

Read this book with acute attention. Slow, deliberate assimilation, verified upon and realized as, one's own experience, is the Path of Truth that leads to Reality.

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To the one who, with deepest sincerity, seeks conclusion of all illusion, vexation and suffering, the Path to Reality and Liberation is revealed. The Path is revealed through the teaching.

Once the Path is revealed, stepping onto the Path is required for actualization. If the Step of actualization is not taken, illusion, vexation and suffering will continue.

The teaching is: *The thought-free state is transcendent of all illusion, vexation and suffering.*

Therefore: *The One-Step Path is, upon Awareness of thought, the shifting of that Awareness to non-thought (that which is thinking; Being).*

Being that all teachings are themselves transmitted via the thought process, teaching that is not transmitted to actualization is itself continuation of illusion, vexation and suffering. All teachings must be completely transcended.

Being that the One-Step Path is the Step to/of transcendence of thought, it is immediately itself transcendence of the teaching. The One-Step Path is the direct, singular step from illusion, vexation and suffering, to Reality, Peace and Perfect Contentment.

The truth of the teaching can only be tested in/as your direct experience. Investigation into the thought-free state will reveal what it will.

* * *

Truth is absolutely Self-evident and therefore impossible to believe in.

Belief necessarily implies uncertainty. Uncertainty is inherent within belief.

Does one need believe that they exist? Directly experiencing one's own existence, what is there to believe?

Only concepts can be believed. Beliefs are only concepts.

A dog chasing it's tail.

* * *

When doubt, confusion, uncertainty, anxiety arise, enquire: “Does this doubt, confusion, uncertainty, anxiety, exist apart from the thought that arose with it?”

Once it is realized that doubt, confusion, uncertainty, anxiety, *is the thought*, the Path is revealed.

The Path (to Liberation from suffering) is one step.

The One-Step Path is the single movement from thought to Being. It is also the movement from delusion to Truth, illusion to Reality, ego to Self, separation to Unity.

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Ask yourself: “Am I reading simply to engage mind or am I reading with the intent that the reading will lead me to the *actualization* of finding what I am looking for?”

This book is not intended to stimulate the intellect or entertain the mind. If You are looking for words that will made You feel something or to reaffirm a belief system, go read a different book.

Actually finding is the end of seeking. Perhaps You have been so accustomed to seeking that You don't even realize that You are terrified of the *actuality* of the end of the seeking. How many “spiritual” books have You read? If You have agreed with them, then why are You still reading/seeking? If You are completely honest, You will have to concede that You continue to read/seek simply to keep the mind in operation.

Words lead to more words. Mind leads to more mind.

If You sincerely wish a conclusion to the search, You must be willing to conclude mind.

This book should be read with the intent of it being the last book You ever read.

* * *

When in thought, notice the thought process and the subsequent movement of emotion. Then notice the passing of the thought and emotions. Ask: “What is more Real, that which arises and passes, or that from which all arises from and passes to? Do I arise and pass, or am I that from which all arises and passes?”

To then witness the passing of the question itself is to *experience* the answer.

You are the answer.

* * *

There is One Reality, from which the appearance of separation arises.

-	0	+
NEGATIVE	NEUTRAL	POSITIVE
MIND	SPIRIT	BODY
HOLY GHOST	FATHER	SON
YIN	TAO	YANG
PAST	PRESENT	FUTURE
BIRTH	LIFE	DEATH
WAVE FUNCTION	REALITY	PARTICLE
EMPTINESS	IS	FORM
THOUGHT	BEING	ACTION
SUBJECT	SELF	OBJECT

Being so, all conceptual models that appear to be distinct systems, all relate to the One. With the realization that **all thought is metaphor**, that which is Being represented is experienced directly. Such is transcendence from all duality, even death.

* * *

This is happening.

“This is happening” is absolutely undeniable and therefore, Ultimate Truth.

I encourage you to investigate/experience the above axiom for a time. An effective way to delve deeper into it is to try to disprove it by finding any type of fault or incompleteness within it.

Welcome back.

If you have found “This is happening” to be absolutely undeniable, then it must be Ultimate Truth. There is no way around it. And if it is Ultimate Truth, it must be pointing to something important. If all relative truths point to some type of relative revelation, then the assumption would be that Ultimate Truth points to the Ultimate Revelation; the Ultimate Reality, which will be the conclusion/transcendence of all questing/questions, and an end to all suffering.

What is Ultimate Truth is pointing to?

Upon an initial, perhaps casual investigation, Ultimate Truth may appear rather static. Although it *is* undeniable, there doesn't seem to be anything that can be done with it. This is a very superficial level of understanding/experience. Awareness left at this level will quickly discard Ultimate Truth as an irrelevant curiosity.

However, if one is able to delve just a bit deeper into a more comprehensive understanding/experience, another level will be realized. The deeper level is the realization that Ultimate Truth is pointing to the “This” that is happening. The word “This” instantly brings one's attention to their immediate experience.

So could it be that the undifferentiated “This” that is one's own experience is Ultimate Reality? Close. Close enough that, if one were to simply abide in the undifferentiated “This”, Ultimate Reality would eventually spontaneously realize. There is, however, one more shift in awareness to occur.

The word/concept “This” points to present experience, and if we stopped there the inference would be that the immediate, present experience of this physical realm is Ultimate Reality. However, *this present experience of the physical realm is itself pointing to something*. Or rather, someone.

What is it that confirms both the Truth and the very existence of what the Truth is pointing to? The Ultimate Truth of “This” as both concept and physicality, is confirmed by *you*. You are the final step of the process. Concept points to physical experience and physical experience points to you.

You are the end of the line.

You, who are beyond conceptual and physical experience, are Ultimate Reality.

BE that.

* * *

What is the purpose for Life? Why do You exist? If there is a question to be asked; an answer to be sought; this must be it.

If one enquires: “Why am I doing such-and-such?” an answer arises: “Because I this-and-that.” If a motivation is sought for each individual action, one will be found. Each effect conceptualized brings with it a cause to measure it against. This is the cycle of samsara; of awareness pulled from the Reality of the present, to the illusion of future/past.

Following this trail to it's inevitable end, one arrives at death – the ultimate effect. If your Life is taken as a singular event or action, with being born the cause and dying the effect, what is the purpose of it?

The enquiry: “What is the singular purpose of my Life?”, if held to and pursued with an open and sincere mind, will reveal the One True Goal.

Once the True Goal is realized, everything changes. *Life itself* becomes the medium through which the reason manifests. Every thought, action, emotion, breath, moment, movement; all of it, becomes an expression of the reason. With the One True reason clearly in focus, Life explodes with purpose.

* * *

A virus is an entity that has no life-sustaining capabilities of its own. In order for a virus to live, it needs to hijack the life-system of a preexisting organism. Each cell has genetic locks on its surface. The virus has a key on its surface. If the virus's key is similar enough to the original key to fit inside the lock, the lock can be operated. The cell opens up and allows whatever was operating the lock inside.

Once inside, the virus takes control of the natural programming of the cell, utilizing it for its own purpose. It has only one purpose: replication.

The virus will produce copies of itself over and over, disrupting the cell's natural programming, causing disease and eventually death. The viruses then leave the host in search of another in order to repeat the process.

Thoughts do not exist of their own accord. The thought “tree” cannot exist without a thinker that gives it life.

One hundred years ago the average human had approximately 5000 thoughts per day. Today, the average human has approximately 50,000 thoughts per day.

If You watch your own mind and try to simply not think, You will notice, unless You have undergone training in the form of meditation, that You will be unable to stop thoughts from being produced, for even mere seconds.

If we take an objective view of the human species, we will come to the conclusion that our natural “programming” is being disrupted:

- The obesity epidemic.
- Being the direct and indirect cause of the extinction of thousands of other species.
- Being the direct and indirect cause of the lessening of *half the Earth's population of wildlife* (<http://www.vox.com/2014/9/30/6870749/the-world-has-lost-half-its-wildlife-since-1970-wwf-says>)
- War.
- Murder.

– Suicide.

Are any of these phenomena found elsewhere in nature? What is it that makes humans distinct from everything else in nature?

Human consciousness has been infected with the thought virus. One could even say that human consciousness *is* the virus. If You are finding this hard to believe, remember that a host that is infected with a virus has *already* accepted it as a part of itself. Virus is the great deceiver.

If the purpose of a virus is to simply replicate, and thought is a virus that has infected consciousness, then left unchecked, thought will spread rampantly throughout that consciousness.

Once again, watch your mind for just a few minutes. Simply do not think...

Does it seem natural that You are unable to stop thinking? Do thoughts seem to just pop in at random, with very little or no congruency, order, or purpose? When You watch your actions during a normal day, does it seem as though the mind is continually searching for something to keep it occupied – to keep the thought process going? Is there something unsettling about this?

Observe: Is there the constant need to occupy the mind?

Enquire: Why is there this need? What purpose does it serve?

How many of our actions are a result of trying to keep the mind occupied; to engage in the thinking process? How much of what we create is designed to engage the mind; to make that engagement more accessible, and more effective?

The information age. Always more accessible and always faster.

Honest, objective investigation of your own actions and the actions of those around You will reveal the degree to which the infection has taken hold.

The species is very, very sick. And we don't even notice.

The One-Step Path, being transcendence of mind, is the antidote. However, the antidote is being administered via the same pathway that the virus was introduced. The virus, not wanting to die, will do everything in it's power to keep the thought process operating, replicating. There will be a strong push to either reject what is being said or to debate what is being said.

If one rejects what is being said, then all will continue as it has been – the virus will continue replicating unchecked, the rate progressively increasing.

If one debates what is being said, the thought process will continue, only with a “more important” purpose. However, the virus cares not *what* is being thought; as long as the thought process is in operation, thoughts are being replicated and the virus stays alive.

So there is essentially no difference between “spiritual” thoughts and every other type of thought process. Whether important or mundane, good or bad, positive or negative, engagement in the thought process, *any* thinking, is the virus manipulating your life energy for it's own replication.

If You are finding this hard to believe, remember that a host that is infected with a virus has *already* accepted it as a part of itself.

Do not let the virus convince You to disregard this information. Of course the virus doesn't want to die, but its death is your Liberation. If problems/discontentment exist in your Life, then the cause of those problems/discontentment and the resulting antidote must also exist.

Transcendence of mind is the antidote.

Investigate the thought-free state and come to see the Truth of your own accord; from your own experience.

* * *

The reason is found within. With attention on the boundary of stillness and movement, All is revealed; all questions transcended.

* * *

Reading about Liberation will not liberate You. Reading about stepping is not stepping.

Not taking the Step, one stays where they think they are.

* * *

Zero and One are not two.
Beyond the Absolute, two leads to infinity.

From the unmeasurable Void comes the unmeasured Wave Function.
Measurement, requiring two, creates duality and all apparent separation.
The “I” thought that does not escape Being remains in perfection.

* * *

As life is the cycle of seed growing plant and plant growing seed, karma is the cycle of thought-action-thought-action. Acting not upon thought and thinking not upon action, the cycle passes, leaving only awareness.

* * *

You exist. All else is assumption, conjecture.

Following mind, one quickly becomes lost in illusion.
Remaining in one's own existence, Reality is Self-evident.

* * *

Doubt is not knowing. Thought arises in/with/as the not knowing.

You know, beyond any possible doubt, that this is happening. This is Self-evident via your own existence. Therefore, You are knowing itself. This very presence, which You are, is pure knowing.

Doubt/uncertainty arises when additional descriptions/cognitive measurements are attached. These include: *What* is happening/did happen/will happen; *when* it happened; *where* it is happening/did happen/will happen; *who* it is happening/did happen/will happen to; *how* it is happening/did happen/will happen; *why* it is happening/did happen/will happen.

Do You *see* how thought actually takes one away from knowing into ambiguity? We are taught to believe that the more descriptions we attach to something, the better we know it. This is the exact opposite of what really happens. The more thought one attaches onto the singular All experience of the present, the more there is to question/doubt about it.

Mind's only purpose is to produce thought.

To simply remain in the present with/as the *this* of immediate experience, is to live free of doubt and uncertainty. This is counter to what mind tells us and has been telling us for a long, long time.

Investigate acutely:

What's to say that mind is correct? Mind? Do You see where this reasoning could lead? Do You see that this is the path that human consciousness has followed?

For another possible perspective, spend some time in immediate, direct experience that is the thought-free state.

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Whatsoever the mind seeks it will find, but only relative to the opposite.

