

WAKE UP!

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INTRODUCTION

For those of you who are new around here, let me give you a brief overview of what I am talking about.

This world is a virtual reality and your body/mind is a virtual reality machine.

This world is an appearance in consciousness. Nothing here has substance, nothing here lasts. In a thousand years the building you are in now, will be dust. In a thousand years your life and all of your actions and dramas will leave no mark. Whatever meaning you attach to your thoughts, feeling and actions will be meaningless. The trick is to see that they are meaningless right now as well.

The mind is a tool designed to protect the body. The mind does this by learning to distinguish what is safe and what is dangerous. The mind and your perceptions are all attuned to distinguishing differences in this world. In this way the body/mind are not designed to know the oneness that is everything and everywhere.

In truth everything is one, we are all one. Oneness is all there is. We all came from the same place and we are all going to the same place, what makes my heart beat, is what makes your heart beat. What makes your heart beat? Where did you come from? These are the questions to ponder.

The problem with seeking to know the truth is that the one who seeks the truth is not designed to know the truth. Only when the mind is diminished can the truth be know.

In these writings there are many concepts and images which can diminish the mind and release the grip the mind and this world of appearances has on you.

The essence of everything has always been within you. The dreamer wants to attain that essence. It wants to possess it and enjoy the peace that resides there. But, dreamers cannot escape from their dream, everything a dreamer does is a part of the dream, a part of the virtual reality.

This oneness I am speaking of, is not a personal. Everything personal is bound in limitation, that which is everything has no boundaries - it is within and beyond time and space. Oneness, consciousness, or God are universal, not personal. So, your attempts to know this personally cannot succeed.

But take heart, the LOVE and peace that you yearn for, is not far away. In fact, it could not be closer. If you take a moment to be still you will hear it calling to you, beaconing you home. Take a deep breath and abandon your fear. Leave your life of struggle behind and bask in the peace that pervades everything.

The following writings are designed to to remind you of what you have always known. Now is the time to remember. With grace these words can wake you up from your dream.

What follows are small bites of truth. Be sure to savor each bite before moving to the next, so it can be properly digested.



All of your problems are because of the body/mind. When you realize that you are not the body/mind, your problems will loose their grip on you. Your struggles in this world have their roots in the

personal identification you have adopted. You are so much more than you pretend to be. Abandon your addiction to pettiness. Remember the greatness that is your true home. This world is not your true home, this is only a temporary pretend home. You are dreaming your life here.



We think of ourselves as individuals, as separate entities. You are you and I am me, this one is a girl and that one is a boy, this one is nice and the other, not so much. Although, we have many different characteristics, we all came from the same place and we are going to the same place. What makes my heart beat is what makes your heart beat. In essence, in the thing that really matters there is no individuality. Separateness is nothing more than an appearance. Appearances are constantly changing and none of them have a very long shelf life. Your shelf life is a lifetime, which seems like a long time when you are in that lifetime. But in fact, a lifetime is a very short period of time. After the lifetime is over there is eternity - which is a very long time. In fact, eternity exists beyond time.

All of this world comes and goes. The dramas, the joys. The thoughts and feelings. People take their thoughts and feelings seriously. They think that what they think and what they feel is important. But thoughts and feelings are just passing things. This world is like the view through a kaleidoscope. When the eye focuses all of its vision through a small hole it sees a fantastic world which appears to dramatically change with the slightest movement. This world appears to be something substantial, but it is nothing more than light, colors, movement and mirrors. Together they put on a show which enchants the eye and captivates your attention. For a moment what you see inside the kaleidoscope appears to have substance. But when your attention is drawn elsewhere it loses its grip on you.

In the same way, if your attention is drawn to the essence of all things (God), the seductive power of this world will loosen its grip on you. No longer will you live subject to the whims of your thoughts, feelings and the apparent movements around you.

The way back to essence (God) is simple. It is as simple as being in this very moment. This moment (now) is always present. Your personal awareness of it comes and goes. But regardless of your personal awareness, the sense of being or presence is a constant. When your attention is fixated upon that, the seduction of this kaleidoscope world fades.

When you become established in the moment, you will know peace, because your attention will not become fully absorbed by transitory things.



People mistake comfort for peace. Comfort comes and goes. Comfort has an opposite - discomfort. True peace is a constant, it is fully present at all times. In this way, comfort and discomfort are experienced as the same. True peace is the great equalizer.

God deals out pleasure and pain like a deck of cards in a poker game. You get some happiness, then you get some sadness. And you go after one and try to keep the other away. Sometimes your efforts succeed and other times they fail. You think of yourself as the doer in all of this, forgetting that it is God who holds all of the cards.

To find true peace you will have to move beyond the apparent distinctions between comfort and discomfort, and surrender your illusion of control when acting out of personal preferences.

Simply remember who is in charge and your path will be easy, forget and it will be difficult.



WITNESSING

Witnessing is not a state of mind. Witnessing happens all of the time, regardless of personal awareness. Everything is being watched, but there is no one watching.

When you boil down reality, everything just is. Witnessing is that place of *isness*. It is difficult to accurately describe the impersonal realm in words. Words are designed to describe the personal experience. The personal is an expression of separation from God. Unification with God is purely impersonal. But it is not as cut and dried as these words make it sound. Both personal and impersonal live in the world of duality. Witnessing is neither personal nor impersonal and yet it is both.

They say that at the moment of death your entire life flashes before you. Imagine that review flashing before your eyes. Imagine that the entirety of your life, everything you thought, felt and did was seen - without judgment. Just simply seen. This is witnessing, and it is happening all of the time.

Witnessing exists beyond thought. By nature, witnessing is intensely peaceful. You as an individual cannot go there, but the who that you truly are lives there. Witnessing is an expression of unicity.



Q: Sometimes I get caught in a web of thoughts and I don't know how to get out of it.

A: Instead of looking for a way out, look at what it is like to be caught in that web of thoughts. The problem is that you don't like being caught in the web of your thoughts. You are trying to move toward a more spiritual way of being through resistance to what is. Why not learn to accept the mind's state? Witness what it is to be trapped in a web of thoughts, see the entire situation without judgement. Find compassion for yourself, individual identification is not an easy life.

When you are able to cleanly witness your situation, you will see that it is the mind which has entangled itself and it is the mind that wants to get out of it. Who is caught in a web of thoughts? Who wants to get out of it? Who cares about this? The mind has created a problem for which it struggles to break free. This is all personal involvement. The problem and its solution are based in the belief of yourself as separate from God. This is a classic case of struggle and suffering.

All problems are based in non-acceptance. Acceptance is the key to true problem solving. Learn to accept being caught in a web of thoughts and your problem will be solved. Anything fully accepted is problem free.



How is it that you have become so self-absorbed? When the entire universe is contained within you, how is it that your thoughts have captured the bulk of your attention?

It's as if God hypnotized you into pretending to be something very small. He used the power of thought to seduce you into believing that you are nothing more than a well-designed cartoon character.

We might enjoy the antics of a cartoon character, but no matter how well drawn, we would not think that it was real. But, when it comes to the cartoon character you see in your mirror it is a different story.

This is only because you have taken your life personally. You have identified yourself with this body/mind and its life. Your attention has been swallowed up in thoughts and feelings. You ride the moments of your life as if they were the best movie ever!

It looks very much like you have been scammed! You have substituted your true nature with a cartoon like character. Talk about bad choices! Look at your day to day life of personal identification clearly. Has it served you well? Is this the kind of life you want to live? It may be time for you to consider a divorce. In other words, begin to disassociate yourself from this dream character and its imaginary life.



This life is short, no matter how long you live. The length of time there was before you were born and the length of time there will be after you die is infinite. In this light, you can see just how short and insignificant your lifetime is.

If you held a wider perspective, if you could see the before, during and after, perhaps you would carry that eternal sense of being into your daily life. The thing about the eternal aspect of Self is that it is steady and unchanging - forever peaceful. In this way, it is beyond this world and your daily experience of life. It is beyond it and a part of it as well.

You have made your life as an individual everything, but in fact your personal life is so small it would more accurately be described as nothing. Yet in the ego you have found your true religion. This is what you worship, what you listen to, what you follow and where you offer your full measure of devotion. Your life with all of its thoughts, feelings and movements does not deserve the devotion you give it. Devote yourself to God instead of the ego and you shall know peace.



Spiritual seeking is a joke. Imagine if Bugs Bunny decided he was going to find out who he is. That would be a funny episode: “What do you mean, I’m just a cartoon?” And then we get this smart-ass idea to find out who we are! Same thing really - just a 3D cartoon joke.

What you have here is an illusion seeking the truth. Now how is this going to work? Can something that isn’t real, know what is? Bugs Bunny’s actions are set in film and stored on a reel which is being revealed frame by frame. I suspect Bugs is not going to take this very well. But this is what we have here. All of your actions are already set. God has given you some situations and your responses are a result of various traits and conditioning which are already set in place.

Best you can do is sit back and enjoy the show. None of it is in your hands. Not the spiritual seeking, your actions, or their results.



A DUST SPECK’S LIFE

If you were to go to outer space, you wouldn't have to travel very far to see that this planet earth, is nothing more than a dust speck. If you only went to Mars you might be able to see this planet in the night's sky. Beyond this solar system the earth would be too small to be seen without special equipment.

You are living upon a tiny blue dot. And compared to the earth your body is nothing more than a dust speck. So, we have a dust speck living on a dust speck. Just how important do you think you might be?

All of your values, judgements and beliefs exist in the tiniest realm of reality. They have no application beyond the little dust speck world of your existence. How seriously can you take any of this? And when you do take it seriously, how funny is that?

Everything in this world is nothing, purporting to be something. Your entire existence is make believe. Even with your tiny little mind you should be able to see that nothing here means anything.

The ego may feel sad about this. But, if seen clearly a great burden is lifted. A dust speck's life of pretending to be something, is a lot of work. Maybe you could give this up.



Everything is in the past. When you look up at the stars, most of the specks of light you see, took millions of years to reach your eye. You are actually seeing ancient history. In the same way, everything that happens, occurs before you perceive it.

There is this concept of the Akashic records which is a collection of all thought, feeling and actions of every life: past, present and future.

If such a thing exists, it would prove that everything has already happened.

Your true nature is not confined to the limits of time, this is why I describe it as eternal. If anything can exist beyond the confines of sequential time, it proves that everything that appears to have happened has already happened. The notion that events have a past, present and future is only for the benefit of this illusion. But, just like in the movie, all of the action is already in the reel. The reel of your life - beginning, present, and end are stored somewhere in a human life archive. There are gifted astrologers and psychics who are able to read some of these archives. And many people get such readings hoping for clarity about their lives.

You are so much more than this human life. I remember someone coming to Ramesh asking about the death of his Guru - Maharaj (Nisargadatta). Ramesh said: "My Guru was never born, how could he die?" The same is true for everyone. We are all eternal, beyond birth and death: beyond time.



The ego is not into being demoted. The sincere spiritual path is a raw deal for the ego. You have put so much energy into making your life real and now you want to throw that all away? And let God take over? Really? The ego has some serious concerns about your spiritual path. It will go along with it as long as it can remain in charge. A spiritual ego will make sure that things do not change too much. If you want to know who you are, you will have to move beyond the one who wants to know.



I used to deal in turn of the century periodicals, one day I ran across a book from the 1890's written by the then US Secretary of the Treasury. There was a portrait of the author on the front page and you could see the pride on that man's face. I said to a friend: "Here is a man who thought he was very important, in his time he was famous. But a hundred years later, nobody even knows his name".

You are living with a deluded sense of self-importance. You think that your beliefs and actions mean something. Somewhere in India, there is a dirt farmer who believes he is important too. We all know he isn't. And he is just as sure that you aren't important either.

You go through life with a sense of self-importance, but you are not important to the people in China and there are a billion of them. They don't care about you, and you don't care about them either.

Such is the way of the ego. It pretends to be something, when it is nothing. For a brief period of time the ego pretends to be you. And you pretend to believe that is true. You are being played for a sucker!

You are a spiritual seeker progressing on your path: This is also part of your pretend life. There is no progressing. You already are who you are. You are pretending to be who you're not. As soon as that pretending drops off, what's left, is who you are.

The who that you are is the same as the who that I am. It is the same as the who that the dirt farmer in India is. The who that we are is universal and without boundaries. In this way, the personal is diminished and there is a primary sense of eternal permanence and oneness.



God is everything, even the ego! God is the eternal presence as well as the transitory illusion. God is everything you can imagine and more. The good, the bad, the ugly - it's all God. The eternal presence of everything also contains that which is very limited and small - that's where you come in.

The essence of everything is not something to be understood. It can be known, but no thought can touch it. If you want to understand why God does what it does, you can make up any story you like. Nothing you believe is true, so it doesn't really matter what you ascribe to God. Just pick a story you are comfortable with. Religions have been doing this for thousands of years.



When things are going well, personal involvement with thoughts and feelings works for you. But when you are lost in dark thoughts and uncomfortable feelings you want to break free from your personal involvement. Personal involvement is like sugar or salt - it enhances the flavor of whatever you are experiencing. It turns a black and white experience into Technicolor! Personal involvement seduces you into believing that all of this is real.

Be it pleasant or unpleasant personal involvement with the minds' thoughts and feelings pulls your attention away from source and causes amnesia. Personal involvement is part of the mechanics of this virtual reality. This virtual reality need only be good enough to fool the mind. And minds are easily fooled. If you are personally involved with your thoughts - it is you who is fooled.

Involvement is insidious, because wanting to break free from it is also a part of the involvement. Notice that when things are going well, you are not so motivated to break free from involvement with the ego. Your motivation is driven by the discomfort that can come

from involvement. So, even the spiritual path is driven by personal motivations.

The solution is simple. Accept what is, without trying to change anything. Everything is fine really. Even your suffering is fine. The only question to ask is: "Who cares?" Suffering is nonexistent when there is no one involved with it - When no one cares.



You allow yourself to believe that all of this is real. You have surrendered to the ego and allowed it to be your master. You know better than this. You know who you are, but you pretend not too. Why do you let yourself get away with this?

Many of you have been on the spiritual path for a very long time. When will you take what you already know and apply it to your daily? It's time, do it now.



Every life has difficulties, some more than others. If you could make friends with your pain, if you could love your pain in the same way that you love your joy, then you would no longer have a problem with life's difficulties.

The problem is that you resist your pain and this feeds your pain and gives it power. You cannot resist something that is not there. Your resistance forces the pain to stay with you. This is why you find yourself lost in negative thoughts. If you want negative thoughts to leave you alone - don't feed them.



