however it never divides in its immediate wholeness or in its pure functioning at all.

It is the eternal nature of ‘One without a second’.

Those who imagine that they need to refine this immediate knowing are misguided.

It is pure knowing in its immediate pure functioning. The personal aspect of this is only a delineation of this wholeness — this impersonal, unlimited awareness.

It does not require any refining at all and so all methods and practices are unnecessary.

This is the bare bones of it all. This is not generally acceptable. Why?

Because the desire to know what is true and the desire to attain it as an object of attainment is mixed with the ‘identity’ of the one that looks for this so-called absolute truth.

The absolute, by its very definition is ever present, here and now.

The Absolute is Self-Knowing Awareness.

Until the nature of this ‘identity’ is exposed within ‘your’ view, then the obscuration of directness remains — but only for the ‘self-centered activity’ — in a mind that believes in its false separation from the whole. And so it suffers in isolation — at least it *appears* to.

The bare fact is that, in essence, you are ‘pure knowing’ which is ever instant and ever present. You are not the content of mind — which appears to grasp at some knowledge for its own survival. Be that as it may, it never was and never can be anything but a mirage.

You are this light of knowing and nothing but THIS.

Seeing - Knowing - Being.

Investigate

Investigate — that is all that is necessary.

How many times need you be told?

Investigate in the immediate space of knowing. From this space of immediate knowing, all is just appearing and disappearing. And what's more nothing can touch you, because you are this immediate, clear and empty timeless space of knowing.

I am not spouting some elaborate learned and stored knowledge here. There is actually no one here that knows anything. It is ALL immediate knowing. Yet the message will only resonate with some, relative to the quality of the mind's condition in this moment and '*appearance*'.

This immediacy of knowing is simply the natural openness of presence awareness.

From this direct experiencing here, the appropriate words appear in an expression of or about that direct experiencing.

I am not the fixating consciousness. I am the formless space of knowing.

All grasping consciousness and afflictive emotions are in time and 'time' is Mind.

When you return the mind to its true nature, which is clear emptiness, all these elongated time bound 'things' vanish. There is nothing for them to attach to. No entity there.

There is no 'time' for them to exist IN. This fact really puts the nose out of joint for the intellectuals since they cannot go there without letting go of their fixations.

Shining Through the Mind

Natural Wakefulness — Awakened Mind.

The skeptical nature of the intellect is a bit of a hurdle for many. So many appear to be entrenched in habitual views. Even with a strong interest in this subject, they continually miss the clarity and significance of direct seeing prior to the intellectual processes.

This message is an introduction via many subtle and simple pointers to our natural stateless state of wakefulness.

The text draws the attention back to a space of direct knowing.

This direct knowing is yours. It cuts through all dogma and belief systems.

What is, is Present Evidence.

This natural wakefulness is fully present in everyone — irrespective of all beliefs and inadvertence. Awareness is what you are. You cannot increase or diminish it in any way.

Awareness IS — all there is.

Doubts about this arise from a dualistic mind set — such doubts do not change the ever-present FACT of wakefulness itself.

The doubt appears in mind and registers in pure awareness — wakefulness — otherwise you would not know of it at all.

This wakefulness can appear to be more or less present to the identified consciousness.

However this ‘mind processing’ is not actually seeing or knowing anything. It is a process of recognizing — from ‘past’ images and impressions.

By contemplating the many points raised the mind may ‘return’ to its natural open clarity.

One must gently navigate through the erroneous beliefs and realize the ineffable qualities of awareness.

The habitual and dull pain of a false separation from wholeness and a long-standing belief system inhibits a clear view.

This clouded view can be cleared away.

Love of being — is the bridge, which spans this erroneous separation.

We can simply open to the warmth of our own being and stay quietly attentive.

With a simple open view you may very well see clearly that you have never been bound and that this innate freedom is yours.

You may also realize that this has always been the case.

Few believe in such a possibility. It is not about belief!

It is a ‘direct knowing’ of the fact.

The fact of BEING.

‘Being’ is present tense, it is always Now!

What is it that is shining through the mind?

Awareness shines through the mind and illuminates all therein, without exception.

The Invisibility of Oneself

This concept or phrase when contemplated leads our attention directly into the open realm of immediate awareness. Immediate knowing, without a cumbersome identification with some solid identity or solid entity. The Buddha said “I am formless”. Awareness is invisible. It is naked. Unclothed and unencumbered by any ‘thing’ at all. Consciousness is invisible.

Energy is also invisible like the wind. We see objects which could be said to be traces of these energy paths. ‘Time’ most certainly ceases to be a measurable ‘thing’ for anyone in this realm of invisibility. The naked formless presence of awareness is directly ascertained via the fact that you are present and aware — no matter what conditions you may appear to be ‘in’. You are present and aware. It is a bare fact. See that this is naked awareness. It is a naked and invisible quality of pure awareness.

The body appears in this naked awareness. Awareness is not limited by the body. So-called personal awareness arises, without any real boundaries of separation, from universal awareness. The sensations of the body appear in awareness. There is awareness of them all. The attention is usually not expanded to include them all in a conscious or detailed way due to its occupation with other matters. These sensations are also naked and invisible.