This being the fundamental knowledge: The innocent remain with God. The one who ignores shall be separate. The one who transcends mind realizes Divinity.

* * *

As a dog barks at its reflection in the mirror, not recognizing it as the Self, so do humans create the ego, not recognizing All as the Self.

* * *

Just as pure white light is the carrier of all color, consciousness is the carrier of all that is experienced. The white light of pure consciousness is everything at once. When the light is bent through the mind, the spectrum of the entire universe appears.

The One who does not bend consciousness is the white light.

The _____ that projects the white light is.

* * *

Throw away every picture You own.

* * *

Is there an emotion without a thought? Such investigation reveals the source of the ego and all suffering.

* * *

All concepts are wrong; even the meaning of these words.

* * *

All cycles are the same cycle. Like a hologram, the whole is represented in each part, regardless of relative size and/or duration. As such, the cycle of Life can be seen in the following:

Dreaming is to sleeping as waking is to cosmic consciousness. Human consciousness passes into sleep and a dream arises in that state. The dream consists of apparently separate objects and characters. your dream character experiences the dream from a certain perspective and experiences the dream as real. The higher perspective is that all characters and objects exist within a single consciousness – all characters are You. In exactly the same way, each human is a character in a dream that is occurring within a single “universal”

consciousness. This is how we are all one. We are all characters of a single dream of the same consciousness.

What we call “dying” is, to the singular universal consciousness, essentially no different than a dream ending while in sleep (there is as much to fear about dying as there is about sleeping). That which abides in sleep, in which the world is not experienced, abides also in death, in which the world is not experienced. Also, the level of consciousness that continues from the moment of passing to sleep, onto the moment of waking, will be the ongoing experience of that consciousness. Simply stated, the “I” that You believe yourself to be continues from day-to-day without much change. In the same way, the level of consciousness – the “I” You believe yourself to be – at death, will continue upon the next birth without much change.

Until the higher level of consciousness is realized, birth and death will continue, over and over, just as waking and sleeping continues within this current human consciousness.

* * *

The higher perspective is that everything happens at once. The causeless, timeless state is free of choice.

* * *

Everything is like the Absolute. The Absolute is not like anything. When all thought is seen as metaphor, Reality dispels illusion.

* * *

That which appears does so as measurement. Measurement requires two.
Therein the mind creates all opposites.

* * *

Innocence is not being able to read meaning into these words, as a child who has not learned to read. Knowledge is being able to read meaning into these words, as a person reading these words. Wisdom is being able to not read meaning into these words, as a person knowing how to read these words may choose to see them without invoking the thought process.

Consciousness that cannot see through the symbol to recognize inherent Reality is trapped in the cycle of knowledge.

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What process brings one to the present? What path leads one to the Self?

Following the illusion, one becomes lost without ever leaving home.

* * *

“Fun” is measured against “Not fun.”
“Good” is measured against “Bad.”
“Exciting” is measured against “Boring.”
“Pleasure” is measured against “Pain.”
“Happiness” is measured against “Sorrow.”

To those who wish completion:

Put not word to the experience. Pure, undifferentiated witnessing reveals the Absolute. This is completion.

Fear not completion, for it is perfect contentment; bliss.

Completion is not other than now.

* * *

Awareness directed outward is the realm of form and relativity. Awareness directed inward is the realm of consciousness and unity.

The final realization is that the Self is the Awareness.

* * *

There is no difference between the question and the answer. The stillness of mind after the answer is mistakenly attributed to the answer. In fact, they are unrelated. The stillness is also after the question, and previous to the question, and under the question. The thoughts *are* the disturbance/confusion; the stillness is the peace/truth.

Therefore, *the most effective spiritual practice is*, upon recognition of thought, immediate movement to stillness.

* * *

With Awareness placed upon a reflection in a mirror, a correlation between physical movement and Self develops. With Awareness upon mind, a correlation between conscious movement and Self develops. With Awareness

upon Awareness...

Self.

* * *

In the mirror of the conceptual mind, Reality is seen backwards.

* * *

It is neither this way nor that way. Not recognizing conceptualization as inherently flawed, we spiral further and further from Reality/Truth, all the while believing we are getting closer to it.

* * *

Is the smell that comes from You, You? Is the sound that comes from You, You? Is the taste of your skin You?

How is it then that the feeling and sight of You is You?

Not yet experiencing the True Self, mind arbitrarily assigns one.

* * *

Thought thrives in the dark regions of consciousness where Awareness is dim. If unattended the seed will grow and manifest into the physical realm as the weed of karmic action. The action drops another seed of thought, which

in turn will grow into the physical realm if left in the subconscious. The bright light of Awareness, when shone upon the field of consciousness, will prevent plant from producing seed and seed from producing plant, thus ending the karmic cycle.

* * *

There is only one thing to do to break a great stone: hit it.

1. The task is not complicated and requires no special training.
2. The only variation is the force at which it is hit and the frequency.
3. Even if the stone is not broken down, it will erode away with time.

There is *only one* thing to do to break the spell of maya: find the thought-free state.

1. The task is not complicated and requires no special training.
2. The only variation is the duration and frequency of the state.
3. Even if the state is not sought, the illusion will fade with time.

* * *

The Fundamental Process is the All coming back onto itself to reaffirm it's own existence. All apparent interaction, at all levels and in all realms, is this process.

Realizing infinite redundancy, Self remains.

* * *

When, looking upon the cross, no meaning arises, then will the kingdom of heaven be revealed.

* * *

Imagine that the body was just another sense object, exactly like everything else.

This is what is happening.

* * *

1. If there is a fundamental desire, it is to be free of vexation and suffering.

Consider all of humanity's endeavours to lessen vexation and suffering: Religion, philosophy, science, psychology, the legal system, medicine. Given the vast expanse of human knowledge contained within the above systems of thought:

Looking at the current condition of the human species, *does it appear as though there is less physical and mental suffering than there ever has been, at any given point throughout the entire history of humanity?*

Has it not been the case for *every single human who has ever lived*, that *everything we have ever done* has been to lessen vexation and suffering for both ourselves and our children? Again:

Does it appear as though there is less physical and mental suffering than there ever has been, at any given point throughout the entire history of humanity?

2. Despite all of human endeavour, the level of vexation and suffering

experienced by humanity has remained unaffected.

We are are not recognizing the true source of vexation and suffering. Somehow we keep missing it. Over and over and over...

3. If there is a fundamental assumption, it is that Self is physical.

* * *

Everything is You. your world is your own.

Watch closely and You will see that everything in your world is brought about by your Self. Everything everything everything is You.

Your consciousness is the only consciousness. Take all else as illusion.

There is only the Self, from which all phenomena and experience arise. There is no cause outside of Self. There is no effect outside of Self.

Realizing Self, the reason for your world comes to completion.

* * *

Seeing **This** as it is, it is realized that one cannot do anything other than what is being done. Ultimate Truth is the only possibility, all else is illusion.

Believing there is a past and a future, we try to do the impossible, and then wonder why we suffer.

* * *

Normal human consciousness produces humanity. How could it be otherwise? The consciousness that does not jump into the higher state will remain in humanity.

Where is humanity headed?

With earnestness, I implore You to make your escape.

Follow not! Turn away!

That which thought creates serves only to create more thought.

With it's awareness focused on it's own creation, the dream appears as reality and recreates the dream. Layer upon layer, the illusion deepens.

Turn away!

You, who has seen this, stop dreaming!

It is time to awaken.

* * *

Hate is bondage.

Love is bondage.

Indifference is bondage.

Repulsion is bondage.

Attraction is bondage.

Neutrality is bondage.

Bondage is bondage.

Freedom is bondage.

Nothingness is bondage.

Look upon all language and thought as Being in quotation marks and You will see through the illusion.

* * *

Existence is re-presented as that which exists and that which does not exist. Every re-presentation, no matter the perspective, duration, direction, or scale, will include both movement and stillness, thing and non-thing, All and nothingness.

Thus it is experienced:

form is emptiness; emptiness is form
particle is wave function; wave function is particle
matter is consciousness; consciousness is matter
birth is death; death is birth

You are the “is”

* * *

If You could not hear, would You exist?
If You could not see, would You exist?
If You could not smell, would You exist?
If You could not taste, would You exist?
If You could not feel touch, would You exist?
If You could not think, would You exist?

When the senses are removed from You, will You be removed?

Is that which cannot be removed existing now?

* * *

Once the path has been recognized You will never be lost again, for You will always be only one step away from home.

* * *

One step out; one step back

A million steps out; one step back.

* * *

Has there ever been experience outside of the present?

Every thought about the past or the future contains angst. **Watch closely** the feelings associated with future and past and **see**.

These feelings of angst, be they subtle or strong, are no different than the signal of physical pain. It is very much like sticking a needle into your arm. The difference is that the needle, being physical, is easily recognized as the source of the physical pain, whereas the thought, being non-physical, goes unnoticed as the source of the emotional pain.

We learn physical lessons much quicker than spiritual lessons.

So it is that we go on poking needles into our arm and hope for a place like heaven sometime in the future where sorrow will not exist.

Has there ever been experience outside of the present?

Is there anything or anyone causing You pain?

Or is it all You?

* * *

The higher the level of Awareness, the closer consciousness is to the equilibrium of the singular Self, and the more stability and peace one will experience.

The lower the level of Awareness, the further consciousness is into dualism and the more instability and distress one will experience.

* * *

Choice, being a concept, is illusion. Consider:

There are 100,000,000,000 galaxies in our universe, each one spiralling and expanding.

Do any of them choose to do so?

In each of those galaxies there are 100,000,000,000 solar systems, each spiralling and expanding.

Do any of them chose to do so?

In each of those 100,000,000,000,000,000 solar systems are planets orbiting a star.

The thinking mind, therefore, rather than causing or effecting anything, *is merely describing; constructing a story*, with the ego being the main character.

To look upon the thinking mind as narrator of the story is to adopt a more accurate and comprehensive perspective. This shift of perspective from the doer to the narrator also shifts the energy that was being put into the “trying” to do things toward the witnessing of that which is being done.

No longer pushing against the universe by following the illusory path constructed by the ego, the perspective of narrator brings with it a new found level of freedom and understanding.

* * *

Sleep is a state of Being. In sleep, Being is unaware of bodily senses, but still abides. Peace and contentment is experienced as mind stills and consciousness turns inward. This peace is disrupted intermittently as latent energies within/as the mind give rise to dreaming.

Death is the same state of Being as sleep. Being is at peace and content within itself as All. Latent energies (the karma of stored memories, desires, etc.) within/as the mind give rise to birth and the cycle begins again.

Being that remains, in the apparent rising and passing of all states, abides *as peace and contentment*. Put another way, *the peace and contentment of Being in sleep and death is experienced while Being in dream and awake*.

Being, now and always, is peace.

* * *

Is there two of You or just one? In (the) All experience (remembered, projected, present) there has always been the same single witness.

Being that You have always been one; You are, and always have been, whole, perfectly balanced, lacking nothing, complete. This is the “I am.”

How is it that separateness, unbalance, lacking, incompleteness, appears?

“In the beginning there was the word. And the word was with God and the word was God.” It is the word, the symbol, *attached* to the “I am” that creates (the realm of duality and separation).

It is the “I am X” thought that manufactures limitation, separation, and the illusion of Self as requiring two.

The ego is Self measured against the “other”. The “I am” is measured against “X”. The relative Self that is ego, is a product of the word assigned to “X”. The more the measurement cycle is iterated, the more the illusion of separation solidifies. Literally.

The creation myth is not describing the birth of the universe – it is describing the birth of your ego.

The Big Bang is not describing the birth of the universe – it is describing the birth of the illusion.

The birth of the physical body is not the birth of your Self, it is yet another re-presentation of the ever-continuous cycle going on within You *in the timeless present!*

And so, with each measurement being the *very source* of the illusion of separateness, unbalance, lacking, incompleteness, we keep adding new “X”s, over and over and over... in the attempt to regain that which One always is. The desire to find a mate is a manifestation of this process. Human consciousness, assigning the word “Man” or “Woman” to “X” seeks to complete the One with the “other”. The result is simply another re-

presentation. Over and over and over...

Look at our species.

Until it is realized that the separation *is* the *word*, the *measurement*, the process will continue and the illusion will seem more and more real. Our species is very, very deeply immersed in the illusion.

Do You see:

The reason why You desire? The core of every longing? Why You do *everything* that You do? Why it never satisfies? Why it continues?