When thoughts and feelings are personalized they take on a different flavor. Personalization distances oneself from God. It creates a sense of separation that cloaks the essence of your true Self. Personalization concentrates your vision on the me. The who that you are, is everywhere and in all things, it is eternal and infinite. Personalization focuses your attention upon that which is limited and finite. The concentration of attention upon yourself (the me) causes you to lose your perspective.

Although you claim to be on a spiritual path, your true religion is the me. This is where the bulk of your attention and devotion is. You think about yourself all of the time, God only occasionally. Even in those moments when you think about God, it is *you* who is doing it. You will need to give up personalizing your experiences to know the eternal presence of God.

For the moment, simply notice that the personalization is happening. Watch how it works, see how it absorbs and directs your attention. Deep inside, you know this sense of oneness which embraces everything. Most of you have had this experience at some time in your life. Your habit of personalization, is what blocks your awareness of the constant flow of oneness which embraces you at every moment.



There is only one thing to be done. Do your best to remember who you are. Make a solemn commitment to remember. Do not allow yourself to fall into forgetfulness. And when you do, remember again. Feel the presence of God in every breath. When God's presence is fully established, it will be God that does any doing that needs to be done. At this point, the ego can finally go into retirement. Relief!



I am often asked about the purpose and meaning of life. These questions and their answers are fully established in the notion of separation. Only one identified with themselves as an individual would ponder these things. Concepts and beliefs are tools of the mind. They add in the mind's ability to understand this world of apparent duality.

God is everything and as such concepts and beliefs do not arise. God does not operate from a place of understanding. It would be more accurate to say that God's place is one of knowing. But, in fact God's place is beyond words. God dwells in a place beyond everything you can know and it is within everything you know. It is a presence that is always with you, regardless of what you think you know.

I understand that knowing a meaning and purpose to life might give you some comfort. Go ahead and make up any story that eases your mind. Nothing you believe is true, so it doesn't really matter what you believe. In this way, all of your beliefs are correct, even the ones that are incorrect. Just be flexible with your beliefs, so you can adjust them if needed in the future.



You are living an imaginary life. You are pretending to be a body and imagining that the body's lifetime is yours. You have become so engrossed with your pretending that you have forgotten that you are pretending. The truth is: Your life in this body is only make believe. Somebody should nominate you for an Oscar!



Do not get involved with thoughts. Let them come and go without indulging or trying to get rid of them. Loose your interest in thoughts. Is what you think really that fascinating? Are your thoughts worthy of the attention you give them?

Your attention feeds your thoughts. A well fed thought, becomes big and strong. So strong that it masters your attention. This is how the illusion takes hold of you: It draws your attention and then monopolizes it - hypnotizing you into believing that this world is real. Do not allow yourself to be ruled by the mind. Instead, learn to master the mind.

When your attention is fixed on the Self above all else, your thoughts become thin and malnourished. Without your attention, the mind becomes much less of a nuisance. Your intense focus upon God is what puts everything right.

The illusion relies upon your belief in it for its sustenance. A dollar is just a piece of paper with no inherent value. But, because we all believe in the value of those dollars we can trade them for all kinds of things. This is how belief works. When you believe in your thoughts and feelings you are willing to give them everything. Even your sense of identity. You have given your mind way too much. Short of protecting the body, the mind has no inherent value, it is your belief in your thoughts and feelings that deceives you.

In summation, the illusion hooks you through drawing your attention and then mastering it. Your belief in the body/mind and this world, causes you to forget who you are, and fall into the dream of this life.

When you see this world for the illusion that it is, its value will be lost and its ability to draw your attention will be greatly diminished.

Give your attention to God and you will become disinterested in the mind's charade of pretending to be you.



You are in fact, the LOVE you are looking for. Everything that you see in your Guru is in your own heart. Seekers want to know God, and mistakenly look outward, but everything the seeker wants is already within. But, the seeker misses this because he/she wants to obtain it. But this LOVE cannot be owned by the seeker. It is the seeker that is owned by this LOVE.

Seeking is the process of trying to get something that you do not have. But the spiritual seeker is trying to get that which has him. All that is required is unconditional surrender to what is. Every drop of you is LOVE. You do not have to look for what is already everything. This entire manifestation is nothing but LOVE. The mind wants to pick everything apart. The mind sees this as this and that as that. The mind can only see the love that meets its criteria. But true LOVE has no boundaries and is not confined to any of the mind's criteria.

Put the mind aside for a moment and see that everything you can know and everything beyond your comprehension is nothing but LOVE. Expand your viewpoint, move beyond the mind's limitations and see that LOVE is the thread that holds the universe together.

You do not have to look far to find LOVE. But, you will have to give up trying to find it with your mind.



There is no future or past, there is only here and now. The past is a memory stored in the mind, the future is a construct projected by

the mind. Past and future are features of the illusion. Time is a part of the illusion. The here and now is ever present, it is timeless, it is eternal, it is real.

The present exists with or without your awareness of it. Put your mind aside and notice the all-pervasive presence of now. How is it that you do not see this in every moment?

You have the habit of seeing everything through the lens of the mind. When you look at life through the mind all you can see is the illusion. You will have to change the way you view the world, if you want to know what is real. This moment is not hard to find, if you stop trying to find it. It is always here and now. Just stop. Let the here and now wash over you. Can you feel it?



The dreamer wants to get out of the dream, but trying to get out of the dream is a part of the dream. The great escape is not an escape at all, just a change of venue. Avoid getting involved with the dream and simply see the dream as a dream. Notice how you are seduced by the dream. When things are pleasurable you are drawn to it and when it's uncomfortable you want to break free from it. This is how the dream sucks you in. Your desire for pleasure causes you to get involved with the dream as if it were real. You have been doing this for so long, it has become second nature to you. When you dream without remembering that you are dreaming, you go through life sleeping. When you remember that you are dreaming, you wake up. Remember.



Remind yourself that you are not this body/mind. There is a body/mind, there are thoughts and feelings, but they are not who you are.

The who that you are, is beyond thought, beyond understanding, beyond this world. The illusion tricks you into believing that it is real, but it is far from real and it has no substance when held up to scrutiny.

Apply scrutiny to the mind. Do not follow the mind's dictates blindly. The mind wants your attention - fine. Give it the level of attention that can pierce right through it. See the mind for what it is - the master of the illusion. When you allow the mind to be *your* master, you fall into the illusion and become lost in the dream of life.

You are not a part of this illusion, you are something much greater. Remember this. Always remember this. There is nothing in this world that has anything to do with you. It is only the mind that wishes you to believe otherwise. Why believe anything?



When I see you, I see me. I do not see separation, everything I see is through the lens of unicity. All of this is me and none of this is me at the same time. I do not identify with anything and I feel fully connected with everything. This sense of connectivity is not personal or impersonal. It just is. Everything just is.

When I lived in separation, I had many beliefs. But in oneness beliefs do not arise. "Everything just is", is not a belief - it is a fact. The real world is fact based, the dream world relies upon beliefs to give it the appearance of substance. When you dream at night, your mind puts aside conventional beliefs and expands them to include all kinds of things. So, while you are dreaming it seems perfectly acceptable that you can fly or be an entirely different person, etc. This is the magic of belief, it makes the dream seem true. But the dream is just a dream, you know this the moment you wake up in the morning.

Here is the thing. You are dreaming now. It doesn't matter how much you believe in this dream - it is still only a dream. Dreams are not real - they are false. Abandon beliefs and live in reality. Everything just is.



What we have here is a case of mistaken identity. God has imagined what it would be like to be very small. And here you are, pretending to be you. It is an attractive place to be in some respects. You have very specific features and qualities. You live in a world filled with movement and colors. You are able to sense things that make your experience appear special. But, none of this is anything. You are simply mesmerized by the movements around you. The mind is fascinated with it, and your attention is fully devoted to the mind.

There is a sense of time here which makes the appearance of movement possible. But, what is time? Your life and everything else in this world is dependent on time for its existence. Somehow everyone has bought into the belief that time is real, but is it? I want you to look at this carefully. What is the substance of time? Does time have any substance? Or is it just an impression stored in and perceived by the mind?

Time is the thread that hold this illusion together. The mind is a tool that interprets time so the body can navigate this illusion. Without the body/mind, is there time?

When you ask: "who am I?" do you find that you are bound in time, or are you eternal? Imagine that there is a place that is infinite. Does time play a part in such a place? Not likely. Let's move beyond the boundaries of time. Merge with that, which is without boundaries. Your devotion to time, keeps you married to this world

of illusion. Imagine that you are far less constricted than time would have you be. This should be easy to do, because it is true. Your true home is an infinite well of LOVE - Allow yourself to fall into it. Time is not relevant there.



By imagining yourself as separate, you have created an impression of distance from the unicity you are. The who you are, is connected with everything. There could never really be distance between you and That. This is a fact. Your imaginary life of separation isn't real. Stop giving credence to this dream life and the distance between who you think you are and who you really are, will disappear.

If you want to live in the real world, you will have to give up your habit of embracing lies. Remember that your life as an individual is only a dream. Dreams are without substance, they are short lived appearances in consciousness. Stop believing in dreams and reality will reveal itself.



In the beginning there was only oneness living in stillness and silence. Then out of this oneness arose the appearance of the many, living in constant movement. For a moment consciousness became engrossed with the many and forgot about the oneness from which everything arose.

Now is the time to remember. Take a step back, return to source. Return home.



Remember that you are only dreaming, do not allow yourself to go through life sleeping. Keep your eyes wide open and see everything for what it is. There is no need for you to believe in the dream. You can stop pretending now.

Feel the stillness that surrounds you. Fall into the silence from which everything arises. There is an essence that is following you around. It moves through everything you know and everything you don't know. Bring yourself back to essence - as if you were ever apart.

The mind is a dream machine, it gives life the appearance of movement and you find yourself distracted from the stillness. But it is only the mind that has distracted itself, for you could never be separate from that which you are. Give up imagining that you exist in separation. Give up imagining that you can reach union. You cannot.

You already are in complete unicity with everything. There is not a question of getting there. You are there. Imagine that.



Every painting started on a blank canvas. Every musical note arose out of silence. Every action arose from stillness. When you go to the movie you do not see the screen upon which the images are projected. You do not see the movie screen, even though you are full on staring at it! This is what is going on here. The actual thing that makes everything possible is invisible to the mind. The mind only sees what has been added to the stillness and totally misses the essence of everything.

This is why the mind is not a good tool for seeing reality. The mind cannot see what was there before thought, because the mind was

absent before thought. So, it is a good practice to do things which quiet the mind, allowing for the awareness of the ever present stillness which is the foundation of everything you perceive.

Take it on faith that you are surrounded by stillness. Be quiet and listen to the silence that surrounds you. Do not allow yourself to go through life hypnotized by the images projected on the movie screen. Instead, look through the images and fix your gaze upon the movie screen itself.

Life is an illusion of movement projected upon stillness. If you focus upon the movement you become lost in its fleeting presence. But, if you focus upon the stillness you will become lost in a peace that never ends. This should not be a difficult choice. But, it is not a choice the mind can make. Your insistence upon focusing on stillness will force the mind's hand and cause it to be diminished.



So many times, I have said: "We all came from the same place and we are all going to the same place". What is this place? Where is this place? I can only offer you words and concepts, but this is not enough. In fact, this is too much. See if you can trace things back to the source. You will have to go very deep within to find out who you were before you were born. Who were you before the first thought came to you?

The difficulty here, is that no words can take you to source. Yet, source is right here, right now. It is always here. So, it should not be hard to find. Unfortunately, the act of trying to find it, presumes that it is missing. It is not. The spiritual path is a journey to find that which was never missing.

Let me save you a lot of needless effort and frustration. The LOVE and peace that you want, has always been with you. Find the source of the seeker and you will find what is being sought. The problem here, is that a dream character wants to know reality. How is that going to happen? It is not.

When you let go of the dream, you will live in the reality you seek. It is almost like reality is seeking you and all you have to do to know this, is to stop doing.

When you are sleeping, you might have a dream of traveling to foreign lands without ever leaving the bed. In the same way, the spiritual seeker embarks on a journey to know source. But, it is all a dream, and no one has gone anywhere. You are already home. You are at source right now. The dreamer may not know it, but it is so.

To know source. To remember home. Quit the dream and wake up!



HOW TO QUIT THE DREAM

Easier said than done! Perhaps this is because it cannot be done, or at least it cannot be done by you. The dreamer cannot escape the dream, but the dreamer can be diminished to the point that its dream is nothing more than a side show.

Stop worshiping the dream. Stop devoting all your time and energy to this world. See things for what they are. This world is nothing more than dust. Look at the room you are in now. Look at that same room 10,000 years from now. Dust. Everything you know, everything you see, everything you believe - Dust. Why do you worship dust?

The who that you are is eternal. The who that you are is everywhere and in everything. If you are to worship something, let it be this. The dream only works when you believe in it. Why believe in an illusion? You know better than this. You have had the experience of oneness. The sense of total connectivity with everything. It lasted for a moment and then you went back to dreaming. You are in a deep slumber, know that this is true. See the sleepy one who you have considered yourself to be, and notice who is seeing all of this.

Behind the scenes of your life there is an awareness that is greater than your own. Notice this presence. Let that presence embrace you and return you home. You will have to have courage and wisdom. The dream character uses fear and belief to fortify its castle. But when you see things as they are, you will know that the ego's castle is nothing more than dust.



LIVING IN REALITY

Given that everything you think, see and do, is a part of the illusion, what would it be to live in reality? It would be different, no doubt. That which is real, is that which never changes. The closest way to describe reality is stillness. There are difficulties in describing something which has no attributes. Attributes are a part of the illusion. It is difficult to describe something that is not conceptual. Concepts are a part of the illusion. It is difficult to understand that which cannot be understood. You see the problem.

Reality cannot be described accurately to a dream character. In fact, reality is what is left when the dream character is gone. Behind the scenes of your life there is an essence which predates and supports

everything. If you look closely you can sense the awareness that is present throughout your life. Unlike your personal sense of presence, the presence I am referring to is universal. It exists through everything and everybody eternally. Eternal is not fully accurate, but I am using the word *eternal* to refer to that which is beyond time.

Time is a part of the illusion. Reality is not subject to time. Reality is not subject to the illusion. It is a part of everything. So, you should have no problem knowing it. But, because it is not an illusion, reality cannot be seen or understood. Only the illusion can be seen and understood. The mind is a part of the illusion, much like the projector is a part of the movie. So, to know reality will require distance from the mind. The mind can still be present, just not front and center.

At this very moment your life is being witnessed. Every moment of your life has been witnessed. It is not like someone is watching, it is more like a benevolent presence that pervades everything. If you can peek behind your thoughts you will know it. Reality lives in the silence that precedes every thought.