The sensation of weight in the body fluctuates considerably as a perception due to the floating nature of attention. One could suggest that the attention appears as a focused movement about the interior of the body and beyond. This atmosphere of the body is a subtle realm. Presence awareness is weightless (light) in its nature. It is lighter than a feather. It has no weight at all in fact. It is indeed invisible. It is an ethereal body of awareness with no boundary at all. The body appears in this awareness — this presence. The gross sensations appearing in the body are all suspended in an array of ever more subtle sensations. These all lead down to empty space which is pure awareness. Awareness is inclusive of all sensations and is ever prior to them all. This is exposed by the fact that you are aware of them. That which is appearing in awareness is nothing but awareness also.

‘People’ are only appearing to be conscious of the grossest sensations. One could venture to say that the masses are only interested in gross sensations. Anything newsworthy is always full of gross sensations which support the belief system of the common ‘man’. These feed the concept of the so-called individual with sensations of being a ‘someone’ that is solid and real in a world that equals this belief. Is it true? You tell me.

Let’s draw the attention back to the subtle realm of awareness. As one consciously ‘approaches’ the ever increasingly subtle realm, the invisibility of oneself increases in direct proportion as the gross aspects are transcended in perception. The gross ‘personal’ psychology disappears and is replaced by ever-expansive presence awareness. This all inclusive, discerning presence leaves behind the common world-view as it approaches the universal aspect of unbound awareness. Ownership is long gone.

This direct ‘path’ is ever present. The Absolute stability of the universal Being is ‘One Sensation’. Few believe in such a possibility. It is not about belief. It is direct knowing. Subtle knowing — being. All is in conscious sensation. Sensation is ALL. The message is always present for those that hear it. We all share in this presence awareness. It is the naked love of being. It is unconditioned and invisible. The invisibility of oneself.

Epilogue: No Seeker Can Get Here

The search for truth in oneself is unnecessary! — Useless!!

It is the mindset of ‘looking’ which takes the mind on a never ending ‘journey’ to nowhere.

The authentic being is not removed from the pure function of the senses.

The senses do not ‘lie’ in the immediacy of their touch.

What the mind translates from them may well be a gross distortion.

The seeker is apparently caught in a realm of these mind translations and projections.

‘It’ thinks that it is seeing. — It is not seeing at all. — One could say that it is ‘looking’ but it isn’t even doing that.

The seeker is nothing more than a reflection, an apparition which ‘feeds’ off the livingness.

You do not need to search for your own authenticity.

Such seeking is just more reflections and delusion.

How many ‘steps’ do you need to take to arrive at your authenticity?

How many miracle courses?

— Surely None!

Drop those habitual seeker mind postures, those grasping notions, and let the mind rest from its incessant ‘reactive’ conceptualizing.

There is nothing to be afraid of in your true nature. (It is what you are not that is so imaginary, fearsome AND fearful in its dualistic realm of mind stuff)

Let the mind rest on nothing. — Let it be spacious. — A living openness.

Watch — see. — Natural seeing is spontaneously here.

A series of re-actions may come up with an unease of feeling in the chest.

Let it be just as it is. — Reaction attracts reaction — and ‘before you know it’, there is a ‘community’ of angels and devils fighting for centre stage (in the psyche).

Rest in the empty space of direct cognition, in which all and everything is appearing.

Be nothing at all.

Know immediately that the pure function of seeing is free of what is seen.

— It is not above or below it. In a certain way, it is beyond it all.

— The authentic pure knowing is the only access to pure seeing.

— No seeker can go there. — Why?

— Because the seeker is just composed of thoughts and thoughts can’t SEE.

— There is no ‘not seeing’, so see or recognize that this seeing is already happening.

Totally pure and direct. — It is what you ARE. — You are nothing else!

In this seeing, there is direct information — ‘intelligence’ which is potently informative. By resting in this manner, the grasping, identified habitual consciousness is starved of its habitual ‘feed’.

— Like a cut vine, it will shrivel up and drop away.

This ‘direction’ given here is far more valuable than a hundred years of meditation or laborious practices.

The problem appears to be that it is all far too simple and far too effective.

— There is no ‘value’ in it for the egoistic seeker.

It is far too effective in removing the grounds of erroneous belief.

That is why this so-called teaching of Non Duality will never be popular.

It appears that so very few really wish to wake.

— A life time of investment in the ego is just too much to give up, even for absolute freedom.

It is really not an issue, except for an elusive self-image called ‘me’.

— How can a mirage have an issue?

— Enough is enough.

Quotes from Sri Nisargadatta Maharaj:

*"When you are stabilized in your own Self, then there is no otherness, you are everything.
If you abide in your Self, you are like space and there is no duality left.
You are as expansive and as subtle as space, and that is liberation.
You are not conditioned by name and form.
If you are like space, what is the point of going elsewhere?
The space, which is here, is also everywhere else."*

"The most difficult are the intellectuals."

With Gratitude

Thanks to Burt for his valued input.

Thanks to everyone. Every ONE.

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Bob's new book "One Essence (expressing and) Appearing as Everything" is a remarkably compact book. See his website for details on how to order it.

Take a look at my video song Willy Richardson sings "What's wrong with right now? If you don't think about it somehow" The song is based on the first book I put together on Bob's teaching.

I chose the name of that book because of the potency of that question, which he put to those who came to his meetings.