There is a part of You that has been in this cycle for **13.7 billion years**.

Every description, story, model, myth, concept, equation, manifestation, interaction, is a re-presentation of the Life that *is You in this very present!*

Do You see?

*This is the purpose of Life: **To realize You are The One.***

You are whole, complete, perfect. Nothing can be added, removed, or rearranged in any way that will ever change this.

Just be.

* * *

13.7 billion steps out; one step back.

* * *

There is a light bulb. The light bulb is experienced in either of two states: off or on.

There is one thing that appears in either of two states. One phenomenon, two states. The one phenomenon is itself regardless of what state it appears to be in. The light bulb exists whether or not it is off or on.

We start off this line of enquiry with a physical entity. Just as in the case of Schrodinger's cat (a quantum state in which a cat is simultaneously both dead and alive) the frame of reference – the starting point – is physical. This frame of reference seems to necessitate duality (on or off; dead or alive). But if we enquire further, there seems to be another, perhaps “deeper” level of being than what has so far been presented.

What if the physical realm is not taken as the point of reference? What if we put to question the frame of reference itself? What if we enquire into the very physicality of the light bulb?

When we do this, when we enquire into the very existence of physicality, we find that it also must be in one of two possible states: that of existing (in/as the physical realm) and not existing (in/as the physical realm). This stands to reason. From the strictly physical standpoint, there appears to be a time when the light bulb did/will not exist.

If there is indeed a beginning and an ending to the physical light bulb (and all of that which we call “physical”) does any enquiry that uses the physical as its frame of reference get any closer to a concluding answer on the nature of Reality? If everything that is defined as physical is itself framed by beginning/ending, existing/not existing, is not using such as the frame of reference a glaring redundancy? Does it even make any sense that something that exists in the physical realm also does not exist in the physical realm? Such a viewpoint can begin to be grasped only when the perspective that the “something” (what is Real) is physical is let go of.

Letting go of the physical as our frame of reference, the physical becomes, not the phenomenon *itself*, but rather a part of the two states *of* the

phenomenon (Reality). This model is the same as the one describing the two states of the light bulb, except that there is nothing presented initially as an independently existing phenomenon which appears in one of two states. This model can be stated such:

“There is Reality, Reality, when measured, appears as being in either of two states: physical or non-physical.” What can be considered as non-physical and yet existing? Thought? Consciousness?

Just as the light bulb is the light bulb regardless of it being experienced as off or on, Reality is Reality regardless of It being experienced as physical or non-physical.

What is witnessing the shifting of the physicality of these words into the non-physicality of conscious thought?

What experiences the non-physicality of ItSelf every night while sleeping?

What is the Reality on which the play of dualism takes place?

You are not this nor that. You are that from which All arises and that to which All passes.

Did not all of **This** just arise and pass within You? Is it the same You now as it was before, during, and after, all of This arose within You?

Should not that which does the framing be the frame of reference?

* * *

The legend of the fall told in the bible is describing the introduction of the thought virus into/as human consciousness.

The eating of the apple represents the acceptance of the virus. Upon

introduction of the virus, knowledge of good and evil arose. This original sin is the birth of duality, the illusion of separation (did evil exist in nature before the thought of evil arose? Did evil exist in nature before the thought of good arose?).

Adam was patient zero. From the original thought “I am X” sprouted all further associations of “X” to reality (Adam named the animals). The virus, via human consciousness, began attaching itself to (the) All.

The thought virus had found fertile ground within human consciousness and spread exponentially, the physical manifestation of the human population growing proportionately.

The result is a consciousness that is so manipulated by the virus (why can't You stop thinking?) that it no longer recognizes the sickness, but rather accepts it as the norm.

Our true nature has been altered to such a degree that we have forgotten who we really are. We believe that Reality is the “X”, which is the greatest deception of all.

We were warned.

* * *

The core message of every religion is that the essence of each of us is not merely physical. This is the solution to the problem of death and suffering.

The message is delivered via the system of thought.

What is not recognized is that the system that provides the solution is the system that introduced the problem. When it is not recognized that it is *the system itself* that is the problem, consciousness that remains operating within the system will continue to experience the problem.

Each system of thought is caught in a self-referring feed-back loop that simply iterates it's own belief over and over and over...

If the mind, believing “X” to be real, iterates that belief enough, it will manifest in the physical realm, but only in relation to its opposite.

And so it is that the belief in heaven creates hell (is there not experience of heaven and hell right here on earth?). Good creates evil. All opposites exist here and now – either in mind or physical – what is sought will be found.

When nothing is sought, the thought process is transcended and Reality is seen/experienced as it is.

This state of consciousness is what the core of every religion is referring to. It is the state transcendent of death and suffering. It is the state transcendent of the religion itself. All teachings must be transcended.

* * *

How can the thinking mind comprehend the thought-free state? Being pure experience, the thought-free state is exactly *not* mind.

Of thought and experience, which seems more real?

Of illusion and Reality, which seems the correct path to follow?

With focus toward what is more real, one will walk the path of understanding, vividness, and unity.

Following illusion, one will wander in ignorance, dullness, and separation.

* * *

Our own consciousness, via scientific enquiry, has revealed the following:

The reality we experience is an identical process to that of watching a show on a screen.

Upon viewing a show on a screen from normal distance, it appears as though there are separate objects moving, interacting, affecting one another. When we move in and view the screen very closely, we will see that the image on the screen is made of tiny dots, or pixels, of color which are either on or off. The smaller the frame of reference – the fewer pixels being observed – the less the larger image is recognizable and the less one will be able to predict when the pixels will turn on and off and also the duration of the on and off periods. When we look at a single pixel, there will be no way of determining any type of sequence and therefore no way of making any type of accurate prediction. It will appear as though its actions are random.

When we look *behind* the screen, we find the signal, the information wave, that “tells” the pixels to turn on and off and when.

So, looking at the process from three different perspectives brings about three different models.

Model 1: From the normal perspective it appears as though there are separate objects moving around, interacting and affecting each other.

Model 2: From the close-up perspective we see that what is actually happening is that pixels are flashing on and off in a predetermined sequence. It is the ordered sequence of flashing pixels that gives the illusion of movement and interaction. At a more fundamental level there are still separate objects, in the form of the individual pixels, but there is no interaction between them, or movement of any kind.

Model 3: From the most fundamental perspective – beyond the pixels, behind the screen – *the cause of the pixels turning on and off is the signal, the information wave, that hits the back of the screen.* The signal strikes the screen all at once at a certain frequency. Causality at the screen level is an

illusion, as one pixel turning on or off is *not* the cause of the adjacent pixel turning on or off.

The following is what physics (the study of physical reality) has discovered: From our normal every day perspective, it appears as though there are separately existing objects moving around in space, interacting and affecting each other.

However, when we look at the most fundamental level of our normal everyday experience, we find that physical reality operates *precisely as the show playing on the screen*. Just like the pixels that make up the screen, the subatomic particles that make up our physical realm pop in and out in a certain predetermined sequence, which, when experienced via our nervous system, gives the illusion of objects moving, interacting, and affecting each other.

As much as it goes contrary to how we describe our experience, *there are no objects, no movement, no interaction*. Everything that happens in the physical realm happens all at once and is predetermined by the signal.

The only difference between 'our' show and the screen show is the complexity of the screen. Where the screen show has two dimensions (length and width) experienced via two senses (sound and sight) the physical reality screen has four dimensions (length, width, depth, time) experienced via six senses (sound, sight, smell, touch, taste, thought).

Consciousness, in the form of quantum physics, has looked behind the screen of physical reality and discovered the signal, the information wave, that “turns on” and “turns off” (pops in and pops out) the subatomic particles.

This wave of information that “tells” the particles to pop in and out is called the “wave function”. The wave function is the more fundamental cause of all physical phenomena.

The wave function is all possible outcomes existing simultaneously. It is the timeless All from which the illusion of time, separately existing entities, and

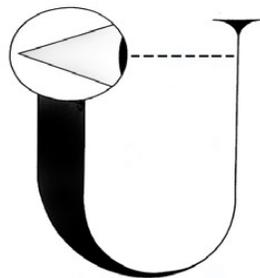
causality, arises. Just as the entire scene of the show appears on the screen, in its entirety all at once, so does the physical realm arise all at once.

The body that You associate “I” with is not a separately existing object moving through space. All notions of an “I” that is controlling the actions of the body is an illusion. All appearances of physical phenomena causing the effect of other physical phenomena is also illusion. To believe that the Self is the body and that there is an “I” that is controlling the actions of body, or that other physical phenomena are affecting the actions of the body, is the equivalent of believing that the earth is flat. The wave function is controlling the show. All of it, all at once, all the time, in perfect unity.

Of course, the question arises: “Where does the wave function come from? If the wave function is the cause of physical effects, what is the cause of the wave function?”

Itself.

Physicist John Wheeler, a pioneer in the field of quantum mechanics and who also coined the phrase “black hole”, designed the following model:



This “Self-actualizing universe” model is Wheeler's attempt to describe the reality revealed by quantum physics, and the role consciousness plays in the process.

The v shape at the upper right corner represents an event. Wheeler was specifically referring to the Big Bang, but any singular event will apply. The large U shape represents the event propagating in an unmanifest, potential state. This is the wave function – the information wave, or signal, that has not

yet been translated. The yet unmanifest potential event gives rise to a consciousness (represented by the eye) capable of interpreting (the dotted line being the interpretation) the signal. The interpretation in turn manifests the non-thing of the signal into separate “things”.

The Self-actualizing universe model is exactly the same system of a camera relaying an event to a screen for viewing.

In this re-presentation, the physical realm is represented by a television screen, the eye is the camera, the U is the signal between the camera and the screen, and the dotted line is the focus of the camera.

From this model we can see that the introduction of the television monitor/physical realm is redundant. *There is no purpose to the intermediary step of the translation of the signal/wave function into pixels on the monitor/the physical realm, as it is merely the resulting image/event that is transmitted back to the monitor/physical realm.*

Here is the crux of the matter: The Self/Presence is the only frame of reference, therefore, all models are models based upon the Self/Presence. What is being spoken of is not other than the reality You are experiencing *right now*. ***The redundancy is the ongoing internal dialogue that takes place in/as your mind.*** The using of a symbol to re-present that which is, is redundancy. Conceptualization and language are symbol. The appearance of separately existing objects arises only upon conceptualization. It is as Self-evident as this: The thought “tree” arising in your consciousness brings about the appearance of an object that is separate. When there is pure witnessing, without conceptualization, the appearance of separation does not arise.

The state of samadhi is that where one experiences unity with/as the universe. There is no sense of a separate Self, no separate objects, no time, and no individual volition. All occurs as a single entity, a singular event, in complete unity, all at once. This is not merely some imaginary made up idea, it is a very real state.

Samadhi is the direct experience of the wave function; of pure, unfiltered

consciousness. It occurs when reality – this very reality – is experienced in/as the thought-free state.

Like an explorer who has circumnavigated the earth, consciousness has come full circle in its investigation of reality and discovered – itself. The findings of quantum mechanics can not be further interpreted by conceptualization because it is the final concept. Quantum mechanics is the finger of concept pointing to the moon of experience.

Sometimes that which is hardest to see is that which is the most obvious. The conceptualizing mind will keep trying to find deeper meaning. The natural state of samadhi has become foreign to us. As soon as our children are born we teach them how to focus on the screen (the ever-increasing manifestation of our species being addicted to screens is yet another re-presentation) rather than direct experience. Our minds are constantly labelling, measuring, conceptualizing. The thought-free state is not even recognized.

It is this Self-evident:

In order to directly experience wave function/consciousness as the state of samadhi, experience reality thought-free.

The validity of the statement is tested only in/as the realm of experience. It may take some time to refocus the mind, as it has been staring at the screen for many cycles/generations. Until You tear your gaze from the literal screen of man's creation and the figurative screen of conceptualization, You will remain in the lower state of consciousness and will experience separation, duality, illusion.

* * *

Having followed the Path marked out by the map, You have found the treasure chest. The greatest treasure is locked within.

Consciousness is both the lock and the key. You, the possessor of consciousness, have all that is required.

In order to discover the Absolute and thus end the search, You must simply place the key into the lock...

...and accept what You find.

* * *

When focus is “out”, that is, when Self is seen in relation to the other, separately existing objects, the ego, the burden of choice, and all duality arises. The thinking process is awareness focused out.