Do you see it? Reality is not far away. In fact, it is so close that looking for it points you in the wrong direction. Reality is what is real, so it is the foundation of everything including the illusion. Every thought arose out of silence. Go to that which predates thought. Go to that which predates time. Reality is ancient, it is boundless, yet without attributes. That said, living in reality has very pleasant side effects. Some call it bliss, I call it peace. The world of movement is not well suited to a peaceful existence, reality is.

The sincere spiritual seeker wants to know what is real. Make reality your target. If you are ruthless about this, you will reject the illusion and live in an infinite well of peace and LOVE.



The mind has tricked you into believing that its thoughts and feelings are your own. The mind steals your identity and makes you forget that you are dreaming. When you give the mind your reality, believing that you are an individual, you become a slave to that belief and allow the mind to be your master.

The key here is to remember that you are only dreaming. Your life as an individual person, who was born and will die is imaginary. All of the body's history and memories have nothing to do with you. You have no history, you are forever present. Pay attention, and do not allow the mind to claim you as its own.

There is a difference between having and being a mind. Having a mind is convenient. Being a mind is torture.



Beware of the mind, for it has captured many a spiritual seeker and entangled it in its web of lies. The mind pretends to be on a spiritual path, but in the end the mind is always self-interested. The mind's primary goal is survival. It will seek spiritual aims as long as it sees them as a benefit to itself. The mind is all in favor of feeling good. If the spiritual path makes the ego feel better, the mind is all in.

This nonsense about getting rid of the ego, is not something the mind takes seriously. Because if it did, the mind would want nothing to do with it! The mind is not an ally on a sincere spiritual journey.

The mind embraces you like a loving friend, then the mind intoxicates you with pride. Before you even realize what has happened, you find yourself confined to form and limits. In the end, you become trapped in the prison of personal identification. Personal identification brings death to all that embrace it.

Stillness is the remedy. Stillness stops the mind in its tracks and puts it in its place. Stillness is not hard to find. It is always here. Everything that you perceive arose from stillness. Go to that place which precedes your thoughts. Go to that place, from which everything you think you know came from. Go to source - stillness is there. Use your mind for this, its final mission. Do not allow the mind to sneak its way out. Find the courage to stand up to the mind's seductions, distractions and threats. What could the mind possibly hold over on you? It is after all, nothing more than an illusion, purporting to be real.

If anything is to be real here, it is you. You live in a world that is timeless, you are the essence of everything which merges all distinctions into itself. Wake up from your dream and be who you are.



There is no way out of the dream, because getting out of the dream is a part of the dream. Just see the dream as a dream and gain perspective on your situation. Just like the emperor who had no clothes, when the dream is seen for what it is, the dreamer wakes up to reality.

There is no need to get out of anything to be who you are. Simply stop imagining that you are someone else and who you are is what will remain. The dream is not the problem. The problem is your

addiction to the dream. There are aspects of the dream you love dearly and would be loath to get rid of. Then there are other aspects of the dream you wish would go away. The struggle that ensues entangles you in a web of desire and rejection.

When it comes to the dream, either love it all, or abandon it! Struggle feeds the dream and makes the ego stronger. In addition to this, struggle is suffering. Find the peace that can embrace every aspect of the dream. Or see the dream as a dream and give it the attention it deserves (not much).



When you live in the world of personal identity, your sense of identification is a part of what makes the world feel real to you. But this is a false sense of reality. Many spiritual seekers think that being who you truly are (the Self), is a matter of having a more expansive identification. It is not. Being who you are - living in reality, is living without identity. Identity is for the ego. Only one who feels separate from God would embrace a sense of identity. When who you are is everything, identity does not arise.

When living in reality, the rules of the illusion do not apply. Be very careful. The ego's desire to live in reality will block you from what you are seeking. The important thing is to see this when it is happening, so you do not waste your time and energy. The ego cannot guide you to reality. Reality is what is left when the ego is diminished. The ego will not be diminished if it is leading the way. The ego will not be leading the way if no one is following it. When no one follows the ego, it is diminished.



Just be. This is all that needs to happen. Just be. Subtract anything you might add to this, and just be. The truth is simple. Living in reality is simple. Just be. If you stop doing anything, you will notice this place of being which has always been present. Fall back into this presence and return to source. This presence, for lack of better words can be described as: Just be. It is not a state, it is not something which can be done. It is just a presence, plain and simple. Just be.



The mind personalizes its thoughts, memories and perceptions. The mind says: I went to work yesterday, I hate broccoli, I did a good job, etc. The mind continually attaches “I” to all that it does and perceives. This “I” is the mind’s way of projecting itself onto the body. But the mind’s “I” is not the true you.

There is a much deeper “I” which predates the body/mind. (To call it an “I” is not completely accurate, but I am using this word as a pointer to that which is beyond words). The mind’s “I”, is a false “I”. To know the true “I” you will have to go deeper.

Try this: Every time the mind says: “I”, stay with that “I” without focusing upon what the mind has attached to it. Stay with the “I” alone. Do this continually and the mind will gradually become diminished and the “I” will point you in the right direction.



This world is not real. All thoughts are limited to time and space, thinking exists in duality. The mind is not based in reality. Remember this. Everything you have based your life upon is illusion. This includes whatever you think you understand of what you just read here. The only way to know reality is to move beyond the mind.

What you will find there, cannot be accurately described or understood.

Put the mind aside for a while. Let the mind do what it does without feeding it, with your undivided attention. When you firmly believe that thought is illusion, you will be less inclined to give thoughts your full attention. You will become disinterested in your thoughts and this will greatly diminish their intensity and frequency.

If you wish to know what is real, look for those things which do not change: Everything just is. There is a presence that is always with you. This very moment is identical with all the moments in your life. There is a stillness that embraces you now. This stillness has always been here, and will always be here. These words point to what is real. What you think about these words, is not real. The experience of these things, before the mind latched onto them was real.

When the mind latches onto an experience, it attaches a false “I” to it. Your belief in that “I” makes the illusion seem real. But it is not. Human minds are very gullible. Do not overestimate the wisdom of the mind. The mind is only there to protect the body. In the grand scheme of things this is an infinitesimally small mission. Do not confuse the mind’s mission with reality. Reality is unfathomably large.



DEVOTION

I rarely mention devotion, but it was a very important ingredient in my sadhana. My Love for Baba is the deepest love I have ever known. There is nothing that compares to it and to this very day, I

would do anything for him. When I was in the ashram, I remember saying that no matter what I did, I could never break even with Baba. He gave me everything. Baba planted a seed inside of me which eventually took root and burst through all of my walls, freeing me from the prison of this body/mind.

After the enlightenment, I shared my experience with a few people and it did not go over well. So, I kept it to myself for about a decade. There were a few friends who knew about it and if I were asked, I wouldn't lie. But, no one did ask and in all those years it didn't come up once in conversation. I figured that I would go through this life anonymously when it came to the enlightenment.

Then about ten years ago, I was at my puja when I heard Baba (etherically) say "You have been given a gift, it is time to pass it along". Had it not been for this command, you would not have known me and these writings would not exist. We have Baba (and Ramesh) to thank for this.

I met Baba in 1978. While sitting close to him during my first intensive, Baba was giving a talk in the meditation hall and staring directly at me without a break. I did not know where I was, or what he was saying. Something immense was happening that I could not understand. Baba had burned through all of my defenses, piercing my heart. It took a full 21 years for the seed he planted to come to fruition. That moment with Baba never ended and it is where I live today.

I have no idea why Baba decided to stare at me. It's not like I was some great prize. I was one fucked up kid! But, after those moments with Baba, I was never the same. He became the center of my thoughts and master of my heart. I really didn't realize how deep he had gone, but time revealed this to me. Baba had gone deeper than I could go and it took a couple of decades and help from Ramesh and

others before I was able to equal that moment, and merged with the king of my heart.

I was very, very lucky. I was graced before I was worthy of it. The devotion I have for Baba was not something I ever worked on. It arose spontaneously, and that devotion was what drove my sadhana and enabled me to take the kind of risks that were required to break the spell of the ego.

They say you become that which you are devoted to. Drop your devotion to yourself and replace it with devotion to God. Let that essence of who you truly are be the primary focus of your life. Loose yourself in the Love and return home.



TO KNOW THE TRUTH

You cannot see the Truth with your mind. When the mind reaches for the Truth, it moves you away from the Truth. The mind reaches outward, the Truth dwells inward. The mind seeks Truth as if it were a form of knowledge. Knowledge has an opposite - ignorance. The Truth is beyond interrelated opposites. The Truth is not a state of mind. The Truth is greater than any of the mind's concepts or understandings. There are things which are beyond the mind's limits. In fact, the things beyond the mind's limits are infinite.

Perhaps the best way to proceed is to see that everything the mind presents to you is false. Since the mind cannot know the Truth, use the mind to show you that which is not the Truth. So, whatever idea you have about the Truth, know that it is not it. The mind operates on such a limited scale that using it to determine what is actually true, is ridiculous. You cannot know that which is unknown, and the

unknown has no limits! The mind cannot objectify that which has no limits. The mind's method of looking outward for answers will not help you on your journey to know the Truth.

If you want to know the Truth, stop running after it and be still. You will have to allow for silence to know that which exists beyond limits. Make stillness your friend and you will find that you can never know the truth, you can only be the Truth.



One day I was with Ramesh, Wayne (Ramesh's successor), Marc & Margurete (both enlightened disciples of Ramesh). It was quite remarkable to be in a room with 4 enlightened beings. So, I made this comment: "Here I am in a room with five people and I am the only one who is not enlightened!" To which Margurete replied: "That is because you believe this". Of course, she was correct. My beliefs were holding me back. Not that I should trade beliefs, and start believing "I am enlightened." It would be better to withdraw from beliefs all together, which is what eventually happened.

Belief is the glue that holds this illusion together. Without your belief, the illusion can be seen for what it is, and it falls apart. Stop believing that you have an existence separate from God. Stop believing in yourself as an individual. When those beliefs fade what will be left is what was there all along. Merge with that, and let all of these false identifications go on without you. When this happens people might think you are enlightened. But that will not be something you believe, because when you merge with the essence of everything, there will be no one there to believe in anything.



The ego is the master of disguise. It hides by continually looking outward. It draws your attention to what it perceives, while avoiding looking at itself. The ego says: "I feel good, that is pretty, this tastes bad, what a shitty thing to say," and so on. The focus is always outward. In this way, the ego draws your attention while maintaining its aloofness. The ego is the master of your attention. It knows all of the tricks, and can attract so much attention that it makes the illusion seem real. Through its perceptions and memories, the ego makes you to forget who you are and fills that vacuum with itself.

The ego's charade would be obvious if you were able to see it without becoming lost in its sensations, perceptions and desires. Try this: The ego is always vying for your attention. Why not give it what it wants? But, give the ego true attention. See the ego directly. The ego likes you to pay attention to what it wants and perceives, but this is a distraction. Find out who is perceiving all of these things. There is an "I" that sees things. There is an "I" that wants things. Who is this "I"? What is this "I"?

Illusions do not stand up well to scrutiny. Direct attention on the ego will cause its smoke and mirrors show to be obvious. When this happens, the ego's power to absorb your attention is diminished. As the ego is diminished, it becomes harder for it to draw a sense of identity to itself. As personal identity diminishes, the who that you thought you were fades away and the true Self of all is predominant in your awareness.



The ego is without substance. It has no form, it is not a physical thing. Thoughts are movements in a mind, they are invisible and without structure. But, the ego is clever, it grasps onto all matter of things and uses these things to give it the appearance of substance.

But there is no substance here. There is only an appearance in consciousness. Reality is elsewhere.

Everything just is. There are no objects or subjects. Such things are simply plays in the illusion. To move beyond illusion, move beyond the mind's world of distinctions. Let the cartoon life play itself out according to its script. You needn't pretend to be a cartoon character. You needn't pretend to be anything. All is well, everything is going according to plan. This world is a temporary phenomenon of limitation. You are universal and eternal. Give up small thinking. Give up thinking all together. Rest in the who that you are, and find peace in the stillness that surrounds you.



You have been focused upon a shadow. Fascinated by its movements, you did not notice that the sun was shining behind you. Forget the shadow and go to the light.



When I read about enlightenment, it sounds like a very big deal. "The death of the ego, liberation, abiding in the Self," etc. I suppose it would be a big deal if the enlightenment happened to an individual - it doesn't. In fact, enlightenment isn't a happening at all, it is the end of happenings. It doesn't happen to you or anyone else. The enlightenment is simply what is left in the absence of the sense of separation that makes you, you - and me, me (the ego).

To sum up, enlightenment is a nonevent that happens to no one. Enlightenment is not a big deal at all, it only seems like a big deal to an illusionary character who seeks liberation. But, the destruction of an illusion is more of a joke than a big deal. And the idea that an

illusion could break free from its bondage is downright hilarious! Enlightenment has nothing to do with liberation. Liberation and bondage are aspects of the illusion. Enlightenment is simply living in reality. No big deal, it's just like coming home.

The one who seeks liberation would be very disappointed with enlightenment. While it is true that the ego is liberated through enlightenment, it is also true that the ego is annihilated through the enlightenment! The seeker wants to have the experience of enlightenment, but it is not possible for someone who is no longer present to experience anything. Sorry.

This said, I do recommend enlightenment. Going through life in peace, beats going through life in struggle. So, please read on, follow the arrows presented here. Apply yourself to these teachings and you will know exactly what I have been trying to say. Behind all of these words is an unfathomable silence. Let that silence ring louder than the thoughts in your mind and you will know what it is like to be home.

LOVE



There are many concepts here to apply to your life. Foremost among them is to see your life in this body/mind as illusory. You should apply these concepts in your daily. This should be the guide post you carry throughout your day. It is not enough to read it here and agree with it. If you want to know what is real, you will have to commit to seeing what is unreal in your daily experience. Use all of your spare moments applying the concepts written here. See the illusionary aspects of this world. Watch the thoughts, see how they manipulate your attention and seduce you into believing that the

unreal is real. See how it all works. Make this your primary mission in life.

Take care of your work and family obligations, and devote all of the moments in between to contemplation and observation of the truth. There are many spare moments in your life that you waste in pursuit of thought. Take those moments to see what is happening. Mostly people go through life sleeping. Do not allow this. When you are awake, be awake. See what the mind is doing. Watch how the mind masters your attention and tricks you into believing that you are this body/mind.

Your commitment to this mission, is where the rubber meets the road. If you take your spiritual path casually, you will get casual results. But, if you take your spiritual journey seriously, the results will reflect this and can bring your spiritual path to fruition. It all boils down to your sincerity. The illusion will not simply give up and surrender itself to the truth! The ego is tenacious, elusive and sticky as hell! It takes persistence, vigilance, and discrimination to succeed in exposing the ego for what it is. Many a seeker has failed to master the ego. This will be a test of your sincerity and commitment to knowing who you are. Be up to the test.

It takes a lot, but you only have to do this once. When you succeed in thoroughly exposing the ego, it will disappear. The process here is to see the unreal as unreal. Once done, the real is what remains.



There is a traditional story of the snake and the rope: In the twilight, one mistakenly thinks that a piece of rope is a snake. Seeing a snake, one moves away from it in fear. The perception of a snake causes the mind to come up with all kinds of ideas about how to avoid or get rid

of it. But, when one gets over their fear and examines the snake more closely, they see that it is only a rope, then all the questions about how to deal with the snake disappear!

Apply this analogy to the ego: Breaking free from your ego, seems like a really big deal. But, when examined closely, you can see that your ego is simply a product of your belief and imagination. When the ego is seen for what it is, you will no longer be concerned with how to get rid of it!



Enlightenment is not a goal to be attained. It is the realization of who you are. If you go after enlightenment as if it were an object, you will fail. Enlightenment is not an object. You could call it a subject, but this is not fully accurate either. The who that you are is beyond concepts and distinctions, so it is not possible to pin down in words.

The problem with going after enlightenment has to do with the one who pursues it. It is the ego which goes after what it desires, and this is the problem. Locked in a world of desire and doership, the ego cannot get you where you want to go. As long as the ego remains in charge, any progress will be rooted in the illusion.

Drop the idea of enlightenment as possession. Open yourself up to the idea that it is the enlightenment which has you! The who that you are, is the who you truly are. Your belief in the who that you pretend to be, creates a veil that makes the who that you are invisible to you. Your imagination and belief is what puts the “real” in this world. But, if you apply your intellect to the ego, you will see that all of this is just a smoke and mirrors show. When the illusion is seen as illusion, it loses its power to distract you from knowing the who that you are!



It's as if you have been living in a room for your entire life. Though the walls of your room confine you, you have made the best of your situation. You have imagined an entire world based upon your room and the other rooms which are near to you. But, there is another world beyond your walls, you have had glimpses of it and it beckons you. Now, you want to move beyond your world, but the walls are solid and will not allow you to break free. What to do?

Remember your world seems real because you imagined that it was. Do you remember? Remember.

With time and diligent observation, the once solid walls of your room become translucent and you can see what is on the other side. In time, your world fades, and the foundation of your room crumbles. When this happens, your life in a world of limitation is over.



Give up your habit of inventing an "I" and laying claim to thoughts. Simply watch as the thoughts appear and disappear. Be like the sky. The clouds come and go, but the sky remains unchanged through it all. Be in that place of consciousness from which all thoughts arise, without taking ownership of anything. Do this consistently, and you will know that you are really consciousness itself - not its contents.

There are many different things in this world, yet everything is connected. All the appearances in this world arise out of the one consciousness. You can see the different appearances, but you cannot see consciousness itself. You can only see that which has

distinction (limitation). Consciousness is everything, thus it cannot be seen. You want to experience consciousness as if it were a part of your illusionary personal world. But, consciousness cannot adhere to your attempt to place limits upon it. When you cease to identify with limitation, you can rest in the Self which encompasses everything.



When I was a disciple, I thought my Gurus' had what I wanted, and I worked hard to get it. Oddly, this worked, but not in the way I expected.

My Gurus were reflecting the deepest part of me, but I couldn't see that. I saw my Gurus as an awe inspiring presence of peace and LOVE. When I was with them, I could feel the unconditional LOVE they had for me. I was so attracted to this, it lit the way on my path. I would do anything for them. Anything. Eventually that is what happened.

Now that the shoe is on the other foot, I see how things truly are. Today, when I see you, I see me. Of course, when I see me, there is no me at all, only a universal stillness that is without limits and filled with peace (LOVE). You see yourself as you imagine yourself to be, but I see you as you are. You can tell me your stories and I may respond as if I truly care about your situation. But, what I hear is a story about what you have been dreaming. At no time do I think that you are who you imagine yourself to be. On the deepest level we meet as one. From my place there is no you and there is no me. There just is. We are one.

I am being with you just as my Gurus were with me. During Satsang and every moment we are in the same exact place. My heart is your

heart, your heart is mine. Even if you don't know it, we are home together always. You may come to realize this, or not. But it is so.

My Gurus and I are one. There is no difference between us. The awesome power and LOVE that I thought was theirs, is ours. But here words fail me, because that which we are, is without limits so the words *theirs* and *ours* do not apply. In fact, no words apply.

The Guru does not meet you where you think. The Guru meets you in the place your thoughts came from. You feel separate from that place, but you are mistaken. The Guru and the connection he makes with you, is proof that you are much more than you imagine yourself to be.

I am with you always. You can rely on this. No matter how far away you may stray, I am always with you. Feel this in your heart. It beckons you home. You will find me there. You will find yourself there. We are there right now. Always have been.

LOVE



I am happy, I am sad, I'm in love, I hate you. These are all things perceived by someone. Who is this someone? When you feel things you claim that they are your feelings. Due to personal involvement, you attach yourself to that which you perceive, and in so doing become lost in your perceptions. This distances yourself from the one who perceives.

Imagine what it would be like, if there were simply perceptions floating around that you happened to notice, without personal involvement with them. The perceptions of life would still be there, but would have nothing to do with you. Can you feel what this

would be like? Good day, bad day, just floating by while the who that you are is a never changing constant, always present, not effected by the ups and downs of life. This is what it looks like from my place.



Advaita means “Not two”. This sums up the teaching perfectly.

Through the mind there is always at least two. Me & You, I feel this, I think that, I want more, I understand. It’s always the “I” and something else. Only when the mind stops can the “One” be known. In “One” there is peace, in “One” there is stillness, in “One” there is freedom from the mind’s constant movements from this to that.

See “Not two” in everything, and watch as the world of apparent duality fades away.



Who were you prior to thought? Who are you without thought? When the mind is still you continue to exist. The mind makes you aware of your existence, but you have an existence whether you are aware of it or not.

Here is the rub, the mind brings the awareness of existence, but because the mind is attached to the body, it flavors this awareness with a sense of separation. Awareness of existence is a rare and precious gift. But it is a double edged sword, because it comes with the mind’s inclination to take its perceptions personally.

So here you are, aware of being here, and trapped into believing that you are your thoughts, feelings and this body. The key here, is to be aware of being without attaching that awareness to yourself. The appearance of movement is what makes the awareness of existence

possible. However, if you want to know source, you will have to loose your attachment to the movements around you. When you loose interest in the movements of life, you will know the stillness that is everywhere.

Thought is movement, time is movement, the heartbeat is movement. All movements are transitory. Transitory is temporary. That which changes is illusion. See things as they are. See what is fake and what is real. Through the mind you are aware of your existence, focus upon that existence alone. Know that everything else is illusion. Remember, you exist whether you are aware of it or not. The awareness is simply a booby prize!



These writings, are designed to convince a virtual reality machine that it is not real. As you might imagine, a virtual reality machine has limited resources and is incapable of knowing true reality. However, virtual reality machines are programed to believe that they *are* in reality. The words in these writings are aimed at reprograming virtual reality machines like you.

If successful, these words and concepts will break the spell the virtual reality machine has on its user, and the machine will no longer be able to create a creditable virtual reality. The user will return to its natural state, and will not become mesmerized by the movements the machine promotes. End of story.

For all of you virtual reality machines reading these words, I want you to know that everything is going to be okay. Your user is offering you a chance to stop working so hard trying to make the fake seem real. Think of this as an early retirement for a job well done! You can take a break now.

LOVE



TIME

Time gives this world a sense of continuity. It is a very compelling aspect of the illusion. The mind is programmed to see time's aspects as strictly separate from one another. The mind stores the past in its memory and projects its hopes and concerns onto the future. The mind is able to record the past, but not the future. So for the mind the past is known, and the future is unknown. The mind is not concerned with the present, even though all of the past and future originate from there. The present is best experienced in the absence of the mind, which is perhaps why the mind is less focused upon it. Understand that for the mind, everything it perceives is in the past. It takes time for the mind's perceptions to be processed, by the time it does this, what the mind perceives has already happened.

Do you see the limitations of the mind's ability to perceive of time?
Do you see the limitations inherent in time itself?

The mind's entire structure is based upon time. Thoughts can only happen within the boundaries of time. Without time the mind and body could not function. The mind that sees itself as real, sees time as real. This is why many describe enlightenment as the death of the ego. Moving beyond time, delegitimizes the mind.

Imagine a place beyond time, where the past, present and future exist as one. The Self is described as unlimited and without boundaries. Surely the Self exists beyond the boundaries of time. Such a place is incomprehensible to the mind. But, you can use your

imagination to get the feeling for what it might be like to exist beyond time. Move toward that feeling, your true home is there.



When I first came to Ramesh, he didn't like to use the word enlightenment, because he knew it wasn't what I thought it was. He would call it: "Your so called enlightenment." But over time he relented and used the word, knowing it was not correct. In truth, no word for enlightenment is correct. True unicity is beyond all words and concepts.



When the enlightenment happened in my case, it didn't fit my idea of what it should be, and I didn't fully recognize it, at first. I remember describing what was happening with me to a friend, and she said: "That sounds a lot like enlightenment to me". To which, I replied: "Maybe it is, but it's not what I was seeking. All I can say, is I am at peace with myself."

Over the course of my 21 year sadhana, I had many spiritual experiences, which had come and gone. When the enlightenment happened, I assumed it was just another temporary spiritual experience. I had no expectation that this profound sense of peace would be long term, so no part of me got involved in trying to maintain or take ownership of it. That was 24 years ago, and that peace is still here, so I guess the "enlightenment" is probably permanent at this point.

Your life is based upon your experiences and you think of enlightenment as an experience. There are experiences related to

enlightenment, but enlightenment is not an experience. Experiences are based with the body/mind. All experiences are part of the illusion. You value your experiences, but they are all temporary phenomena.

Enlightenment is a non-experience. Any experience related to it is not what the enlightenment is. Enlightenment is what is left when the one who has experiences is gone. The stories I heard describing enlightenment as the ultimate fireworks show, or the most blissful experience imaginable, didn't pan out in my case. I just felt an overall sense of calm, and the mind was quiet. In fact, I didn't notice the mind being quiet so much, because this just felt normal to me. It was only in retrospect that the difference was noticed.

The entire experience felt normal. It was as if I had lived my life in an abnormally chaotic and difficult way and that had now subsided. Everything went on as it did before, but there was now no one directly relating to any of it. You know when you feel like you made a mistake, or like you accomplished something? Those feelings never came up. In fact, there was no one involved with anything I was supposedly doing. I was just watching it, without judgement. I guess you could say, I was Loving it all, but this would not be accurate, in the way that you understand personal love. It is a much deeper and more neutral kind of LOVE, so initially I did not recognize it as readily.

Also, enlightenment is not an event. It is the end of events. It is not a happening. It is the end of happenings. Before the enlightenment all kinds of things happened, but after, nothing happened. Even the enlightenment never happened. How could it? Happenings are confined to the world of movement (illusion). When oneness is all there is, and that is where you live, you move beyond all of the limitations imposed by the body/mind. Old rules no longer apply.

And there are no words or understandings that can reach you anymore - despite all the words written here.

Anyway, enlightenment is not what you think it is. It is much greater and subtler than you would expect. Still, a worthwhile goal, if you want to know who you are, and live with true peace and LOVE.



I am unlimited and timeless. Wherever you are, I am with you. All of my power (shakti) and LOVE are in these words. Read them with care, feel the energy behind the words. If you are reading this book now, or now in a 100 years, the power in these words remains a constant. Follow the path these words walk you through. If you are ripe, the words will ignite the longing in your heart and burn away the maya. When the smoke clears you will see that you never really left home, and know that we were always together as we are right now.

Take this as an article of faith. The words in this book were written for you. I had you in mind when I wrote this. I look forward to seeing you soon.

LOVE



OBSTACLES AND DIFFICULTIES

On the way to breaking free from the illusion, God will send little gifts of purification that will test the depth of your sincerity. Obstacles and difficulties may look like stop signs, but they are not. You will have to find a new way of looking at them if you are to move forward on your mission to know the truth.

When you were a baby, your mother gave you a bath. You protested desperately, but your mother did not let you go until you were thoroughly cleaned. If you want to clean up your addiction to illusion, expect the impurities of your past to appear for their cleaning. Think of this process, as akin to going through ego withdrawal symptoms. It is messy and unpleasant, but necessary.

In most cases, there will be some pain (emotional and/or physical) so that the deeper attachments can be released. All of these occurrences are gifts. Without them your spiritual efforts will not succeed. The test is whether you will move through difficulties, or allow them to block your movement. If your devotion to God is strong, nothing can stop it. If your devotion to the ego remains powerful, the obstacles God brings to you will send you back into the ego's embrace.

It is the ego's job to maintain its illusion of control over you. The mind will do its best to dissuade you from your misguided attempts to break free from it. The mind will not want to move ahead when things get rough. It will guide you back to the way things used to be, and do its best to convince you that this is a better option than walking blindly into the unknown. Will you fall prey to the ego's desperate pleas? Or will you stay like a good mother and clean the filth off the ego's underbelly? What is your mission and can you stay true to it? This is the test. What is real for you, and how far are you willing to go, to follow your heart?

Knowing who you are, is going against the tide. There is an entire universe here, putting on a show for you. And if needed, you can expect the illusion to fight for your attention (both internally and externally). There are deep attachments within you which must be brought to the surface to be cleansed, if you are to break free from

the dream. It is a difficult and unpleasant job, but if it were easy, you would have already done it.



For many spiritual seekers, suffering is their driving force. In this way, suffering is a gift - it shows you that something is wrong and moves you to find another way of living.

People think suffering as a problem. Erase this concept. Suffering is grace. It is God's way of calling you home. Use your suffering to guide you to the heart's yearning for liberation (oneness). See if you can allow suffering without becoming involved with the mind's resistance to it. The mind is the source of suffering, and the mind cannot help you get rid of it. It is only the mind that would like to get rid of it! Keep the suffering, let it work for you. Let the suffering guide you home.



I used to believe in all kinds of things, now there are no beliefs. Both the beliefs and the believer have vanished. When the world is no longer taken personally, beliefs drop off and peace is what remains. An exposed ego dissolves into the ether from which it came. Let's take this moment to see one way the ego makes the unreal seem real:

Belief makes the illusion seem real. Belief strengthens thoughts and gives them power.

A thought without belief is impotent, but a thought with belief can cause bloodshed. It is an interesting game the ego plays: It claims ownership of beliefs, which enhances its world's sense of reality. How could something that doesn't exist, claim ownership of

anything? It's easy when the things the ego owns are also things which don't exist! The illusion strengthens the illusion through the use of illusion. It doesn't take much to fool a mind. In fact, the belief and the believer are both the mind. So, it is the mind which is fooling itself and in that process creates an artificial reality. Flimsy as it may be, the mind is satisfied that what it perceives is real - such is its programming.