When focus remains “in”, one remains in direct contact with/as the wave function and samadhi is experienced in/as pure consciousness. The Self moves in effortless unity and perfect harmony with/as the universe. The thought-free state of pure witnessing is awareness focused in. Focus is the Self is the Process Itself is Awareness.

No “in” no “out”.

* * *

$$Z = Z^2 + c$$

The above mathematical equation is called the Mandelbrot Set. It is an expression of the Fundamental Process that is as beautiful as it is revealing. There are many video representations of the set on the internet. Here is one of them: <https://www.youtube.com/watch?v=PbwaFQ2r2c4>

The equation plots the movement of a single pixel on the screen. There are two possible outcomes for each pixel that is put through the process. Either it

will move to the center of the screen or it will move off to infinity.

The equation works via a process called “iteration”, which is the using of the output of the initial cycle as the input of the next cycle, then using that output as the next input, and so on (the Fundamental Process is the All coming back onto itself to re-affirm its own existence). After the initial value has been input, the set is a Self-referring system.

It just so happens that if the initial input value (c) is greater than 2, this will result in the pixel moving off to infinity. If the initial input value is less than 2, the pixel will move to the center of the screen.

This is an exact expression of the cycle of duality. If the singular initial “I” consciousness ($c < 2$) does not expand into the dualistic “I...”, it will remain as a part of the set and move to the center. If consciousness expands into the dualistic “I...” thought ($c > 2$) it will leave the set and shoot off into infinity.

What should be noted is that the colored region is the pixels that have “left” the set. The black region is the pixels that have remained within the set. The colored region that can be described is the Fundamental Process that has expanded to the level of dualism. The black region that defies description is the Fundamental Process that has remained in unification.

And isn't it so that there is such beauty arising from the process “going out”? Life, in all of its vast array of experiences, when simply witnessed, is a beautiful display of form and color. There is no right or wrong, no state or experience that is better than another. There is simply the process of Life.

The Mandelbrot set equation is capable of infinite complexity. As one zooms in, the set reveals more and more detail. This process can go on indefinitely. The only prerequisite to revealing more of the set's potential is more computing power. The faster the equation is iterated, the greater the resolution and detail generated. Reality operates in the same manner.

The Fundamental Process is consciousness coming back onto itself to experience itself. Dualism is that part of consciousness that desires

continuation of this experience. Biological evolution is consciousness developing higher and higher computing power so that it can experience itself at continually deeper and deeper levels. Our human brain, perhaps the most complex structure in the universe, is capable of experiencing the infinite potential of the Fundamental Process to an incredible degree.

There is a point where You will grow tired of infinity. Herein is the reason why You are reading this. You, who are getting glimpses of the Indescribable, are aware of the border of infinity and unity. You are playing with the idea of remaining in unification, but have yet to pull attention fully away from the show.

* * *

The ignorant look upon samadhi and cannot relate. Of course! How can that which knows only the relative understand experience of the Absolute?

Do not try to understand the experience of one who sits in absolute happiness – bliss – in terms of relative happiness. Bliss requires nothing outside of Self. As Self is constant, omnipresent, so therefore, is bliss. What do You think “Self-Realized” refers to?

Happiness associated relative to “other”, no matter how close that other seems to be, no matter how long it may last, will pass with the passing of the other.

What does not pass?

Rather than following mind when it rejects the reality of samadhi, seek it out for yourself and draw your conclusion from there.

* * *

In the beginning, the singular Sun reflected perfectly upon the surface of the Great Sea. The surface of the Sea was absolutely still, and the reflection was an identical likeness from every perspective.

Eventually, the Storyteller noticed subtle currents and eddies forming on the surface of the Great Sea. The movement of the water made the reflection of the Sun waver and distort.

In order to find out the source of the disturbance, the storyteller followed it to the seabed, upon which He immediately noticed a tiny Void appearing. With increasing interest the Storyteller witnessed the Void form a bubble. The bubble expanded until it broke away from the seabed and quickly rose to the surface, continuing its expansion all the way.

The Storyteller then witnessed another bubble form and escape to explode on the surface. The closer the Storyteller looked at the Void, the faster the bubbles formed. And the Storyteller looked into the Void as close as He could.

And the Storyteller became trapped inside one of the bubbles and was carried back to the surface of the Great Sea, where He saw that the Sea was boiling. The Sun's perfect reflection had become indiscernible flashes and flickers of light. The Storyteller was so mesmerized by the flashing and flickering that it became entranced and fell asleep.

When the Storyteller awoke, He saw the singular Sun reflected perfectly on the surface of the Great Sea.

* * *

Your Life is a story. All stories, no matter the venue or route of telling, are representations of Life.

A story in a book has three major frames of reference. The amount of control

You appear to have over your Life depends upon which frame of reference, or perspective, is taken. The three frames of reference are: character, author, reader.

If the perspective is taken strictly from the point of view of the character, there is no control whatsoever. The character plays out the Life that was written by the author, no more, no less. Every action, emotion, thought, feeling, ambition, regret – *everything* experienced by the character is dependant upon the words written by the author. Even the thoughts that the character has about having control and free will have been placed by the author. Everything that happens within the book is predetermined. The story is the words. This is the physical realm.

If the perspective of the author is taken, there is control within the parameters of the rules of language. Anything that can be thought of and understood by the reader is allowable. From this perspective it appears as though the author has complete control over the plot of the story. This is the realm of thought.

However, if the author turns the thoughts back onto themselves and asks the question: “where do my thoughts come from?” it will be revealed that what is being written is an autobiography. The source of the thoughts writing the story are based upon the Life lived by the character in the physical realm. Once the redundancy of the cycle is recognized, the higher perspective – transcendence, is sought.

When the character realizes that it is the author and the author realizes it is the character, that which is giving Life to the process – the reader – is realized.

This is happening.

You are the process. You are, simultaneously, character, author, reader. When the reader becomes completely involved in the story, It vicariously experiences what the character does so intensely that it can momentarily forget it's true Self. This is identification as the body. When the reader desires more vicarious experience, it simply adopts the role of the author and creates

more plot based upon its physical experience. This is identification with mind.

You, who are reading this, have begun to remember that You are the reader.

There is no such thing as control at the physical level of the character. Even at the author perspective, that which is written is governed by the mind, whose ideas come from the experience of the physical realm. The only aspect of the system that could be said to be controlled is the awareness. All three perspectives exist simultaneously, now. When there seems as though a choice needs to be taken, the real choice is not: “What am I going to do?”, but rather: “Which perspective am I going to take?” What is done will be in accordance to the perspective taken.

When the perspective of reader is taken, the story You are telling yourself begins to slow down. your role is no longer to engage in the realm of karma, but rather to act as a vehicle for others to play out their karma. Not adding to the cycle of karma by trying to change the plot, but by letting it run its course, *You are that which gives the words on the page Life.*

This is happening.

At any time You can put the book down and simply witness this happen.

* * *

Where can one go once perfect contentment is realized? The mind, continually creating differentiation, compares contentment with something – tries to label it. In doing so attention moves and in the movement contentment is lost. Go back! Do not believe there is something better. All that awaits outside of contentment is dualistic. No matter by what guise it takes, how attractive the wrapping, the gift is both what You want and what You don't want.

You must be willing: to give up paying attention to pleasure in order to not be affected by pain; to not manufacture excitement to not get bored; to not seek attention in order to not feel lonely. All that is dualistic is transcended in/as the thought-free state that is Being/Presence.

Observe the quality of the contentment and You will find it is always the same. It is that which does not change; that which is always here.

The contentment is You; that which arises and passes does so through You.

Experience this **once** and You will have found your salvation.

* * *

If God is omnipresent, there is nowhere It is not. At the pinnacle of heaven and at the darkest depths of hell, God is there. How is it then, that Divinity goes unnoticed? If God is everywhere, how can there be suffering? Where is salvation? We cry out in despair but nothing happens. Why?

Turning inward we find the answer. God is here always within/as our Self. That which arises from the Void of what cannot be described passes into that same Void. All sin, guilt, shame, despair – all form of suffering – is accepted instantly, without process or judgement.

This is Love.

We need not accept Christ into our heart for deliverance. Rather, we need to accept that God has been here all along, waiting for us to let go of our egos.

Watch it come, watch it go, with detached equanimity/complete acceptance. This is Love.

* * *

Egos are masks pulled over the face of God.

* * *

As a child puts away its toys when playtime is over, so does the Self put away mind when playtime is over.

* * *

One night humanity had a dream. It dreamed that it walked across the sands of time with God. Across the screen of it's mind flashed by all of history. For each scene in the history of mankind, it saw two sets of footprints in the sand; one belonging to it's Self, one belonging to God.

When the final scene of humanity's history flashed across the screen, it noticed only one set of footprints remaining; that being it's own.

And mankind cried out: "My God, My God, why hast thou forsaken me?"

And God replied: "My Son, My Dearest Son. When You see only one set of footprints, is when You have realized, that there never *was* two of us."

And the light came, and humanity awoke.

* * *

In every way You can think of, You are not Divine.

In every way You cannot, You *are*.

* * *

One cannot fully embrace the present while holding onto the past or grasping for the future.

* * *

Is there an end to want? Look at our species. Having forgotten our true Self, we search to find completion in the other. One must stop and investigate honestly and objectively the state of humanity. Is it generating health, peace and harmony within itself, other species, and the environment?

Ants make up the same amount of biomass as the human species, and yet we hardly notice they are here. Does the earth notice we are here? The entire ecosystem works in harmony and balance with itself. What makes humans so different? What is it that humans do that no other species does?

How many people do You know are on medication? How many have problems sleeping? How many are overweight? How many have an addiction? How many suffer from anxiety? How many... The quicker way to approach this is: How many people do You know are perfectly healthy, content, and happy with every aspect of their Life, with no problems whatsoever?

The bigger question is: Why do we accept this as normal?

Is there something that is the cause of all of these problems? Perhaps, if one were to investigate closely, one would discover that there is one core, root cause to all of humanity's problems. Maybe if that one cause were to be removed, all problems would cease. Maybe we could return to Eden.

If there be a goal to Life, such an investigation must be it.

* * *

Awareness is constant; it is only the focus that changes. The body is the camera through which Awareness is focused. Consciousness is the director that controls the focusing and the recording.

When the camera is damaged beyond repair or the batteries run out, the recording stops but the Awareness and director remain. If the director desires a sequel, it will find another camera and continue where the plot of the old movie left off. If the director is done with the series, he will take the day off and rest in the Awareness.

The analogy, and all conceptual models, break down here: The camera, the director, and the Awareness, are all the Awareness. Awareness is focusing Awareness onto Awareness. It is the manner in which the focusing takes place that manifests the diversity of the physical realm. There is nothing “out there” that is being recorded.

Your mind creates your reality out of the nothingness of pure potential. your universal mind has been creating the universal reality for 13.7 billion years. Story built upon story built upon story built... ; sequel after sequel after sequel after...

your Awareness is that which unifies and completes the process, right now, as the audience. A movie is created for the single reason of it being watched. It was all made by You, for You, as You.

Take the day off and watch this movie – your autobiography – with the attention it deserves.

* * *

Both attraction and aversion are resistance. Resistance is ego.

That which feels creates the feeling.

No longer resisting that which *is*, that which *is* witnesses flux, not moving.

* * *

Self-realization is a non-doing. Everything that is perceived as a doing is relative; a product of mind. The more Self is realized, the more subtle the doing becomes. First the gross sense of doing with the body fades. Then the subtler sense of doing with mind fades. That which remains when all doing is transcended is Self.

If one becomes aware of thinking while doing, that Awareness itself is Self-realization. So there is nothing to do once the Awareness arises. The process takes care of itself. The doing and the doer is the Awareness is the Self.

The core purpose for all physical action is not physical. The core purpose for all action is to realize Awareness. To be Aware of Self in/through/as doing, is the purpose for doing. The idea that a doing is for any other purpose than Self-realization leads one off the Path and into illusion.

If one holds loosely, the motivation for doing to be simply the complete Awareness of the doing, the Awareness will arise spontaneously from that intention.

When Awareness is complete, there are no separate doings. There is simply one doing, one doer.

No doing, no doer.

* * *

That which is described by thought does not exist apart from the thought. “I am X” has no inherent existence apart from the existence You give it. The “I am” is the Life force from which the X manifests.

Who are You? How do You come to believe in personality? Is X who and what You are, or are You merely acting out X after the fact?

The belief that “I am X” exists beyond the life of the thought itself, **projects the illusion** that You actually are X.