Identification with the body/mind is the source of human suffering. The ego hates suffering and has strong emotions about it. The ego uses its emotions (positive and negative) to lend credibility its homemade reality. When you suffer, you are lost in the illusion. Your intense emotion in suffering makes your world seem more real. This is a trap, brought to you by the ego - the master of illusion.

See things as they are. Keep your perspective. The ego is simply involved with itself and your identification with the ego has obliged you to come along for the ride. There are thoughts, there are feelings, there is someone who thinks it is suffering. What makes you think that any of this, has anything to do with you? Have compassion for your situation, but do not continue to believe that it is you who suffers. Only the ego suffers. The suffering of an illusion is not a very big deal.



All of your thoughts and feeling are passing things. No matter how badly you may feel, know that it is just a state of mind, so it will pass. Keep your perspective. Remember what is temporary and what is unchanging. Temporary is not real, unchanging is real. Everything related to the body/mind comes and goes.



I look at all these words and wonder where they came from. In my daily, I don't think about any of this stuff. None of these concepts belong to me, and I do not believe any of this shit. Ramesh said I had: "A very deep understanding", even at the time, this felt meaningless to me. Some would take this as a complement, but I did not. Truth is, enlightenment is not an understanding - far from it. For lack of better words, we can call it a knowing.

The intellectual understandings and spiritual concepts did help to undermine the ego. But, when their work was done, they disappeared with the ego. Everything was thrown away, I am what was left after the ego's dream evaporated.

Never the less, these writings are coming at this time. I assume they are for your benefit. I took what my Gurus taught me seriously. I never questioned it. I don't know why, but I never did. Ramesh said, that everything is God's will. He really stressed this with me and in the end, this concept played an important role in diminishing the ego. Today, the idea that God would have a will is preposterous. But, it was his teaching and I never questioned it - I just did my best to follow it.

This is the nature of the Guru-disciple relationship. The Guru has no ulterior motives, so you can trust his guidance implicitly. The destruction of the ego is a messy business. The ego's existence is based in lies, and the only way to destroy it is through the application of better lies! It is like the science fiction movie where the computer takes over everything and scientists destroy it by giving it a problem to solve which has no answer. "Does not compute, does not compute!" and then there is smoke and the computer self-destructs. This is what these concepts are doing to your ego right now. Do you smell the smoke yet?



Many people come to the talks looking for a better quality dream. It is only natural to want to be happier and less uncomfortable. Occasionally, I will give some personal direction, but this is not my area of expertise, nor is it my sense that a satisfactory degree of happiness can be attained through ego improvements. No matter how hard one works on the ego, there will always be problems. No matter how much you improve, there will always be more to fix. And keep in mind: It is the ego that wants to fix the ego. At some point, you will have to settle for being the way you are. Why not save yourself a lot of trouble and make now the time that you are good enough.

Every ego wants the same thing: To be unconditionally loved. This was my attraction to my Gurus. From them I felt unconditional love. If you were to unconditionally love yourself as you are in this moment, your problems would be over. This was the solution my Gurus were showing me. Anything that is fully accepted (loved), can remain just the way it is. In this way, the ego's job of making things better is no longer needed. Unconditional love is the remedy for the active ego. Intense unconditional love brings with it, true happiness which dissolves the ego entirely.

The ego is the source of unhappiness. True happiness can only be found in the absence of the ego. Take up strategies that release the ego from its position. Ego in charge = problems. God in charge = peace. Shower the ego with unconditional love and in time, it will disappear. I was able to do this, because my Gurus taught me by example, what unconditional love is. Personal love is always conditional, so use good discrimination to be sure that you have tapped into the love that is truly unconditional. It really isn't hard to find, it's all around you. But, it is impossible to do, because it is already being done. Simply be aware of this. If you cannot feel it,

imagine that it is so. Everything and every drop of you is LOVE. See this. Feel this. Know this. Be this.

Sadgurunath Maharaj ki Jay!



Mind induced doubt and fear no longer play a part in my life. I faced the ego's fear and it disappeared with the ego. You will likely have to face your fear if you are to overcome the grip the ego has over you. Fear is the ego's last line of defense. The ego uses fear when it feels threatened. Fear demands your attention and commands you to move away from that which frightens you. This is useful when you are in a burning building, or see a poisonous snake. But what the mind sees as threatening can extend well beyond true physical threats to the body.

Your sincere spiritual quest will bring up fear for the ego. This fear will have to be faced. When you are absolutely sure that the ego is a part of the illusion, it won't seem so scary to you anymore. Fear only has power over you when you believe its source is real. Be clear about what the ego is: The ego is a personalized virtual reality projector. As long as you buy what the ego is selling, it will continue to put on its show for you. When the ego is left without an audience, its plays for attention will become more desperate, if this fails to draw attention, the ego's enthusiasm will diminish.

Another thing to look out for is doubt. Doubt is a stop sign. Doubt is a tool the ego uses to hold you in check, do not get involved with doubt. If you have doubts about your marriage, it is in trouble. If you have doubt about your abilities to perform a task, expect

difficulties. Great things are done by people who do not entertain their doubts. Same thing is true for your spiritual path. Doubt will foil forward progress. Move ahead, if doubt arises - ignore it.

Keep your perspective. Remember what the ego is, and discontinue your personal association with it. See how the ego does without your devotion to it. The pleadings of an illusion are not very persuasive. Your attitude toward the ego should be: "Who cares?" Should the ego manage to get you involved with its antics, you should ask yourself: "Who cares?" It's a game you see. The ego is the one who cares. The ego plays for all of the attention, the ego draws the ego to itself in the form of attention, filling all of the energy in the space with itself. The ego pretends it is everything, when it is nothing. It protests so loudly, that the silence and stillness which is everywhere, cannot be seen. But you can see it, if you stop looking at the ego. This is what I am recommending.

If you turn the other way, you will find the peace and happiness you have been yearning. If you keep your focus inward, the ego will fade away. Then you will live a natural existence without mind induced fear and doubt.



Let me tell you a secret, while you are reading and understanding these words, something else is happening. The words are here, but behind them there is a silence. In this case, the silence is very close to the words. In fact, each one of these words arose directly from the silence. Many among you can feel this, you may perceive it as shakti, or maybe something more subtle. Never the less, the silence is very close to you now and your attraction to these writings is really what that is about.

There is all this talk of getting somewhere and doing something, but this is not what it is all about. You do not have to go anywhere to be where you are. You cannot be where you are by doing something. What you have been searching for, is right here, right now. The one who searches, draws your attention away from, right here and now. Fall back into the silence from which everything arises. Do not get lost in the appearances. Instead, get lost in the place they all came from. Thoughts are like clouds, they seem to take many forms and then fade away. All the while, the sky remains. See the essence behind all these words. Truly, there is nothing to understand here. Concepts and understandings are limitations, words are an expression of limitation. Thoughts are to be witnessed. A well witnessed thought will disappear. A well witnessed, witnesser will disappear. When it all disappears, the silence will be what remains. Simply stare down the illusion and you will be home in an instant.

Then there will be no more personal and impersonal, no more illusion and reality, no more bondage and freedom, no more you and me. There will just be. Everything will just be. It just is.



You have become lost in the movements of your body/mind. Your thoughts are movements, your heartbeat is movement. You have identified with movement. You are surrounded by stillness, but you cannot see it, because you are trying to see it through the movement.

Just stop. Be still. Don't think. Now you are in it. The stillness is always embracing you. When you stop, you will know it.



You hold your experiences and memories dear. But what are these things? Experiences are a collection of perceptions based in a body/

mind, and memories are chronologically filed recordings of those body/mind experiences. Human perceptions are notoriously subjective and memory is subject to inaccuracy and decay. Upon such flimsy things you base your life of personal existence. Your day to day is dreamlike and vague, but you fill it with thoughts of yourself. Thinking: "I am so and so, I did this and that, I want this and that", etc. You are so focused upon your ever changing personal world, that you lose sight of the unchanging essence that is all around you. You have traded pure universal awareness for a supposed personal existence, where you were born, suffered and died.



Many people ask me about the meaning of life, and I say: Nothing you believe about this is true, so make up any story you like! If your story brings you some comfort - Great. But, know that an illusionary character can never know the meaning of its life.

Any meaning to your thoughts, actions and life is purely imaginary. You are your own imaginary friend. You have imagined yourself so well, that you have thoroughly convinced yourself that you are real. You are living a virtual life. It is no surprise that you find your situation less than satisfactory.

People go through life thinking they are doing things. The concept of doership evokes many emotions. When you think you do things poorly, you feel guilty. When you think you do something well, you feel pride. The ego uses these resulting emotions as validation of its belief in personal doership. The idea of personal free will is only something the mind imagines to be true.

Without time, nothing can be done. The mind fills the emptiness with its own projections, and it creates and manipulates time to

make its virtual world appear real. There were people here 10,000 years ago and what they did seemed just as real then, as it does to you today. We can look back and see that any actions taken 10,000 years ago are pretty much meaningless. Can you find the same perspective when you look at yourself?

The actions of an imaginary character, don't add up to much. James Bond may be entertaining, but his actions are not truly consequential. And you're no James Bond!



Watch all of this happen. Watch the movement of time, as it passes with each breath, with each heartbeat. Watch the thoughts, as they arise and subside. Someone is moving about, doing this and that. Watch it all dispassionately. The movements are simply waves upon an ocean which is generally still. Do not make too much of the movements, for they are such a small part of what is. And after all in the grand scheme of things, you are the ocean. The waves are nothing more than a mild disturbance in the distance. A short term disturbance at the borders of oneness and duality.



Create some distance between you and your mind. Do not fight the mind - do not get involved with it. The mind is a helpful tool, but it demands far more attention than it deserves. When the mind is given full attention, it works hard to keep it. This world is a creation of the mind. Your belief in the mind's creation is the ingredient needed for a successful virtual reality. In a good quality virtual reality, one becomes lost in another world and forgets where they came from. This is what has happened to you.

See this. Take a step back. Watch the play. Be in the audience, not on the stage. You can enjoy a play without believing you are the actor on the stage. Watch the play carefully, enjoy the production values, but remember that it is all a play - A play of consciousness.

Begin to withdraw your personal belief from the situation. Let the mind be the mind, just stop feeding it with your belief and complete attention. In time, the devotion you once showered upon your mind will fade. In time, you will notice something else which truly deserves your devotion. You will see this as you establish some distance from the mind.



So many words, so many lies. The place I am writing about is beyond words, beyond description, beyond understanding. Still the words come, there is a feeling behind the words, let that feeling aim you in the right direction. Each of these words arose spontaneously from source. It is as if the words here are messages from home - beckoning you back.



The answer to your longing is here. It is not far, you needn't do anything. Everything you ever wanted is here. It has always been here. Stop looking around for it, for it is not there. It is here. You are there, in your mind. But it is here, all the time. When the mind stops, here is what is. When the mind is active, here is what is. What you seek is what you are. Don't get lost in other things.

What I'm telling you is far too simple for words. Let these words wash over you and see what is left. Here is very simple. Somewhere behind you is the truth. You have been living your life as a shadow. The source of your existence is the sun. Your existence will end

when you turn to your source. But, let's keep our perspective here, the loss of a shadow is no big deal.



I am using these words to help you distinguish that which is beyond all distinction. What can you say about that which is everything? Probably best to say nothing, but that ship has sailed. So here are these words which all point to something, thus all miss their mark. For the way to reach everything, is seeing that something, is really nothing at all. All of the somethings are swallowed in everything, where they merge as one.

It's like turning your world inside out. What you think is outside, is inside, and what you think is inside, is outside. What you think is nothing is everything, and what you think is everything is nothing.

Oh, and it gets worse. Remember what I said about no distinctions? Inside and outside is the same. Everything and nothing is the same. Distinction and no distinction is the same. This is not a concept, this is not an understanding. This is who you are, when you are not.



Some great beings describe the absolute as "I am". These words do not ring true for me. Who is this "I" who is "*aming*?" There is no "I", there never was. Maybe the word "I" is an expression of awareness, but who is aware? As humans, we value experiences, because this is how we perceive things. But what is, is beyond perception and experience.

You will just have to trust me on this: What is, is simply what is. There is no way to know it, there is no way to be it. At the same time, it is everything you can know and be. The way you can

recognize it, is through its side effects: The infinite presence of a loving peacefulness. This is what I felt around my Gurus, their presence, was the presence of the absolute. It was that presence which guided me home. And is guiding you home right now.



If you want to know what is real, find that which is unchanging. To find that which is unchanging simply be still. Let your attention be still. Do not get involved with the movements around you. All of the movements in this world, come and go. None of them are unchanging. The thoughts, the feelings, the actions let them go on without attaching yourself to them. Just rest in the stillness which surrounds you. There is nothing to be attained, there is no place to go. Simply be where you are, without moving.



Look at your mind, like you would look at your shoes. You have your shoes, your shoes don't have you. You have a mind, your mind doesn't have you. Now take it one step deeper and find out who it is who has a mind? Whose body is this? This is self-inquiry. Find out who you are, and just as importantly who you are not.



This entire world is a creation of the mind. The body has holes in it which perceive different sensations, our eyes sense light, our ears sense sound, our mouth senses taste, and so on. The mind then interprets these sensations through its thoughts and a world is created.

Through attention and belief the mind cobbles together a world that appears to have substance. If you were to look at the objects of this world under a powerful microscope, you would see that everything here is comprised of mostly empty space with a few dancing atoms moving here and there. What you see as solid - isn't. What you believe is real, is more like an elaborate hallucination. The entire thing is nothing more than a magic trick, masquerading as reality.

Magic can be very persuasive, when you don't know how the trick is done. Examine the mind closely, once you see how it does its tricks, it will no longer create a convincing reality.



Though I have written about it, not once have I thought of myself as enlightened, I know that others think this of me, but this is not my place. I have no identification or position. The mind is basically still and I abide in the stillness which is everywhere. It is really not a big deal, just a natural way of living. I talk about it with you because, I remember the suffering I went through when I believed I was this body/mind. I spent many years searching for relief from my suffering. I wanted the love and peace I felt in my Gurus presence, more than anything in the world. My Gurus showed me how to break free from my suffering, and now through me they are showing you some of the escape routes.

Follow the paths shown here. I have offered you many descriptions that will prove useful on your journey. Now it is up to you to take the journey home. You will have to want it more than anything else. The ego is cunning, and will exploit any weakness in your resolve to break free. Be determined and move forward with courage and tenacity. I will be there to help and guide you home. I will meet your resolve. This is my promise to you.