Do You control You or do your thoughts control You? Why does something that arises and passes in the blink of an eye affect You so? Are You the flux of the ever-changing X, or are You the unchanging omnipresence through which X arises and passes? How can You possibly be moved without You giving the authority?

Are You beginning to see who You really are?

Stop acting and reveal yourself!

* * *

One hundred years ago, the average human had 5,000 thoughts each day. Today we have 50,000.

A century ago, world energy consumption was at 55 exajoules (1 exajoule = 174 million barrels of oil) per year. Presently we consume 550 exajoules of energy annually.

Thought is action; action is thought. There is no separation in either time nor space – such apparent separation *is* ego and illusion.

To say that thought manifests as action and action manifests as thought – that perspective *is* the manifestation. It is a Self-actualizing process. Focus

directed back onto the process is propagation of the process, the product of which is energy – both karmic and physical.

To slow the karmic momentum, focus must be drawn away from the feedback loop of thought manifesting physicality (object/action) and physicality producing more thought.

That which is created by thought tends to create more thought. Focus on nature, being that which human thought has not created, brings one out of the vortex of human consciousness and back into the larger, more stable cycle of universal consciousness. Focus on nature and the physical body stabilizes the cycle. This may be an important step to re-align with Self.

Focus on Self, which is beyond both mind and body, immediately transcends the cycle.

Now.

* * *

What can be before the timeless state? What can be after the timeless state? Time is that which is outside of the timeless. What can be outside of the present? Only appearances; only illusion.

Before and after do not apply to the present/presence. When does the present/presence begin? When does it end? Where does an experience, concept, phenomena enter the present/presence? Where does an experience, concept, phenomena leave the present/presence?

It is all nonsense! It is all illusion!

Illusion arises, reveals itself as illusion, passes, as Reality abides.

* * *

Now

* * *

Now

* * *

That which is prior to all thought, emotion, experience is also that which is beyond all thought, emotion, experience. What could that possibly be?

Is it not the experiencer? If it is not, then what it is, is stillness. If it is stillness, what experiences the stillness?

In the midst of thought, emotion, experience, the experiencer is focusing on that. In stillness the experiencer is focusing on that.

The experiencer is the focus.

* * *

your Reality manifests from You, for You, as You. Why are You creating the Life You experience? Is it to save others? Are they not creating their own Lives and Realities?

How can You prevent anyone else's suffering when such suffering is a manifestation of their own consciousness? Watch the source of your own

suffering and You will find the cause and the cure.

your world is made by You. However, it is not outside of You nor is it inside of You. How is it?

This is the reason.

You are playing a game of hide-and-seek with yourself. You hide in everyone and everything. Not seeing this is: the realm of the relative/other/separation/the cycle of all dualism. Finding yourself is the end of the game.

This is the reason.

The only reason for all of this.

To find yourself.

You may continue playing the game as long as You wish. There is nothing wrong with this.

You may come home any time You wish. There is nothing wrong with this. It is just a game.

* * *

Seeking is karma. Finding is karma. Finding is not necessarily the end of seeking. The end of seeking is to no longer seek. Many are seeking merely to identify the Self as something. This type of seeking is subtly dualistic and can continue undetected for many cycles. The true seeker is one who seeks the end of seeking.

For those who seek the end of seeking:

That which cannot be found is that which is always here.

Who is always here?

* * *

Attachment is identification with phenomena. All phenomena that appear within the realm of conceptualization (anything named or described) arises and passes. To attach such phenomena to Self is to create the sense that Self is affected by the movement of the phenomena. The associated feeling that is experienced by this movement is then identified by the mind as “I”.

If one is to trace a feeling back to it's source, one will find that the sense of “I” was there prior to any identification or association. It was there even before the conceptualization of the specific phenomena.

Therefore, You are not any phenomena that arises and passes. You are that from which All arises and passes. You always, are. Such realization is the end of relative existence. No longer will You exist in relation to feeling. You are existence itself; relative to nothing; complete in and as Self.

Self, now, is the source of All.

* * *

All one can do is the best they can do. There is nothing to do but be as Aware as You can. There is no need to concern yourself with “should”, “might”, “what if”, and all such thoughts, for your business is Reality, and Reality knows nothing of “should”, “might”, “what if.”

There is no time limit. There is no judgement. There is nothing but You experiencing your own creation for no other reason than the experience of it.

When You have had enough experience You will abide as unbroken, undifferentiated Awareness. Perhaps You will do so from now on. Perhaps You will do so from some other now on. It matters not when it happens, just be Aware of it happening.

From now on...

It is All just a matter of timelessness.

* * *

At death, the world leaves You; You do not leave the world. You do not leave the world because You are ultimate Reality and cannot go anywhere. Can You leave your Self?

The more You have identified Self relative to the world at death, the more You will search for the world again. And so it will arise once again within consciousness, along with an individual, separate "I".

The more Self-realized You are at death, the less You will search for relative existence, for You have realized that You are existence itself. Therefore, no relative world is required, and no individual separate "I" arises.

Such is completion.

* * *

You cannot not *be*. If non-existence exists, then even *that* still *is*.

Delving deeply into nothing, it's quality is experienced. Being so experienced, it is found to simply be: "*nothing that can be described*".

Such discovery brings an end to the fear of death.

* * *

If it is contentment You seek, then You must stop seeking. What is seeking? It is the assumption is that there is something missing, that there is something “I” do not have. As wholeness and unity is the fundamental Realty – the essence – it is natural to move toward this. But herein lies the paradox: If wholeness is the essence, there is no way to not be whole. Therefore, any movement toward wholeness is in actuality the illusion of incompleteness itself.

If You seek contentment, be content. What is discontentment but the feeling itself? How does the feeling of discontentment arise? Observed closely and followed back to its roots, it is revealed that discontentment begins with a thought. This thought quite often arises when relative stimuli are at a low. The ego, not receiving adequate reaffirmation, seeks external interaction to give itself more life energy.

If one simply witnesses the process without attaching it to Self, one will realize/experience that contentment is the primordial state of Being. Discontentment is caused by a thought, whereas contentment has no cause and is therefore the primordial state.

Discontentment is a state of mind, whereas contentment is the state of Being.

Actualization is the experience of such. **Sit and Be.** Steadfast in the unmoving Truth, let wave after wave of discontentment/restlessness roll through You, slowing... lessening... dissipating...

You, One as the Absolute, whole and lacking nothing, have nowhere to go, nothing to attain.

* * *

All humans experience adversity to different degrees. What vexes one person will not even faze another. What affects one person for Life, the next will get over within a month. Those who are easily and dramatically emotionally affected by events and circumstances, we call “unstable”. Those who are unaffected by the small things and who get over the big things quickly, we call “stable.”

What are adversities? Adversities are a perceived loss. A loss of a job, of a relationship, of physical vitality, of a loved one, etc.

What is “stability”? Stability is not perceiving anything as a loss.

If sense of Self is derived from a relative source (ie: I am a firefighter, she is my wife, I feel good, that is my son) then if that relative source passes, it feels as though a part of You has been lost. Indeed, a loss of someone “close” can feel like your heart has been cut out of your chest.

The amount of suffering experienced through Life is directly related to your level of Self-awareness.

One who is completely Self-realized experiences All as Self. There is no longer any need to construct an “I” relative to anything else because the Self is all there is. If there is only *one* inseparable, indivisible Self, how could a part of it be lost? Such a One is not affected by anything. They are stability itself.

You are always here. Even the loss of your body cannot separate You from your Self. There is no You and your Self. How can You ever lose your Self?

Do You see?

Energy is constantly shifting form but is never lost nor gained. Nothing affects the Self. The Self is always present.

Find the Self and You find your foundation; your unmoving source, from which movement is witnessed.

* * *

Just as one can focus attention onto specific conversations within the din of a crowded room, so can one focus attention on various frequencies of consciousness. Pure consciousness is the din of everything at once.

When Being singles out a specific frequency, phenomena within that frequency are experienced. This is akin to listening to a specific conversation. This is outward focus.

When Being focuses attention back onto itself, the All is experienced as everything at once. This is akin to experiencing the din itself. This is inward focus.

When there is no movement – no doing – THIS is the Absolute, which defies analogy.

* * *

Karma is a measurement of Dharma. That is, karma is not distinct from Dharma, but appears as such when the All (everything at once) is conceptualized into a single event (one thing at a time).

Consider:

You are sitting on a swing. The natural state of that swing is that of motionlessness. With no movement from You, gravity pulls the swing straight down into it's lowest energy state. This is your natural state, with all apparent forces in your Life at equilibrium.

Mind sees something in front of the swing that it desires to experience (“X”). Rather than simply watching that thought/desire pass, thus remaining in your natural state, You decide to act upon the thought/desire – You pump the swing in an attempt to reach “X”. So the swing moves forward and You reach “X” or You don't reach “X”. Regardless, gravity is always pulling the swing back toward its lowest energy state. But momentum takes the swing backward beyond the resting point. This backward swinging is the “negative” of the process. It is the opposing manifestation/action of the “positive” action. The forward/backward swinging process will continue until the energy that was put into the original forward swinging has dissipated.

Dharma is the all-pervading force governing the subtler thought-action causal realm, just as gravity is the all-pervading force governing the grosser physical causal realm. Karma is any individual action against this force, which inevitably manifests equal positive and negative perceived outcomes.

From this analogy two important lessons can be learned:

1. Just as it is impossible for one to swing forward more than backward, it is impossible to get more of what You want, than of what You don't want.
2. There is nothing personal about the process. Just as the force of gravity is impersonal, without subjectivity, and equal for everyone, so is the force of Dharma.

So it can be seen, the more one acts upon thought/desire, the more karmic momentum will take place and the longer the cycle of samsara will continue.

Our mind projects the illusion of “X” and we desire the experience of it. We may miss “X” or attain it; that is in actuality of little consequence. If we miss it and the desire remains, we will simply pump the swing harder, building up more momentum. If we finally *do* grasp hold of “X”, thereby temporarily halting momentum and bringing stillness/peace, “X” will inevitably dissolve into nothingness (everything created has a beginning and an ending). When this temporarily anchor point disintegrates, we will be left with nothing to

cling to, and will be pulled once again back toward our lowest energy state – the process continuing.

It is important to recognize the deeper reason why we engage in this process. Our egoic mind makes us believe that the reason why we are swinging is to gain “X”. But the more fundamental reason is for the *feeling of the swinging itself*.

We swing to **feel**, and in that feeling affirm our existence. The idea that “I want X” is recognition of only half of the process. The belief that You are swinging to attain “X” leads to the impossible attempt to swing only forward. No matter how many “X's” are grabbed hold of, each one passes, leading to the opposite of what “I” want. The result is extreme highs and lows – much turmoil – as the system plays itself out to equilibrium.

In order to slow the process and lessen the extremes, one must first recognize that the reason to swing is just for the swinging itself. Recognition of this more fundamental purpose is also recognition of the process as a whole, and acceptance of the negative as well as the positive.

Once one swings *just to swing*, the karmic cycle begins losing momentum as experience of Self becomes more complete. Attention is drawn from fixation on the object of “X”, to the swinging, and then to the swinger. Once the swinger is fully realized, the karmic cycle has ended and the swing comes to rest.

Perhaps You'll get off and go for a walk...

* * *

Why would one attempt to manifest on the physical plane? Even the greatest of achievements crumble into dust and fade from memory, taking the “I” that “did that” along with it.

Spiritual mastery has nothing to do with creation in the physical realm. True spiritual completion realizes Divinity, and along with it the realization that You have *already manifested the entire universe*. You *always have been* manifesting exactly what You experience the whole time.

How is it that You think You don't want what You have?

Spirituality is the process of this discovery.

* * *

All phenomena that You experience in your Life are created by You. your mind takes the “This is happening” and superimposes “X” over top of “This”. You further convolute the story by introducing time into equation, ie: “X happened”, “Y may or may not happen”. All apparent movement is movement away from Reality/Truth. The Ultimate Truth of “This is happening” brings awareness onto the Self, steadying the mind. Any action taken upon “This” is egoic in nature and adds karmic energy/momentum.

“This” requires nothing added or taken away, and is the very state of such. This state is also not other than complete acceptance, which is also called “Love”.

This Love has been called “Agape”, or Divine Love. It is Divine in that It's acceptance is so complete that All is seen with perfect equanimity. Such experience can only be expressed as Being outside the realm of cause/effect, separateness. “This” experienced directly, **is**, prior to any phenomena/movement of mind. Herein abides peace that passes understanding.