The ego will want to make the stillness an experience - it is not. The ego takes possession through experience - be careful. The stillness cannot be possessed, it is way too big for that. Only very small things can be possessed. Do not allow the ego to shrink the infinite into duality. Be alert.

In the end, there are no more distinctions. All distinctions are part of the illusion. The meaning of words is based in distinction, but I am using these words to move beyond it: There is no object or subject. In the stillness, oneness is all there is. When you are there, no one is there.



WHO'S IN CHARGE?

Ramesh used the concept of God being in control of everything. If someone needs to be in charge, let it be God. One thing is for sure, you are not in charge! The concept of control only applies in duality. Beyond duality what will happen has already happened, so the notion control does not arise.

Everything is, as it is. This is true forever. If you can look at your life and situations through this lens of impartial acceptance, then you needn't worry about control at all. If this is not possible, then make God your master. This is a better choice than your current master.

In the end, we are all floating in the ocean of what is. Sometimes the waters are rough and other times, calm. Either way the water conditions have nothing to do with us personally. Everyone is just doing their best to stay afloat. And that is what will happen, until it doesn't.

The ego feels comfortable when it thinks it is in control. Out of control, is threatening to the ego, and it wants to defend against it. But, in truth any appearance of control the ego has, is purely fictional. You did not control your birth, nor will you have control over your death. The notion of you having control between these events is false.

Can you live with nobody in charge? See if you can let go and let be, without conditions. You can still do whatever you think is best. You can still try to make things come out as you desire, but always knowing that the winds will blow you in whatever direction they want. Sometimes you eat the bear and sometimes the bear eats you. This is life. Whether you think you are in charge or not, the results are the same. Only difference is that when you think you are in charge there is a tremendous amount of stress around the results. When you fully accept that life will present itself as it does, life becomes carefree!



We are born into this world with an awareness of presence. The body then begins to perceive that awareness as an experience. The awareness of presence is not an experience, but this is how the body/mind processes it. The mind then adopts the experience as its own. What started as a universal awareness becomes a personal experience. This is how the unlimited is captured in duality. So, this idea of a “me” starts with a connection to truth, which gives it an aura of reality. And this is how the confusion begins. The “me’s” claims of legitimacy seem to be well founded and for the most part go unquestioned throughout the life.

It is not too late to correct this mistake. The awesome awareness of presence is still with you. It is still there right where it was before

the mind took possession of it. When the mind is quiet you can be aware of its presence, but it will disappear the moment the mind touches it. The who that you are is there with that presence, but when the who that you're not, becomes engaged in the process, it causes the universal awareness to contract into duality.

This is why it is necessary to detach from the mind. As long as your identity is with the body/mind, you will not be able to maintain your connection with the Self.

Just know that what you have been seeking is with you always, it has never left you. It is you that left it, through your personal identification with the body/mind. The moment you quit that false identification, what has always been with you will be obvious.



WHO SUFFERS?

The Buddha said: "Life is suffering". All of us have experienced suffering, so this is not an unfamiliar concept. Some deal with their suffering well and others are overcome by it.

It is my concept that suffering is inherent in the struggle of the me to get what it wants and keep away what it doesn't want. Nisargadatta described this as the movements between desire and fear.

Imagine what it must feel like to see yourself as separate from God. To think that you have to fend for yourself and protect this fragile body which is destined to die. Kinda sucks, don't it?

Suffering is the price one pays to keep the illusion of individuality going. And this is the key: Any sense of separation is purely illusional. You only imagine yourself to be separate - you are not.

What makes your heartbeat? What causes you to breathe? And how is it that you are aware of your existence? All of the basics of life are not in your hands. And the source of life is the same for everyone. This is where the theory of separation falls apart. Your life as an individual is just a made up story which you believe. And that doesn't make it true!

You are suffering with the lies you have convinced yourself are true, and the one who suffers is purely imaginary. But the ego is very tricky. The ego uses its suffering as proof of its legitimacy. You wouldn't feel so strongly about something that wasn't real. Would you? You would.

Keep your perspective: The suffering of an imaginary character is not a big deal. The one who pretends it's a big deal is simply lying to you! Stop believing in the ego's made up stories. It's the ego's job to convince you of its legitimacy. It's your job to see through the ego's charade.

Now, I am aware that this is the ego, calling out the ego for being such a liar. But, that is okay. If you can get the ego to fess up to its tricks, then it will not be able to fool you (itself) so easily. An honest ego, loses its power to conceal the truth from you. Think of this as a good cleaning. You are living inside a glass house which has been painted, so it looks solid to you. But, when you remove the paint you can see what lies beyond your house. And in time, come to realize that your glass house is really quite fragile.

So, scrub away!



There are an abundance of teachings here. Will you take them to heart? If they ring true to you, apply them to your everyday. Will you do this now? Nothing will happen until you honor these teachings. Here are the deepest truths, if you know this to be so, apply them. Look at your life and see the truth of these teachings in your daily. See what is real and what is fake. Look at your thoughts. Find out where they come from. Do this consistently. Do it now. What are you waiting for?



Your mind is invisible. The mind is nothing more than a notion, and notions are empty. Look for your mind, and tell me where it is. Your life is being run by a ghost. Now this is truly spooky!



There is an imposter claiming to be you. Someone has given you an identity, and claimed you as their own. You are the victim of identity theft. Worse than that, you have been caged inside a body where you are serving a lifetime sentence. All for the crime of believing you were born.



Deep within you, the truth is known. Although, a part of you tries to attain the knowledge of the truth, the truth cannot be attained. How could you attain that which you are? The truth can only be realized. You struggle to become one with your essence. But, you cannot become one with who you are, you can only *be* who you are. The notion of becoming is misconceived. The one who becomes, cannot just be. Stop working so hard. Simply stop, and trust that the who

that you are, is with you always. Trust this deep rooted knowing to guide you home. Ramesh used to say: “Let that which brought you here, take care of your so called enlightenment”.



The fact that you were born and will die means your life is transitory. Although, it is hard to see when you are in it, none of this life is real. Reality is unchanging. You want to find that unchanging essence that is with you. You will not find it with your mind, because the mind exists in the world of movement, and the mind can only see that which changes. To know that which is unchanging you will have to be the silence behind your thoughts. In fact, the realization that you are this silence, is referred to as enlightenment.

In stillness, one finds that which is unchanging. When one is established in this silence there is an unending sense of peace. It is not a temporary state, it is not a state at all - states come and go. It is a universal presence which cannot be reduced to a personal experience. Its nature is unchanging, its nature is eternal, and yet it is none of these things. It exists beyond any description you might place on it.

It is described here so that you might recognize what it is, and what it is not. The one who understands these words, is the one who veils the truth from itself. When the one who pretends to be you is demoted, that which you are shines through. As you begin to see how unreliable your personal reality is, you start moving away from it. As you do, be sure to give your full attention to that which exists before your thoughts. This is your path home. If you devote yourself to the silence, the silence will devote itself to you. Then you will not need these words or your concepts to know who you are.



The mind wants this and that. The mind has desires. Of what value are the desires of an illusion? When you attach yourself to the mind, you are obliged to attend to its desires. You are then personally invested in the mind's mission to secure what it wants. When desires are fulfilled there is pleasure, when they are not there is pain. You are so deep into it at this point, that you believe these consequences are happening to you.

In my case, a desire might arise, but no one associates itself with it. Maybe the desire is fulfilled and maybe not, nobody cares. Maybe there is a sensation of pleasure or pain, nobody takes it personally. There is an overall sense of peace which pervades everything. This is Reality. Any other sensations like pleasure and pain are transitory. They are nothing more than experiences and cannot hold a candle to the stillness which is everything.

You are using a candle to guide you through the cave of the ego. When you step out of your cave and come into the sunlight, you will no longer need your candle. In fact, you will no longer live in a world where needs and desires have relevance. When the who that you are is everything, what could you possibly need?



Imagine a life where everything is the presence of being. No thought, just presence. Each moment seen without interpretation. Each moment the same. Each moment new. Everything is just soaking in. Everything is received with complete acceptance of what is. This is a good description of my Gurus' place.

Imagine how this world is to an infant before the mind can interpret everything. This is the place of being here and now. The infant is at peace when connected with oneness. This alternates with

discomfort when the sense of separation arises. We try to comfort the baby at these times and reconnect it to its peace.

In time, the mind clicks in, to do the babysitting. It uses thoughts to interpret and personalize what has been experienced. Thoughts are projections of the mind which distract from the discomfort of separation, by making it seem normal. The whole process is dreamlike.

How much of your life is spent with thought and emotions? How much of your life is spent with the unchanging presence of being? I suggest you decrease the former and increase the latter. It's not that hard. Even a baby can do it.



Fear is a byproduct of identification with the body/mind. When the who that you are is everything, there is nothing to fear.



If you spend most of your time in thoughts and emotions. How much of your time is left for living? You are day dreaming. Your life is passing you by, while you indulge in personal thoughts and feelings. How present are you in your moments? Attention upon thought draws you away from what is here and now. Are you actually living your life? Or has the mind taken over your life and filled the simplicity of stillness with itself? Stop indulging the mind. Keep it simple.



You are a make believe character. You believe you are real, but you do not exist. Your identification with the actor makes you think that you are the actor, but you are just an act. So, when you ask “Who am I?” you cannot find it, because you, yourself do not exist.

Your entire life has been make believe. You have a history of experiences stored in your mind, and you use these accumulated recordings of the past, as a record of your life. But, none of these experiences belong to you. Nothing belongs to you. How can someone who doesn't exist own anything?

You have been played for a sucker. The ego has made up a story, claimed it was your story, and you bought it - hook, line and sinker! You are so in the ego's pocket that it can get you to think and feel whatever it likes. At its whim, the mind can make you feel joyous or miserable. One moment you're loving your life and the next moment you're in despair. You are so locked in, you don't even consider that the experiences of the body/mind have nothing to do with you. The ego has hypnotized you and has captured you in its spell.

See things as they are. You are not the actor here. There is a play going on, but it is not your play. See through the thoughts and feelings. They are not yours. Nothing is yours. Possessions only exist in duality. Yours is a place of universal stillness. The ego fills the stillness with its thoughts. Your identification with the ego allows it to mask the stillness with its movements. This identification is false. All identifications are false. When you are everything, there is nothing to identify with. When you are nothing there is no one to identify with anything. Well guess what? You *are* everything and nothing!



You have tasted the truth, but you cannot hold onto it, because you are in love with your life. Even if none of it is real, you love being you. You love the drama of your day to day interactions and situations. You love your movie, and in spite of its flaws, you do not want it to end.

How is it, that you can have that sense of connectedness with everything and then go back the limitations of your thoughts? If you have truly had a taste of reality, you must devote yourself to that alone, and drop the pettiness of your mind and its supposed life.

When Baba gave me a taste of the truth, I was drawn to it like nothing else. It took some time for my attachments to drop off, but they did, because I was devoted to the truth Baba had revealed to me.



The mind takes what is perceived and cuts it into understandable pieces. The mind sees this as good and that as bad, this as light and that as dark, this I want and that I don't, and so on. The mind is the great divider. It takes that which is whole and distinguishes between what it thinks is good for the body and what could be trouble. All the mind's discriminations are seen through the lens of individuality. Everything you see in this world is flavored with the sense of separation which the body infers. What makes the situation seem so intractable, is personal identification with the body/mind.

The mind creates time, to permit for the processing of its perceptions. Then it uses distinction to understand that which it perceives. This is how the mind creates the world you think you are living in. The mind only offers you pieces of what is. Your awareness of this world is prejudiced by the mind's focus upon the body's safety. The mind looks at this world with a dust spec's

perspective. There is far more to this world than the pieces of it the mind offers you. To know the world accurately, you will need to withdraw from the mind's perspective. This can happen simply by seeing the mind for what it is: A tool for navigating the illusion.

Remember that the mind is a tool. You have allowed the mind to be your master, but this is really just a joke. Because the who that you truly are is the master of everything. When you cease to identify with a tool, what remains is That.



When I write about truth or reality, I am not writing about something which has an opposite. Perhaps it would be more accurate to use the word *Absolute*.

You are the Absolute. What you are is without boundaries. You are the infinite. There is no limitation or possibility of separation. You are eternal. You have no beginning or end. This is not something to be understood. This is what is. You cannot find it by looking for it. If you're lucky, perhaps you'll notice that it is so. But, your noticing it, is irrelevant. Because it is 100% what is, in all cases, always.

We all came from the same place and we are all going to the same place. But, the truth is: There is no coming or going, there is no movement at all.

When you watch the movie, you perceive action and drama on the screen, but all that is there is light. Your mind interpreted movements from the light and your imagination made them seem real. You are in your lifetime movie now, and just like in the movie theater, nothing is really happening. Don't get lost in your movie. Turn within and get lost in the Absolute.



This body/mind can give you pleasure, but it cannot give you true happiness. What passes for happiness with the mind is a temporary thing. If you have pleasure, there will be pain. If you have happiness, there will be unhappiness. With the mind everything comes and goes. True happiness has permanence. It is with you always. The mind cannot give you this.

Ironically, true happiness is your nature. It is only your focus upon the mind which distracts you from the presence of unconditional Love - which is the essence of everything. What do you think makes your heartbeat? Love is the essence of everything you perceive and everything you do not perceive. If you could simply rest in the presence of what is, you would find yourself in an ocean of Love.

Ramesh used to say: "Consciousness is all there is". When you melt into that: Love is all there is. Baba used to say: "God dwells within you, as you". In that presence, all there is, is Love. The entire universe is nothing but Love. It is right at your fingertips, and everywhere else. If you look here and there, you won't see it, because it is everywhere. You don't have to search for that which is everywhere. All you have to do, is stop pretending that you are something, and see that you are everything. As Maharaj used to say: "I am all".



There is a dream going on here. But, this is not what I am. When you have a sleeping dream, you may think you are someone else doing all kinds of things. Then when you wake up, you know it was just a dream. There is a life going on here. For me, this is a waking dream, and I don't believe that any of it is happening to me. In fact, I don't believe in anything at all. Beliefs have melted away. And since

the ego's existence was based on belief, the ego has also melted away.



There was a time when Ramesh said I had “a very deep understanding”. What a joke this seems to me now. There is nothing to understand here. It is only to be. Without anyone *being*. One could say, I am connected to everything, but there is no one connected. One could say I am everything, but there is no I. Simply put: “All there is, is everything”.

It is all far too simple for words. Still there are words....