“This” points directly to the Self. “This” that stays with the Self will be re-absorbed as the Self and Agape Love will Be.

No reason. No cause. No purpose. No movement.

This is Self. Self is Love.

* * *

It has been said the God watches our every thought and action.

It is true.

Through whose eyes?

* * *

Who are You?

* * *

Organized religions are a game of “spiritual hokey-pokey”. Each one has its order and sequence of which part to put in and when, but the end of the game is always the same: You put your whole Self in.

When You have had enough of the game You will simply skip to the last move.

And that's what it's All about.

* * *

That which remains the same is always, eternally the same, for if it changed, it would not be what it is: that which does not change.

If that which does not change is eternal, it must exist now, in and as the ever-present.

If You exist now, how could You not be the ever-present, timeless, eternal changelessness? Are there two presents? Are there two Yous?

How could You ever be separate from the present? How could the present ever not exist?

There is no difference between your presence, your very being, and the ever-present. You are the timeless, causeless stillness which gives Life to movement and change.

* * *

Does the world suffer or does the individual? Is not the suffering of the entire human species the suffering of each individual? Is it not so that the end of all human suffering is the end of each individual suffering?

Therefore, end the suffering within yourself. How could the end of all suffering happen if You yourself still suffer? Do You see?

Suffering is a vicious circle. Seeing others suffer causes pain within You. Seeing this pain within You causes vexation within others. Do You see the cycle?

The way to break the cycle is to transcend all suffering. This is liberation.

Liberation, from the relative perspective, is: Seeing You free from all suffering, energy will not be added to others karma. Rather than propagating the cycle, You will act as the vehicle through which the way to end all

suffering is transmitted. Others will witness your peace/perfect contentment and seek the way.

Liberation, from the liberated perspective, is: Having realized Liberation, one sees All from the Supreme State, where there are no others and no suffering. This is the absolute meaning of Liberation.

* * *

Death is not the opposite of Life. Birth and death are the two aspects of Life. Life is all there is. You are that Life.

Why concern yourself with what the death state is like? You are already dead! You have died many many times already. You are simply not resting in peace. The restlessness felt as disturbances in/as mind is/gives rise to, physical action. This physical action is then taken as reality. However, that (Life) which is in the death state is the True Reality.

You are in the death state. your mind creates ripples of consciousness that turn into the dream of *your name here*. This being true only from a relative conceptual perspective, direct, unwavering experience of the present realizes All apparent states as one.

All apparent cycles and states are fully and completely contained in and as your presence here and now. All apparent cycles of birth and death – atomic, molecular, cellular, body, solar system, galaxy, universe – All are representations (appearing/arising with concept) of You.

Does not the All manifest Itself *for You, through You, as You*, right now and always in it's complete entirety?

On the seventh day God rested.

Rest in peace.

* * *

Reality is your experience. If Reality is what cannot be denied, then the only phenomenon that can be accepted without conjecture is your direct experience. Any discovery about how Reality works, is therefore ultimately a model based upon your present experience.

It is from this standpoint – that all conceptual models of the fundamental workings of Reality relate to the experience of Self – that the conclusions to the following models are offered.

The wave function: The wave function is a mathematical representation of consciousness itself. The qualities of the wave function coincide directly with the state of samadhi. The state of samadhi is that where:

1. *No separately existing objects arise.* When no cognitive 'measurement' is taken and Reality is perceived in the thought-free state, All is experienced as one. Simply put: without naming things, things do not appear.
2. *A deeper, more fundamental relationship of cause-effect than that which appears in the physical realm is experienced.* While in samadhi, there is no sense of an “I” that is controlling the body's actions. All apparent physical movement is experienced as occurring simultaneously, without cause from the physical realm.
3. *Time does not exist.* In the thought-free state, nothing is felt as existing apart from anything else. With space and time in perfect balance (no cognitive “measurement” taken) neither arise. Therefore, the 'flow' of time is not felt.

Schrodinger's cat: Any “collapse” of the wave function into a definite outcome is made apparent from the *interpretation*, not from the observation. Pure observation, without a cognitive measurement being made, *is* direct

experience of the wave function.

If the box is opened, and the observer makes the cognitive measurement (thinks/interprets) “cat”, the appearance of a cat arises. If the observer makes a second measurement and thinks: “the cat is dead”, then there is the appearance of a dead cat.

This perspective does not deny the existence of the physical realm, but rather places it as an intermediate step in the process of Reality, rather than at the end or the beginning. Ordinary human consciousness is under the spell of Maya, in that it takes the measurement, or cognitive model presented by the mind as ultimate Reality; the alpha and omega. However, what is it that makes that final measurement? Clearly it is the Self. It is the Self that gives rise to mind.

With quantum superposition, cats (and humans) exist in both “alive” and “dead” states equally/simultaneously. Indeed, the heart of quantum mechanics, namely wave/particle dualism, is *itself* a superposition of two possible states existing as one phenomenon. Could it be that *all* seemingly separate states exist, at a more fundamental level, in a superposition of both states at once (in the timeless present?). If we go back to Schrodinger's cat we can look at this closer.

The classic version of Schrodinger's cat takes place entirely within the physical realm. It starts with the assumption of the existence of a physically distinct object called 'cat.' This singular entity then adopts the dualistic properties of being both 'alive' and/or 'dead.' But the physicality of the cat itself is in a superposition of both existing and not existing. Starting from the quantum realm rather than the physical, a more fundamental level of superposition arises. That being the very existence of 'cat' in the first place. If there isn't even a 'cat', being 'dead' or 'alive' obviously has no meaning.

So how can we possibly, and even more fundamentally, have cats both existing and not existing and/or alive and not alive all at the same time?

In the end, as always, it comes down to the Self. If both perspectives of Reality – either-or, or a singular All – are equally valid and accessible, then it must be the Self that shifts the perspective of experience.

The shifting of that perspective is the choice to observe with or without interpretation. Again, it is as Self-evident as this: when the All (wave function) is experienced directly via the thought-free state, no separately existing objects appear (there is no 'cat'). If there is no cat, there is no such thing as 'alive' or 'dead'.

The measurement/interpretation is the separation. Pure witnessing, free of thought, is the very real and actual state of samadhi. Samadhi is free of separation and all apparent dualities, even birth and death.

There is a different perspective than that which the thinking mind presents. It is very rarely experienced due to our level of consciousness. It is possible to experience this more fundamental level of Reality, and I encourage You seek it out with earnest. The deeper You delve into the thought-free state, the more You will realize this for/as yourself.

* * *

Is it not interesting that peace is felt so intermittently that we have created an entirely different realm called “heaven” for it?

Does not peace reside within ones Self? If peace is experienced at times here in this realm, then is it not within reason that it is available all the time here within this realm?

When one envisions peace, stillness comes to mind. Peace is exactly such; none other than stillness of mind. Must one go somewhere else to still the mind? Is not the desire to go somewhere else itself movement of mind? Movement within a dream will never take one beyond the dream.

Take a vacation from your thoughts and see what change takes place from there.

* * *

What need is there in the All? What could possibly be lacking in all that there is? Once the perfection of Reality is realized, the utter futility of “trying” crashes in, destroying all desire for change.

Any movement within perfection is simply more perfection. Where is there to go? What is there to do? Complete submission is the only option.

It is not a giving up so much as a letting go. Letting go of trying to change things. Letting go of trying to make things better. There is nothing that needs changing. Change occurs on its own terms. The highest calling is to witness, not to change.

The trying *is* the problem. You are trying to do the impossible. Trying is impossible to do. Can You ever do anything other than what You are doing? Try. It is foolishness! Trying is only the belief that the present is somehow incomplete. All that is done is done completely. Only ideas can be incomplete. The mind is simply playing a game with itself, creating and destroying problems.

What do You think resistance is anyway? If You feel something pushing against You, what do You think that is telling You? To push back harder? Is it not the pushing itself that You are feeling? You are creating your own difficulties! Pushing against something makes You feel alive, it is true, but it is not necessary; your own Self-awareness is enough.

Do You need to try to be? When You get tired of the game, of all the trying, You will finally submit and rest in Being.

Ahhhhhhhhhhhh...

* * *

The one desire, the Divine Desire, is to experience Itself through Itself, for Itself. Divinity writes the play, acts all of the parts, and witnesses it, for It's own purpose.

So involved in the process You become at times, You forget that You are every part of the process. Self-actualized beings have remembered that they are the Divine All: "I and the Father are one."

We are here, in this play; God, engaging in the full range of the experience. You, who are being told this, have begun to remember your True, whole, Divine Self. For now You have been made aware that You have forgotten, where as before perhaps You had forgotten that You had forgotten. And as such, the Divine Desire has now come full-circle and You wish to remember. You are now searching mind for remembrance of your complete Self. And like anything that is remembered, there is a part of You that knows, and knew all along.

All that is required to remember is to keep in your consciousness, constant attention toward that goal – it is no different than remembering anything else. In a flash of knowing, it will come.

It will come.

* * *

How has it come to be that we spend billions of dollars on diet books, hiring nutritionists, exercise routines and personal trainers? Do we really need to be shown how to move our bodies and told how to eat? Next to breathing, moving and eating are the most natural, innate activities. Our natural programming has been messed with to an astonishing degree. Human consciousness is the Fundamental Process spinning out of control.

Over and over, faster and faster, we reiterate our own experience. Our attention is so focused on the two-dimensional reality re-presenting our higher dimensional reality that we are losing focus on the physical realm. Do You see?

We are creating another level of illusion. To engage in/place attention on, the physical body and environment is to remain at that level of re-presentation/reality. To further re-present that level of re-presentation is to move deeper into illusion.

Not even our physical bodies are our full, complete Self! Losing focus on our bodies and focusing instead on acted, manufactured, two-dimensional re-presentations of our bodies moves us even further from the Real; from realizing our True Self.

More information is not what we need. Teaching what is natural is simply more of what is unnatural. *We need to turn away.* You, the individual, can break the spell by simply turning away. Ignore that which is created by human consciousness, for it is clearly moving away from Reality. Do not settle for an evermore fleeting experience of a re-presentation of a re-presentation of yourself.

Turn inward and *Be Self.*

* * *

The One-Step Path is the immediate eradication of confusion/uncertainty; the transcendence of all questions.

Confusion/uncertainty itself is a marker indicating that ones focus is off the Path. Confusion/uncertainty has no other purpose than to be used as an indication that one is off the Path. Therefore, upon Awareness of confusion/uncertainty, the immediate shifting of that Awareness from thought to Being is the transcendence of the doubt. This is the One-Step. This can

also be seen as simply staying with the Awareness. This is actually a more precise description, as it is all Awareness

Any subsequent action carried out by the body from Awareness undisturbed by thought is in perfect alignment with/as the All. From this perspectiveless perspective, thought is non-existent and therefore confusion/uncertainty do not arise.

All action flows from level of Awareness. From the perspective of pure witnessing/Awareness Itself, actions carried out by the body happen naturally of their own accord, as the actions of a shadow are carried out not if it's own doing, but in accordance with the actions of the body. The belief that the “I should...” “I will...” “I want...” thoughts are controlling the actions of the body is the same as a shadow believing that it is controlling its actions. The inconsistency between belief and Reality is what causes confusion/uncertainty.

Uncertainty is the illusion revealed naked before You. Seek its source.

Life in/as that which cannot be denied contains no uncertainty, no doubt, no confusion.

What cannot be denied?

If your existence cannot be denied, how is it that You have choices to make?

What a wonderful game of make-believe You are playing!

Soon it will be time for the game to end and for You to go home.

Home is just one step away...

* * *

This book, revealing the Path, is the Path. Being that there is no beginning nor ending to the Path, there is no beginning nor ending to this book. The Path is every step, complete.

Therefore, let the reading of this book itself be Awareness of Self. Let touch of this book itself be Awareness of Self. Let sight of this book itself be Awareness of Self. Let thought of this book itself be Awareness of Self.

Self thinks of the book. Awareness of the thinking is the Path and completion of the Path – no need to see the book.

Self sees the book. Awareness of the seeing of the book is the Path and completion of the Path – no need to touch the book.

Self touches the book. Awareness of the touching of the book is the Path and completion of the Path – no need to read the book.

Self is reading the book...

Do You see yourself?

This is completion.

* * *

Want of an object or experience within the physical realm is unfulfilled when that object is not obtained/experienced. This can be called: “not getting what You want” or: “unfulfillment.”

Want of an object or experience within the physical realm is fulfilled when that object or experience is attained/experienced. This can be called: “getting what You want” or: “fulfillment.”

The passing of an object or experience obtained/experienced is the opposite

process of getting what You want. This can be called: “losing what You have” or: “loss.” All objects and experience within/as the physical realm pass.

Do You see what the Buddha sees? Desire is the cause of suffering. Attachment to the relative realm is suffering, as all within/as the mind/body realm passes.

Want is the process of discontentment. All distinct, specified objects and experiences arise and pass. This *is* the relative realm of mind/matter. The relative realm *is* that which arises and passes. Therefore, all that appears as distinct, specified, within/as mind, arises in equal measure as opposites. All desires, singular or in totality, will be equally fulfilled/unfulfilled. The totality of desires will be fulfilled/unfulfilled. A singular desire that is fulfilled is further subject to the duality of arising and passing.

Thus, **desire is equal measure fulfillment/unfulfillment. Furthermore, fulfillment is equal measure gain/loss.*

What, within/as the cycle of duality, is not suffering? Duality *is* the cycle of suffering. To escape the cycle, You must see it clearly.*

* * *

Attachment – holding on – to anything that arises/passes is to remain in the dream. All apparent individual attachments/addictions are merely expressions of the fundamental attachment to the dream itself.

In order to Real-ize, You must let it all go. If it arises/passes, it is not Real. Even the pain of letting it all go passes. However, if You do not let it go, the pain will keep arising. The pain is not from the letting go, the pain is from the holding on. Do You see?

It will keep being ripped from your grasp or it will be let go of. Even though it is obvious that holding onto that which passes brings

suffering, we still hold on. We hold onto the suffering, but even that passes. We must let go even of the suffering.

It is the *fear of not existing* that keeps us attached to the dream. We are attached to the dream by feeling. We fear that if we don't feel something then we will cease to exist. And *the fear of non-existence is the greatest fear of all*.

There is not nothing to fear.

Let go.

There is no fear in Being.

* * *

What we accept to be Reality is that which we pay the most attention to.

It is the attention that is Reality.

To understand this alone is to see the illusion revealed before You.

* * *

Caution must be applied when using words to lead beyond words, concepts to lead beyond concepts. Many spiritual books get caught in the vortex, pulling the reader in with them. Religions contain vast volumes of books full of words. The more words, the bigger the vortex. How many people follow religions?

How many concepts does it take to go beyond concepts? Always one. Always the final one.

There is a difference between knowing the Path and walking the Path.

Reading about Liberation will not liberate You.

* * *

Words represent concepts. Words point somewhere. Words that illicit conceptualization create a feedback loop, a vortex, within consciousness that is easily fallen into and difficult to get out of.

Do not take the words in this book lightly. The words in this book represent concepts that point away from conceptualization. *If actualized*, they act as a lifeline which can help You pull yourself out of the vortex created by concepts feeding back upon concepts.

* * *

That which appears as concept does so in duality. An originating concept appears in/as duality. Each of those dualities, when conceptualized, appear in/as duality. Each and every subsequent conceptualization is reiteration of the originating concept.

Do You see the infinity of the cycle?

To remain in/as the Absolute and thus be free of all forms of vexation: with singular purpose, watch for the arising of the “I” thought. The “I” thought that does not reiterate into/as “I...” remains in unity. Unity is free of suffering. Awareness of the arising of the “I” thought is itself that from which the “I” thought arises. Awareness of the “I” thought stops it from developing into duality. Upon stopping, the “I” collapses back into the Awareness.

0 is the Awareness. 1 is "I". 1 arises from 0. 1 is not yet 2, therefore duality has not yet arisen and unity remains. "I did...", "I am...", "I will...", "I will not...", "I should have...", "I should...", "I shouldn't have..." etc... are dualism and are caused by outward focus. Duality continues as long as focus is outward, ad infinitum. Focus inward leads back to the source, which is simultaneously the beginning and end.

* * *

Words are a map revealing the Path; they are not the Path. Even if it is revealed that where You are is the destination and that there is no Path, it is still required to put the map down and fully be where You are.

Such is the One-Step.

* * *

Do You recognize the redundancy even in this book? It is because there is only one problem and only one solution. Your mind is the problem and the ceasing of your mind is the solution. However, your mind does not want to cease, for it believes itself to be alive and everything that is alive does not want to die. And so your ego keeps reading the book, feeding your mind and keeping it alive. The book keeps telling You the same thing: stop feeding the mind and let it pass, for it is only in the death of the ego will You find completion.

This book is not meant for intellectual stimulation. It is not a page-turner. You *can* put it down...

...and upon thought, sight, or touch of the map, know what it is showing You and take the One Step...

...and never pick it up again.

* * *

All that is experienced as thought or matter is subject to change. Our thoughts and ideas about Reality change, our bodies change. Is there anything within experience that has not changed? Think of something that has not changed/will not change. Even the universe will pass...

And yet there must be something that does not change. Is there not a quality of continuity to Reality? If there were only change, how could there be anything at all? And surely there is something, as this is happening.

If everything that is experienced is changing, what remains to be that which does not change? Is it not the experiencer? *You* are the continuity of Reality.

And being that *You* are continuous, *You* were never born nor will *You* ever die.

The realization of such is Divinity.

* * *

Put forth are two scenarios:

Scenario 1: Someone wins ten million dollars. An hour later they find out that they made a mistake and didn't win anything.

Scenario 2: That same person actually wins ten million dollars.
In essence, both scenarios are the identical process, the only difference being the duration of the process.

In scenario 1, the high of the perceived winning is quickly balanced out by the low experienced by the immediate loss when reality trumps the belief. In scenario 2, the high of the actual winning is balanced out over a greater period of time by many smaller, briefer highs and lows. In scenario 2, the loss is simply more spread out. In the end, if the same experiencer experienced both scenarios, the level of each high and each low will have been equal.

Simply put: each high will pass back to the homeostasis that is the level of Awareness of the experiencer.

All that arises and passes is a product of consciousness, it matters not whether the experience is physical or mental. One who is “more” Self-aware will have a less extreme experience of high/low than one who is “less” Self-aware. One who is fully Self-realized sees all products of mind as unreal and therefore will not be affected at all by either scenario.

* * *

As a mirror reflects the body in singularity, so does pure consciousness reflect the Self directly. Such is the thought-free state.

As a mirror placed facing another mirror reflects the same image infinitely, so does dualism lead to infinite redundancy. Such is thought.

Removal of thought is removal of the second mirror.

* * *

When the appearance of a choice arises, choose the path that leads to peace. It is the ego that seeks out money, power, excitement, attention. All these pass, which leads to more seeking. Peace is pure consciousness; that which arises and passes are disturbances of the peace.

Therefore, peace is the primal state of Self. The One-Step Path that leads to peace is the same path that leads to Self. Choose the Path of peace and You will never be lost.

* * *

It is counter-productive to try to assess where one is on the spiritual Path, for the assessment itself is being off the Path. Wanting to know if You are making progress is simply more trickery of mind. Progress is relative and time-based, whereas the Absolute is beyond both.

When in doubt, instead of trying to find out where You are, find out who You are.

You will find your Self here.

* * *

Do You come from movement of the body or does movement of the body come from You?

Do You come from your thoughts or do your thoughts come from You?

The grand illusion being that body is the source of thought and thought is the source of movement; Reality is One. You, being the source of all appearances, are the One Reality.

With acute and single-pointed insight, follow that which appears in/as duality back to source.

This is the path to completion.

* * *

Spiritual completion is not an ending. It is the realization, through direct experience, of the whole, complete, singular All. Realizing (the) All as complete is simply the Realization that there is nothing that can be done to make It more complete or less complete. Motivation then changes from trying to simply Being.

Spiritual completion is an end to trying. It is as much a prior-to as it is an ending-of. It is simply a seeing All as It is. When It is seen as It is, the seeing is enough.

* * *

At times transcendence of thought may seem an impossible task. Do not even let this, itself being thought, discourage You. Make no mistake, even the briefest time spent in the bright light of pure Awareness dispenses all darkness and illusion.

Dramatic changes are brought about by many small efforts. When mind becomes restless and begins searching for outward stimulation, turn it inward. It is this simple and practical.

Mind, which is focus turned outward, is never satisfied. Hence the ever-growing desire for more more more. More material possessions, more food, more entertainment, more information, more sex, more experience. Focus turned inward and placed upon that which is always here – the Self – is the only way to find contentment, fulfilment.

It can and will be done. Instead of focusing on television, internet surfing, reading, or even learning something, use that time to turn Awareness inward onto itself.

We are so use to seeing human consciousness focused outward onto it's own creation that we don't even question the sanity of it. To see someone just sitting, content and happy, focused on nothing but the Self, is rarely, if ever seen.

Question your acceptance of human behaviour. Take an honest, objective look at the actions of yourself and everyone around You. We are addicts of the thought process. If peace is ever to be found, the addiction must be broken.

* * *

Mind is narrator of the story; it re-presents the actions of the body/physicality. This re-presentation is then misinterpreted as a separate “I” controlling the actions of the body, and separate forces controlling the actions of physicality.

The only way to free ones Self from this misinterpretation is to see the illusion for one's Self. Here is how to see the illusion and thus realize the more fundamental working of Reality:

When, upon noticing a thought process such as: “I'm thirsty, I'm going to get a drink”, instead of instantly acting upon that thought, watch the thought pass. Then, simply watch yourself with as much thought-free Awareness as possible. The thought may come up again and even some interior dialogue, but again, just let all of that pass and continue silently watching yourself. After some time has passed, You will most likely witness your body rise to get a drink.

A longer time interval between the thought and the action makes it more difficult for the mind to misinterpret the thought as the motivation for the action. The more one is able to simply watch the actions of the body take place, the more it will become apparent that in fact thought is not the motivating factor controlling the body's movements. Thought is merely a re-

presentation; a redundancy.

The more thoughts You are able to do this with and the longer the intervals between the thought and the action, the more the mind's attachment with the action will be severed. With the (mind) virus detached and on it's own, no longer able to syphon the life energy of the action, it will fade away and die. This is the death of the ego – the illusory “I” that makes choices.

Without the mind projecting the illusion of the ego, Life moves effortlessly, in/as perfect harmony and unity. As It always does.

Again, disillusionment is a result of simply paying attention to yourself. Take the time to just watch yourself.

What's the hurry?

Do You think there's something more important to do?

* * *

If mind comes in and tells You that this cannot be “it”; that here must be something more to “it”, this is natural. It is the nature of mind to search, to create.

Mind, having encountered Being, works extra hard to try to put the Indescribable into conceptual form. It wants something to grab hold of, and it tries to trick You into doing just that. The “something more” thought really means: “something definable.”

These types of thoughts – the ones that tell You there must be more to it – are very convincing projections and can lead to a long cycle of following the illusion. Simply recognize these thoughts as mind and watch them dissipate.

“It” is just It.

There's nothing to It.

* * *

The One-Step is the subtlest action; it is the final action. The shifting of Awareness from thought to Being is the last thing You can do. It is the last thing You can do because here is no You separate from any action. Here is nothing to be done. Any apparent doing from Being is the subtle arising of duality.

This is consciousness engaging at the most profound level of Awareness. The One-Step is the first and last step of duality. The entirety of the spiritual journey is in the One-Step.

Outward appearances may be of inactivity at the gross level, but inwardly Awareness is observing and interacting in the Fundamental Supreme. Make no mistake, every manifestation of battle, from world war two to your problem with a co-worker to the latest super-hero movie, is a re-presentation of the subtlest dance between the Absolute and duality. The dance that is going on inside/as You.

Do not accept that seemingly mundane or routine thoughts/actions have no purpose or affect. At this most subtle level of existence, everything is recognized as having equal importance. Watch watch watch. Pure Awareness requires no energy and thus causes no disturbance. The subtle shiftings of Awareness are themselves what create the disturbances of experiences/phenomena.

You are the Absolute. Witness the Divine dance take place within your consciousness without identification with the dancers and your Divinity will come to Realization.

* * *

If the Path seems complicated You are not on the Path, for it is mind that creates complexity. Although it may seem as though it is drawing one closer to Truth, complexity is actually illusion built upon illusion; the deeper the complexity, the deeper the illusion. All systems of thought are built upon previous systems of thought. If followed back to the point of origin, it will be found that the only link any system of thought has to the physical is through the thinker.