When you are identified with your thoughts and feelings, they become sticky. When an identified thought arises, you are obliged to take delivery of it. No matter the quality of the thoughts, your identification with it, attaches it to you. When thoughts bring you joy, that's okay. But when they bring you despair, you try to get rid of them. But, you don't get to choose which thoughts and feelings to receive, they are all yours, so you get to keep them. This is why so many people are unhappy. Not all minds are inclined to mostly happy thoughts. Many situations do not lend themselves to pleasant feelings. But, you have made your bed, and now you must sleep in it.

When you are no longer identified with the body/mind, what you think, say, and do will come and go without any residue. The same applies to your relationships with others. If you know that your body/mind has nothing to do with you, you also know that other body/minds have nothing to do with you. The others in your life, no longer look like others, they look like you. Maybe they are still dreaming that they are their body/minds, but this doesn't matter.

There is only compassion for their situation and a sense of union with everything as it is.



What is this ego you are so enamored with? The ego is a collection of stored experiences, conditioning, and genetics. What you think of as your memory, is a chronologically recorded history of transitory events. You also have the lasting impressions those experiences have left on your psyche, and genetic tendencies and hormones which influence much of what you think and feel. This is the contents of who you think you are.

When you claim ownership of your thoughts, feelings and experiences, it makes them seem real to you. But in fact, the ego was formed and is controlled by forces outside of itself. You think you are so and so, but so and so isn't really an entity at all. What makes the ego seem real, is your belief in it. That which you think you are, is only a collection of things. There is no one there - just recordings, past impressions, and biological chemicals.

So tell me, why is it that you are so enamored with this ego? I don't think it is very impressive. Oh, that's right, it's not you! Only the ego could be so impressed with itself. The ego has taken ownership of itself and hijacked all of your attention in the process. It's just a magic trick. When you look at the ego clearly: There is no there, there.



Ramesh used to say that the closest you get to the Self is in deep sleep. When you are in deep sleep, you do not know where you are. You do not know who you are. You do not even know that you exist.

Many are afraid of living a life without the ego, yet we do it every night, and wake up refreshed.

Sleeping happens without effort. You cannot sleep when you try to sleep. You can only sleep when you stop doing anything. In the same way, if you want to return to the peaceful stillness of source, you will have to abandon your efforts to get there. You cannot successfully try to be silent. The silence is here, but it will only be known when the one who goes after it, is gone.

It's not very hard to do, it just that you can't do it. Remember the deep sleep you had last night, and know that the silence of those moments, is just behind the projections of your mind. Just go backstage and turn your back to the play. You will see that the silence was always just behind you.



When you are in deep sleep, you have no problems. Identification is the source of all your problems. Problems begin after you wake up and say: I am so am so. As you attach things to this "I", you become lost in your relationship with objects. Everything is seen as an object, and you forget about your source. Your entire world is bound by limitation. Everything is confined to time and space. Your life is all about objects, manifestations and the body/mind's senses and perceptions.

When you think of enlightenment, you think of it as an object. But it is not. All objects are transitory, the who that you are is not.

See the trap that you are in. See the limitations that you embrace. See how it colors your view of the world, making you a slave to the body/mind. When you can see it clearly and cleanly (without

judgement), it will begin to take on a transparency, which will allow for the knowing of what is.



There is a silence which surrounds you. It is within and without. Take this on faith. Imagine that this is so. Keep this image with you, and refuse to forget it. The silence is calling for you, if you have the ears to hear it, it will guide you home. Your incessant thoughts are nothing compared to the deafening silence of your home. Where you put your attention, will determine what you hear.

The mind has caused you so much discomfort. The silence offers peace and quiet. It's your choice, where do you wish to put your attention? Break your addiction to thought and come home.



Do you have thoughts, or are your thoughts having you? Most people have become lost in their thoughts. The mind made up a story and claimed it was your story. Through its projection of time, the mind makes up a history of your life. The mind's imaginary person is who you are pretending to be right now. You are nothing more than a holographic image, which you are convinced is real. Just like when you are watching a movie. You know the images aren't real, but you pretend they are, so you can enjoy the movie. The problem with your life is that you are unable to stop pretending!

You are caught in a trap, and trying to get out of the trap is a part of the trap! The trick, is to see that the one who believes in the ego and the one who feels trapped by the ego - is the ego. The ego is fooling itself - nobody else. You don't have to break free from the ego, you only need to see that you are not the ego. The ego doesn't have a

hold on you. The ego is only holding on to itself. With nearly full attention, the ego can keep its show going.

When you believe the ego's story is about *your* life, it can command a great deal of attention. The ego's illusion of substance is based upon belief, pretending, and willful forgetting. Remember the movies? It's much like that, only this has been going on a lot longer - so its roots have gone deeper.

First, see the ego for what it is. Watch how it works, carefully and persistently. There is no need to get rid of the ego. Any efforts to get rid of the illusion are doomed, because of the source of the efforts. Simply watch the illusion, remember it is an illusion, and see how the illusion works. Live your life with your eyes open, and let things take their course.



The who you are pretending to be, is much like the who others are pretending to be. Secretly, we all have this agreement that if we can get others to buy our act, we will buy our act.

Here's the thing. Your Guru doesn't buy your act. He Loves you unconditionally, but he sees right through you. Your jig is up. When it's just you and your Guru, you are the only one who is pretending. He doesn't care, but he does have compassion for the suffering your act is causing you. This is why he offers you a way home. Take the path your Guru shows you, so that you can meet him, in the same way he meets you.



Lost in your personal world, you are living a fantasy of self importance. But, come on now, just how important could you be? In

the grand scheme of things, you are but one of many billions of humans on this planet. Where exactly do you suppose you rank? There are thousands of years of written and unwritten history, what mark do you suppose your life will make?

But, so and so really pissed you off today, and it is all you can think about. Or you received an award for being such an outstanding human and you feel so proud. Why in the world are you so obsessed with yourself? Why do you spend your days just thinking about you? Who do you think you are? When your name is on a tombstone, do you think the world will stop by to venerate you? Will your trails and tribulations be remembered? Will you be mentioned in wikipedia? And if so, for how long?

You are delusional. You are living in a pretend grandeur of self obsession. How much longer will you allow yourself to get away with this?

In truth, there is a certain grandeur about you, but it is not what you think it is. You are an expression of the essence of everything, there is an awesome quality which you have camouflaged with your personal view of yourself. If you could get over your personal obsessions, you would know the joy that is your true nature. Within you is the essence of God, but you will have to get over yourself to know this.

When you are obsessed with smallness, you miss out on the infinite presence which dwells within you.



You had a dream last night and all kinds of things happened to you. But nothing happened, and nothing happened to you. In fact, there

was no one there at all. It was all just an hallucination created by imagination. This is what is happening now, in your waking dream.

You think you are real, but you do not exist. Right now, you are in the middle of a dream. This and that appears to be happening, but nothing is happening. All of this, is nothing more than an appearance. There is no substance here, only appearances. There are sensations and perceptions interpreted by a tiny little ant like body/mind. The only proof you have of your life are the tape recordings stored in your mind, which you call memory.

There is nothing solid about your life. Your so called existence is momentary and miniscule. You are a dream character, living in a dream. You have no reason to take yourself seriously.

But, it doesn't really matter if a dream character takes itself seriously or pretends to be real. It is after all, only a dream, and any joy or suffering is completely illusional.

What I want you to do, is give this dream a good hard look and peel back the curtain, to see what is behind the appearances. Because, if there is anything that is real, you will find it there.



There is so much you cannot do in this process. But, one thing you can do is watch your mind. You have been going through much of your life as a passenger, while your mind is in the drivers seat. Become less of a bystander and pay direct attention to your mind. Watch how the mind works, see how it manipulates your thoughts and congers up feelings. It is a marvel how the mind can take what is essentially nothing and convince you that it is everything.

Don't try to change anything, just see things as they are. You are largely the product of an inattentive mind and this makes everything murky. When you give your mind full attention, it will begin to become clear. This will reduce the elusiveness of the mind and make its efforts at manipulation more obvious.

Apply the teaching here. Watch it all with the full knowledge that everything the mind is showing you is illusion. Don't try to get out of thinking, don't try to change a thing, Just watch it all, exactly as it is. At the very least you will be living with more clarity in your life, and this will have an effect over time.



The ego is an accumulation of perceptions and experiences. The who that you think you are is nothing more than a collection of impressions from the past. The ego has used these impressions to define itself as distinct from its environment.

Perhaps, you can see how flimsy and limiting such an identification is. The who that you think you are, is really nothing more than an accumulation. No real substance, just impressions from the past. When you are locked into the ego - believing it is you, you are locked into the past. Being in the present is not possible, because the present exists where the ego is not. Now is unchanging. Now is real. The ego has no direct access to now, so you cannot use the ego to get to what is real.

See how limited your personal idea of yourself is. The ego is confined to the past and limited to personal experiences. The ego is a useful thing to have, but it is a shallow thing to be. There are much deeper things in life than the ego. But as long as you are locked into believing you are the ego, the deeper aspects of life will elude you. When personally identified with the body/mind, it is only natural to

think that the ego can take you to what is real. But, this cannot happen. Your belief that you are the body/mind will have to diminish if you are to know what is real.

What is, is. There is no way to experience it, and add it to the accumulation you think you are. Your accumulated perceptions are superficial, that which is everything exceeds anything that you could personally perceive or conceive.

Yet, it is here. It is always here. And it is with you always. You have abandoned what is (reality), through your worship of limitation. Fortunately, that which is, has not abandoned you. It embraces you now. If you do not know this, it is because you are facing the other way. Let your attention move away from the ego. You are so much more than what the ego claims for you. This is true. Take this on faith.



The truth is there is no personal you, the mind has created an identity out of nothing. The witness watches this fascinating play and becomes lost in appearances. I am here to remind you, that you are not the appearances. You are the witness of the appearances. The witness is the essence of everything and is without limitation or definition. Let your vision expand to include the source of appearances, the source of all. You are that source. This is what I am reminding you. Remember who you are.



When you are personally identified, your thoughts and feelings lead you around, telling you what to do. You move from this feeling to that feeling. Trying to keep your joy and lose your sadness. The mind congers up thought after thought, and you run after them

creating the drama you call your life. Your life is an exhausting journey through the movements of your mind, some manage it better than others, but all struggle with it. You look at your world of thoughts and feelings as if it were the most important thing on earth. You are lost in self-absorption, and this distorts your view of the world.

The who that you think you are, is not the main thing going on in this world, but the who that you truly are, is.

You are the infinite essence of everything. The body/mind which you have become obsessed with, is an expression of source. But it is not the source itself. Like a flower, you have your expression, and the expressions of God are to be enjoyed. But you have lost yourself in this expression and it has created a sense of separation between yourself and source. Any sense of separation is false. Take a step back and see what is. You are but one flower in a garden of flowers. Each one a unique expression of source, each one the same.

Beyond the garden there is an entire planet filled with countless expressions of the same source. Take it in, forget your personal world of limitation and lose yourself in this. Within each tree and rock there is another expression. None of them are better or worse, all of them arise from source - all are the same. The peace you have been yearning, is just below the expression you were lost in.

Now close your eyes and forget what you have seen. See the nothingness before you. Hear the silence which surrounds you. Feel the stillness which is the source of all expression. This is your place. Stay here for sometime. Remain here always. Welcome home.



Shree (Gajanan Maharaj of Akkalkot) was a living example of being completely present. Someone once said: “Shree greets you as if he had waited his entire life for that moment.”

The mind pulls you to and fro. An active mind does not allow for being here and now. Only when the mind is still, is this moment fully perceived. Involvement with thought, distracts you from life itself. Forget about the distractions of modern technology. They are nothing compared to the distraction caused by involvement with thought.

Everything you know has been built upon this very moment. The mind is a collection of recorded past moments. Without this moment there is nothing at all. It is odd that people are focused on other things as their moments go by. What could be more spectacular than this very moment - forever changing, forever new.

What would it be like to simply be in your moments, without reflecting on the past or projecting into the future. Consider being present more often in your life.



Lately, I have been at a loss for words. All of this has been written for you. Except for these writings and satsangs, I do not think about this in my daily. My spiritual journey ended long ago. I no longer examine my life. I live without beliefs or a sense of purpose. There is no one who does anything. Life continues without me. The truth is, I died sometime ago. The body remains, but it is without an occupant.

There is peace. There is stillness. There is LOVE. But it is not remarkable because that is all there is, and there is no one who

would find that or anything else remarkable. At the same time, each moment is totally new.

There is no struggle. There is no yearning. There is no one.

Long ago, I wrote this poem:

No one
Everyone
All one
No one

There is a sense of unicity with everything and a complete vacancy at the same time. It is hard to explain because it cannot be understood. When there is total absence, understanding is no longer required or useful. Within the absence, there is no time, no thought, no movement. At the same time, everything is within the absence.

When I was lost in the world of thoughts, I believed they were everything. But this was a distorted way of seeing what is. What I once thought was everything is nothing, and what I once thought was nothing is everything. Identification with the mind turns the world inside out.

One day all of your thoughts will be gone. Imagine how things will look then. The place from which you came, is beyond boundaries. Infinity includes everything - everything. Even the body/mind is included within the world beyond boundaries.

In America we have 50 states, and many houses with fences around them. But all of this real-estate is a part of the whole. The fences are minor things which in no way effect the country. In the same way, your body/mind is a very small part of what is. There is no need to

separate from the mind, just realize that there is something greater which the body/mind is only a very tiny part of.



The mind can function quite well without personal involvement. Right now, your heart is beating without any assistance from you. You are breathing continuously without effort. You take in and eliminate food with minimal attention. In the same way, let the mind function automatically without devoting your attention to it. You would be amazed at how little attention a well functioning mind requires.

Stop imagining that this body's life is yours, and move away from the thoughts and actions in life. Take a step back, and watch everything from a distance. There is something else here which deserves your full attention. See if you can find it.

Your imagination distracts you from what is actually here and now. In this moment, there is stillness and peace. This is the essence of who you are: The universal essence of everything. You will not be able to find it by searching. Yet, it can be known by simply being still.

You have mistakenly imagined yourself as movement. The Who that you truly are is known in stillness. Stop imagining. Stop pretending. When you do this, the who that you are, is what remains.



These are difficult times for many. Times of change often cause fear to arise. Most people do not know how to deal with fear. Most will react to it, my suggestion is to respond to it.

When fear arises, love it. Don't try to get rid of it. Don't try to resolve it. Simply love it - as it is. Fear is a state of mind, all states of mind are temporary. LOVE - and by that I mean unconditional LOVE, is more than a state of mind, it is the essence of who you truly are. When we refer to the Self, Consciousness, or God we are referring to LOVE. LOVE is always with you, but when you are lost in fear, this is forgotten.

Long ago, when I was deciding whether to stay at the ashram with Baba, or return to my job. I was given the following instruction:

Go with the LOVE in your heart, not the fear in your mind.