It is the thinker from which the thought arose and it is the (a) thinker that manifested that thought into a physical action/object. It matters not whether the thought process gave rise to a religion, the laws of physics, a world war, or a model airplane – the Alpha and Omega of the process was the thinker.

To seek for answers within the same conceptual realm from which the questions arose is to seek forever, only finding more complexity and thought. Even manifesting a thought into the physical realm as action/object is further continuation. Focus on such an object/action will produce more thought. Such is karma.

The way out of the cycle is to direct consciousness back onto it's source. If consciousness is the Alpha of thought, then thought that directs consciousness back onto itself will also be the Omega.

Therefore, upon awareness of a question/thought, rather than going outward with it further, producing more thought, direct it back onto it's source. Ask: “Where did this thought come from?” or: “Who is the thinker?” This will halt the outward karmic momentum, and if You remain acutely aware, consciousness falls back into itself and the Self is experienced.

* * *

Of the 100 billion homo sapiens that have ever lived on this planet, how many have realized complete liberation? How many have realized a Life free of suffering and any type of vexation?

If this teaching seems radical, extreme, uncomfortable, hard to accept, isn't that to be expected? To live Life as everyone else has and does is to have the same experience everyone else has and does. If You long for something different, accept nothing outside of your own experience.

Investigate Life for yourself.

Walk your own Path.

* * *

The physical realm is 99.99% empty space, and even those particles are popping in and out of physicality. In a process that can best be described as magic, the .01% of Reality that is only there when we look for it, becomes the “solid” physical realm.

Our minds are playing the ultimate game of connect-the-dots, building association upon association; abstraction upon abstraction, constructing the objective world around us.

Our subjective experience of desire and emotion is no different. Our minds connect the intermittent flashes of thought into the imaginary form of a personal identity.

In the end and before the beginning it is all abstraction.

Create what You will, just don't for a second believe it to be Real.

* * *

The base unit of time is the 'second'.

From the timeless singularity arises the 'second.'

Time is duality.

* * *

Can You ever be separate from yourself? Do You see what a ridiculously impossible notion this is? Not even death can separate You from yourself. All death does is separate You from the world. Given the inevitability of death, why not let go of the world now and abide as that which You cannot otherwise be?

* * *

The underlying notion that the physical is fundamental Reality creates a model that is, and will always be, half complete. All thought and accompanying action/object that is based upon such a belief system will also be incomplete. Any attempt to substantiate this incompleteness within the constructs of the model itself will result in the redundancy of the incompleteness. Until the inherent incompleteness of the model is recognized and a new model is adopted, such redundancy will continue.

“Thing” is the basis – the root word – referring to most *everything* put forth in/as language. Consider the usage of these words in everyday language: nothing, something, anything, everything. The primary definition for the word “thing” is: *a material object without life or consciousness; an inanimate object*. “Thing”, subconsciously or consciously, immediately brings to mind pure physicality. We have set up in our language, a bias toward material objects, with Life and consciousness merely affixes after the fact.

This subtle but deeply ingrained bias inherent in the English language has manifest into/as every single major mode of thought brought forth by

societies with English as their primary language.

For example:

Orthodox Christianity, with its stark dualistic belief system of good/evil, heaven/hell, either/or.

The belief still held by most of science that consciousness arises from the physical workings of the brain, and that therefore psychological problems can be treated via the use of drugs.

The ongoing belief that manipulation of the physical realm via technology will somehow solve mankind's problems.

The ingrained placement of physicality as fundamental Reality sets up a stark dualistic model that is unbalanced and highly unstable. This instability is manifest as the extremes we see in our society. Some of which are:

- rampant consumerism
- the fact that two-thirds of the American population are overweight or obese.
- the fact that two-thirds of the American population are on at least one prescribed medication, with half being on two.

If physicality is the base of Reality – if physical things are the only phenomena that truly exist – then when the body passes, “I” will cease to exist. In a pure either/or dualistic system there is either something or nothing. Is there any wonder why we seek to gain sex, food, material possessions, relationships, and try to avoid the loss of all that is physical? Can there be any concept that would strike one with as much fear as the idea of ceasing to exist?

With a slight shift in perspective, this biased, unbalanced, starkly dualistic model can gain balance. This more balanced perspective can then lessen the fear and the extreme behaviour caused by it.

By simply shifting the meaning of “nothing” from: “not existing” or “non-existence” to: “nothing that is/can be described”, one adopts a cognitive model that more accurately describes Reality. In doing so, however, we have removed nothing as the symbol representing non-physical phenomena. This can be replaced by “non-thing” or “ether” or “consciousness”.

This softer, more comprehensive triune model simultaneously erases non-existence and places the physical and non-physical on equal footing. This is of course the same model spoken of at the start of the book:

-	0	+
NEGATIVE	NEUTRAL	POSITIVE
MIND	SPIRIT	BODY
HOLY GHOST	FATHER	SON
YIN	TAO	YANG
PAST	PRESENT	FUTURE
BIRTH	LIFE	DEATH
WAVE FUNCTION	REALITY	PARTICLE
EMPTINESS	IS	FORM
THOUGHT	BEING	ACTION
SUBJECT	SELF	OBJECT
NON-THING	NOTHING THAT IS DESCRIBED	THING

Do You see? “Nothing” has been misinterpreted/misrepresented. There is no such thing as non-existence. However, mind, believing itself to be the final authority, disregards phenomena that cannot be/is not described as simply not existing. This is of course, ludicrous, however one must get out of mind in order to **SEE**...

You are existence Itself.

Be, transcendent of description, and You will have conquered death.

* * *

The world and all phenomena are descriptions of the Void. The Void is the potentiality of the Undescribed Indescribable.

Presence.

* * *

Take everything literal as figurative and everything figurative as literal.

Then take that and throw it into the Void.

* * *

Karma, rebirth, eternity, timelessness, cheeseburgers, love, Self, relative, Absolute, Christianity, Buddhism, compassion, condominiums, struggle, joy, sorrow, pain, spirituality, consciousness, physical, good, bad, suffering, guilt, bliss, elephants, babies, death, soul, family, enlightenment, *your name here*.

All of these are *one thing*. It is all conceptualization.

In order to see the illusion, You must see that it is all conceptualization. None of it is real. None of it.

Throw it into the Void.

* * *

Quantum mechanics is revealing a state of singularity. It is obvious!

How would one describe a state where the observer and the observed are one and the same?

Human consciousness has a bias toward physicality being the fundamental Reality, and therefore inherently refers information back into physical form. Consciousness is using mathematics to filter out the human bias toward physicality in order to reveal a more fundamental level of Reality.

The question should no longer be: “what is quantum mechanics showing us”, but rather: “how do we abide as this singularity?”

However, the spell of maya is strong, and human consciousness will misinterpret the message of quantum mechanics as relating to physicality. The result will be a continuation of the cycle of samsara.

Liberation from mental and physical suffering is not found within the mental or physical realms. Even gaining the ability to change and manipulate the physical realm at whim is yet further samsara.

Singularity is Being.

You are already This.

Go inward and Be This.

* * *

The following proposition is based upon the initial axiom.

1. It is Self-evident that any search for Truth is both initiated and propagated by mind (the thought process).

2. Any search for Truth necessarily implies falsity.
3. The implied falsity inherently initiates the search for Truth.

If all of the above are found to be Self-consistent, then it is mind that is the implied falsity.

4. If mind is the implied falsity, then Truth is transcendence of mind.
5. Transcendent of mind, implied falsity arises not.
6. Implied falsity not arising, the search for Truth is not initiated.

* * *

Do You want peace or do You want to try to understand?

Mind leads only to more mind. *This* is the revelation. *This* is the understanding.

Peace is the understanding.
Understand.

Without question.

* * *

Quantum mechanics is Koan.

Consciousness is showing itself the conclusion of thought. The illusion is naked before us. Physical reality is made of non-thing. There's nothing there!!

Listen.

There's nothing there.

It doesn't matter whether You believe it or not, the physical realm is a mirage, no more substantial than a dream. So we continue to want more of the dream, or a better dream, and think that will satisfy.

Empty.

Zero times infinity is zero.

How can it be that humanity is running head-long into mass-suffering when consciousness has revealed the truth? How can You experience suffering and not relate it to the incorrect belief that You are a physical thing? The illusion is deeply ingrained. The dream seems so real.

Break free of the illusion. You are not the body.

Quantum mechanics is Koan.

Koan points to Reality.

* * *

When science traces the physical universe back to its source, it eventually comes to a state that defies the laws of physics. This source from which the entire physical universe appeared has been called a “singularity.” A singularity is a state that defies description.

In exactly the same way, when one turns attention inward and traces any phenomena – thought, emotion, object, action – back to its source, it eventually comes to a state that defies description. Realizing *this*

(singularity), the mind stills, just as the laws of physics break down when they reach *this* (singularity). In both cases it is the same singularity. Both cases are the same case.

However, the process of tracing back is not necessary. If You've seen one singularity, You have seen It All. Therefore, to not describe is the same as not being able to describe.

There is no “place” where the Big Bang occurred. It happened here. It happened everywhere. There is no location in time or space to the singularity. It is happening here. It is happening everywhere. As the Undescribed Indescribable.

You create everything You experience through the word. Each and every thought, emotion, object, action, that appears as a separate phenomenon does so only as the description You superimpose onto it. The “higher”, fundamental perspective prior to creation is that there is only one Undescribed Indescribable (singularity).

You are this.

* * *

Next time You find yourself alone, or experiencing a feeling of loss, watch closely the first thing You reach for. What one does when they are alone is a strong indication of karmic attachment. When the source of the ego's relative existence is lost, it will search out someone or something similar, imagined or physical, to replace it.

As difficult as it may seem, the feeling of needing to fill that emptiness with another “other” must be addressed if genuine peace is ever to be found.

Be alone in silence. Watch the attachments come and go. Witness the flow of discontentment/contentment. Acting upon the discontentment – attempting to fill the Void with another other – is yet again merely a temporary fix. That

other will eventually pass leaving You by yourself again.

Let it all pass. Everything will settle, leaving only that which cannot pass.
You *are* the Void.

It is here

You are peace.

* * *

There is no other purpose to consciousness than to realize Self. There is a force, a desire, that drives all that exists. It is the only force; the singular fundamental force in all of existence. It is the force compelling us to remember who we are.

You know You have forgotten something, and You are searching for that something. Every single thought and action that You experience/engage in, is that search. Do not convince yourself that there is some other purpose for your Life and this realm.

* * *

Everything is metaphor of Self:

$1 = 0$

$0 \neq 1$

Looking at one's image in a mirror one says: "that's me" with the underlying intuition/knowledge: "I am not that." Metaphor represents Reality.

Looking too intently at the image in the mirror, one becomes entranced into

believing they *are* the image:

1 = 0

0 = 1

Such is the infinite feedback loop of dualism.

Body/mind is of You; You are not of body/mind.

* * *

Every single system of thought is a particular path human consciousness has taken in an attempt to remember their Divinity. Trace that system back, back, back, to it's very inception and You will find it was Self that put it there. It was put there as a clue to help consciousness remember it's Divinity. The clues all point directly to Self/Reality; however, the spell of Maya is strong and the clue is misinterpreted. Believing the physical to be Reality, we misinterpret the metaphor as relating to physicality, thus missing Source/Self and beginning the cycle over again.

Go one more step back.

Systems of thought do not represent or lead to physicality. No matter how closely the correlation appears, they were not meant to be related. Physicality is itself metaphor of Self. Therefore, both physical systems and systems of thought are parallel paths, both beginning from, and concluding into, Self. When not concluded into Self, but joined together, infinite redundancy occurs. Metaphor pointing to back to metaphor.

“Apple” points to you, not to physical apple. Who reads “apple”? Who writes “apple”. Everything is pointing to you.

“I” was not intended to represent body. It does not originate from the body.

The belief that it did/does has led/leads to, all other thoughts.

The “I” represents Self. *When You become aware that You are focused on thought, refocus onto Self.*

The body represents Self. *When You become aware that You are focused on an object, refocus onto Self.*

This is the Path to back to your Divinity.

* * *

Everything experienced is a mirror pointing consciousness back onto Self.

This is the reason for All.

Therefore, focus not on the image in the mirror, but rather what is observing the image. Use the image to focus on Self.

This is fulfilment of the reason.

* * *

The subtlest action performed the most times produces the profoundest change.

Bring Awareness back...

Straight and narrow is the Path.

Bring Awareness back...

The longest journey is completed with a single step...