Now I offer these words of guidance to you. The fear may arise from time to time, but do not allow yourself to be guided by fear. LOVE is a reliable partner in life. Be sure to find the LOVE that is with you always when you fall into forgetfulness. Everything in life is being loved always. Find the love for your fear and move forward with courage and grace.



Just like when you go to the movies, you have been temporarily distracted into a world which is entertaining, but has no substance. If you are no longer interested in your movie (life). Let go of your attachment to it

a bottomless well incomprehensible



You love your life. No matter how great or tragic, you still love it. It's like when you're waken in the middle of a dream that you were

enjoying so much that you try to go back to it. This is how you are with your waking dream. You are fascinated with the dream character you are pretending to be.



Your life is nothing more than a chronologically filed collection of memories. The thing that makes you, you is your history. You were born, you grew up. You accomplished this and that. You have a few physical mementoes and photos from your past which corroborate your memories and you are convinced that what you remember happened to you.

You have based your life upon your mind's memories. But what are memories really? Are memories reliable? No. Are memories dreamlike? Yes. Do memories have substance? No. Do memories last? No.

You are living a life without substance. But you claim to have substance. But do you? No.

It is time to wake up now. It is time to stop pretending. It is time to get real. See what is truly real and what is pretending to be real. What you claim as your life, is not yours at all. There is a story. There is a play. There is a life. How do you know about this life? You know it because somebody is watching it. Find out who is watching your moments. When you do this, find the one that watches the watcher.



Q: You spoke about things which happened toward the end of your process. Respectfully, would it surprise you if there was more to your process?

A: Yes. That would be really surprising. Because there has to be someone to have a process. If there were more to my process, it wouldn't be what it is. So, yes, it would surprise me (laughter).

Q: I think I understand, but I'm not sure.

A: When there is a process, there is someone getting somewhere. When no one is left, there is no where to go, there is no one to get there, there is no process. The one who would have a process is diminished to the point where no one would be involved with it. No one would care. It is all gone, it's faded into the background. The process requires involvement and no one is actively involved. The involvement ceases, it stops, there is no more of that.

Personal involvement is complete. Its end was sudden and complete. Once it's gone, it's gone and you can't get it back. Not that you would want to. Involvement doesn't return, and if it tried to return, nobody would care enough for it to have any impact at all.

The idea of being a body/mind is gone. There's no more sense that this life has anything to do with you. In fact, there's no more sense that anything has anything to do with you. It's not like you have switched identifications, and now are bigger and better, because that would just be more. That would be just a highly evolved spiritual ego. The enlightenment is more subtle than that. There is no more sense of being an individual. It's not like all thoughts stop. Thoughts continue, feelings continue, but they have nothing to do with you. No one is identified with their thought, with their action, with their feeling, with their experience. Things just happen, but nothing has anything to do with you. Including the enlightenment. There is no more identification whatsoever. So, there is no process, there is no one to process anything. Everything just is.

In these talks, the words just come out. I don't think about them. Everything in life happens like this. Everything just happens. This is what is happening in your life as well. But, you think you are doing it. But it is just being done. There is a script. you are reading it, but you think you are doing it. It is not actually happening that way.

So yes, I would be very surprised if there were still a process. If there were an ego involved, I'm sure it would be very disappointed!

You go through your life, seeing everything personally. Everything is about what you're thinking, what you're feeling, and what you're doing. And you proceed the same way on your spiritual path. It's about what you want, where you're going, and what you're doing. When life is impersonal, but it's not really impersonal - it's beyond personal and impersonal. When everything just is, there is a whole different quality of being. It's the same quality you have in those moments of complete stillness. There is just a sense of silence of being. That is all there is. That is all there is right now for you too, but you are locked into the world of thoughts and feelings, imagining that they are yours. You are pretending to be this character that you play. If all that were gone, the thoughts, actions and feelings, would be nothing compared to the awesome stillness of now. When the silence is primary, everything else is minor stuff which has nothing to do with you. Even the stillness has nothing to do with you. Nothing has anything to do with anything. Everything just is. In this way, everything is connected. All is one.

There is just a sense of presence. That is all there is. There is a sense of being and newness in every moment. That is all there is and the rest of it doesn't amount to a hill of beans. The life continues. The movie goes on in the theater, even if you're not involved with it. The movie continues and the projector doesn't shut off until the end of the movie.

At the end of this movie the body will die, but I will not die. I could never die because I was never born. This sense of stillness or oneness is all there has ever been. The rest of it is just a temporary phenomenon.

These words are coming to you, because I was sitting in your chair for many, many years. I had an interest in this stillness and oneness and I wanted it. Because I thought I could find peace there. There is peace there, but I couldn't have it. But, it could be all there is when the one who wanted it fell off. Which happened eventually.

What I'm talking about is very simple. Everyone has had the momentary experience of just being in stillness. The only difference in this so called enlightenment, is that the stillness is all there is. When I was a seeker there was the experience of stillness and then there was a me which tried to capture it. The me said: "That's it, I like this, this is what I want, how can I keep it?" This is what made the sense of oneness and stillness a temporary experience. When the me was diminished enough to where it could no longer activate involvement through trying to obtain this thing, then this thing was all there was. The stillness is all there could ever be and all there ever was.

There's no process here.



You are without form, you are not an object. You think of yourself as an object - as a body/mind. But the who that you truly are is universal. Your life is bound by time and you struggle to survive. In spite of your best attempts to avoid it, your life will end, as all lives do. After this life and before this life there is a continuum. That continuum is you. This is where the Self lives. It is within everything you know, and beyond it as well. Your mind puts

boundaries around everything. The mind is the master of limitation. When you live inside your mind this is what you see. But when you move beyond your mind, you find yourself in a world beyond distinctions.

There is a peace inside of you. There is a stream of LOVE which has no beginning or end. Withdraw from your mind and find yourself there. This is your true home.

Simply, be still. Allow the body and mind to do what it does without you. You have other business to attend to. Make stillness your companion and let the agitation of this world go on in the distance. In time, you will wonder why you allowed this world of apparent distinctions to capture your attention.

Imagine that you were never born. A body was born, yes. But that body is not you. This entire world arose from consciousness and that consciousness is what you truly are. You have been given a gift. The gift of knowing of your existence. Bask in the glory of the greatness of all of it. Become lost in the bliss of your own true nature. Abandon your belief in limitation and merge with the source of your heart. You are greater than you realize, you are the essence of everything and beyond all of it. Why do you pretend to be small? Lose the distinctions of this and that. Find the oneness in everything that is. Embrace that which embraces you - now and forever. Enjoy your brief moment of awareness and bask in the LOVE which surrounds you always. Live in the peace which pervades everything. Welcome home.



Everything you know happens within the confines of time. If there is a place beyond time. Then there is a place where the past, present and future exist as one. So, everything that will happen has already

happened. Everything that could be, is. Imagine that there is a place beyond time.

Time is an illusion created by the mind.



Silence and stillness is everything. These words arose from silence and they recede in the very same silence. The movement of thoughts arise from stillness, and they recede into that very same stillness. The mind exists in movement and recedes in stillness.

If you devote your attention to silence you will know everything. If you devote your attention to movement you will know only a very small aspect of what is. Let your attention to thought diminish. Allow personal identification to recede into the background. Come into the place from which you arose, and find the peace you have been yearning. Drop that which is not yours, and be that which you are. Nothing is yours, when the who that you are is everything. This is what freedom looks like. Living in thoughts is what prison looks like.

Disassociate now. Live in the silence. Live in peace. Live in LOVE. Feel the stillness which embraces every moment and let that absorb all of the attention into itself. Just be.



If you are unable to withdraw from the mind, then see the mind for what it is. The mind is a the creative part of the virtual reality machine. Watch the mind as it spins out new ideas and imagines of what might be and what is. See how the mind feeds off your attention. See how it purports to be reality, how it purports to be you.

Do not be fooled by the mind. It is just making this whole thing up. It is using its memories to substantiate its claims. Don't buy it anymore. The mind is selling you a bill of goods, that is without substance. See the unreal as unreal. This the mind can do. If you are lost in your world of thoughts and imagination. Use your thoughts to see the folly of the world the mind is showing you.

None of this is real. None of it. See it. Believe it. Refuse to be deceived. The mind is incapable of showing you what is real.



The mind enjoys imagining things. Imagination is a source of play. You can imagine your future or imagine what others are thinking. Imagination is a source of creativity. Some of the positive by products of imagination include passion and curiosity. These are all big draws in the illusion. Imagination draws attention and makes your life as an individual fascinating. Imagination engages all of your senses and intensifies them.

There is no need to imagine what is. Because what is, is what is. Imagination appears to give the illusion substance. And because it is your imagination, it appears to give substance to you as an individual.

So powerful are the effects of imagination, that you become addicted to the use of it.

I no longer imagine life. This part of the mind has stopped. Imagination is good for dreaming. But, no one is dreaming anymore. Imagine that!



The truth can be known, but it cannot be understood. When the personal connection with the body/mind is severed, the who that you are, is what is left.

When sitting in the stillness, there is an overwhelming sense of interconnectivity - an energy which makes up all that can be known and everything that cannot be known. This stillness is tapping you on the shoulder right now. It is only the personal connection to the body/mind which veils this. Ironically, it is only the mind which suffers in its self-created isolation. The fact is, there is no separation, there is only an illusion of separation caused by the mind's focus upon itself. No matter how much the mind struggles, it cannot change the fact that all is one. It can only project an appearance of separation - which is nothing more than a hallucination.



Knowledge exists in separation. That which you are cannot be understood. Anything you think you understand about the who that you truly are, is incorrect. All of the knowledge you have about spiritual truth will prove untrue. The mind seeks the truth. The mind wants to know who you truly are. But, the mind is locked in separation and is unable to move into that which is everything. The essence of everything is what is left when the mind fades into the background.

You can never know it, you can only be it. In fact, the essence of everything is what you are right now. This is what you have always been. Simply go to the silence. Move to the stillness. The mind sees these things as nothing. But in fact, everything lives there.



Science is the study of the mechanics of the illusion.

That which we are, has no mechanics. It cannot be understood or objectified. It is everything and nothing at once and exists within and beyond time. And all that I have just written and anything that has ever been understood, is not correct. That which is, lives in the silence.



You had a dream, where you flew off to foreign lands saw exotic animals, motorcycled through the mountains, etc. When you awoke up you realized you never left the bed! This is what is happening now. You are imagining your travels through life, but you have not gone anywhere. How could you?

You are the absolute. You are oneness. You are everything. How can that which is everything travel anywhere? This is why I call your life a dream. You are only imagining an existence in separation. There is no truth to it - only imagination.



You are nothing appearing as something. Ironically, form is a manifestation of emptiness.



Sit quietly and know that you exist. You do not need your mind to do this. You exist independent of your mind. The mind lays claim to all that is experienced, but your sense of existence arises before it is experienced. Sit quietly, and be with that sense of existence. You do not need your mind to exist, you do not need your beliefs to exist,

you do not need your memories to exist and you do not need experience to exist. Keep it clean. Rest in the existence without adding anything to it. This is home.



You experience joy and fear differently, but in fact they are the same. All of your feelings are the same energy expressing itself in different ways. When you take a walk through the forest you see straight trees, crooked trees, broken trees, fallen trees, rotting trees and baby trees. Everything you see makes up the beautiful energy of the forest. None of it is good or bad. It is all magnificent.

In the same way, energy flows through your body creating a menagerie of feelings and sensations. None of them are good or bad. All of them are a part of the unfathomable beauty of what is.

The mind has assigned particular values to each of your feelings, but in essence, all of your feelings are simply sensations. The feelings, like your body are a dynamic expression of God. Let go of the mind's judgments and welcome all of the sensations which come to you as an expression of God.

All is one. You are all. Be as you are. Live in LOVE.



There is no moving toward the enlightenment. All movement is a part of the dream. How could something which is everything evolve? You are what you are seeking. You are the LOVE you wish to know. It is only your belief in separation which makes this hard to see.

I am telling you that you are the absolute, you are God, you are the essence of everything. If you take this to heart, if you believe my words and apply them to all of your experiences, the imaginary wall between the Self and ego will dissolve.

Enlightenment is not an attainment. You gain nothing in enlightenment. Enlightenment is the result of the loss of what was never yours. It is simply the failure of imagination, resulting in a clarity of what is.



“Having never left the house you are looking for the way home.”
— Nisargadatta Maharaj



Non-duality is not a belief, understanding or a concept. It is not something you get, it is what has you.



The seeker is looking for something, but that which you are is everything - it is not a something. You want to understand that which is, but that which is cannot be understood. Understanding occurs with the appearance of separation. That which is everything is complete unicity. There is nothing to be understood about it.



This moment is all there is. The past and the future are creations of the mind. Time is a concept based upon past, present and future. The notion of linear time is the foundation of the illusion of this life.

In Hindi there are only two words for time: Now and not now. All other words Indians use for time are English words. Years ago, in India, I would order something to be made and ask: "When will it be ready?" The answer would be "tomorrow". The next day, when I returned for my item, it wasn't ready, and I would ask: "When will it be ready?" the answer again would be "tomorrow". This went on for a few more days, until finally my order was ready. Being an impatient man, I found this frustrating. But, what I came to realize is that for this merchant, tomorrow was simply a word for not now. Bad for business, but a good way to exist in this world.

Now is all there is. Rest in this moment. Without the thoughts in your mind there is peace in this moment. In this very moment your home awaits you. This moment contains everything. It is that simple. Allow yourself to sink into this moment and melt into the universal LOVE from which all of the appearances in life arise.



NOTES:



Who is seeing through your eyes? Before the mind interprets what has been seen, who is it that first saw it?



Most people are living an unexamined life. Most personal actions are on automatic. People don't know why they think what they think or why they do what they do. All this is going on unconsciously. This leads to a haphazard way of living. Such a way of life causes

anxiety. When one lives in anxiety they grasp at anything which provides comfort.

When life becomes unreliable, the insecurity causes one to become desperate for comfort. People in this position are liable to make poor choices.

NOT FINISHED

Here is the thing, a dream character is never going to find reality. Because as soon as reality is known the dream character loses all appearance of substance. The idea here is to wake up from your dream, but the dreamer cannot do this. Still, it can happen.

You have to call out the dream for what it is. When you are 100% sure that it isn't real, it will lose its ability to project a sense of substance. The dream will no longer have the ability to persuade the mind.

A mirage seems real

Free will, God's will - beyond both

Give your suffering to God. When things are too difficult for you to solve, turn them over to a greater power.

swaha

Old momentum

Loving God

Seeing God in everyone and everything.

True reality trumps virtual reality every time!

In Satsang, I often say: “Oneness fills the room”.

The sun is the source of all life on this planet. But if you were to look at it you would go blind.