

Power of Now - Eckhard Tolle

Being is the eternal, ever-present One Life beyond the myriad forms of life that are subject to birth and death. However, Being is not only beyond but also deep within every form as its innermost invisible and indestructible essence. This means that it is accessible to you now as your own deepest self, your true nature. But don't seek to grasp it with your mind. Don't try to understand it. You can know it only when the mind is still, when you are present, fully and intensely in the Now. To regain awareness of Being and to abide in that state of 'feeling-realization' is enlightenment. "I cannot live with myself any longer." This was the thought that kept repeating itself in my mind. Then suddenly I became aware of what a peculiar thought it was. **"Am I one or two? If I cannot live with myself, there must be two of me: the 'I' and the 'self that 'I' cannot live with."** **"Maybe," I thought, "only one of them is real."** **I was so stunned by this strange realization that my mind stopped. I was fully conscious, but there were no more thoughts. Then I felt drawn into what seemed like a vortex of energy. It was a slow movement at first and then accelerated. I was gripped by an intense fear, and my body started to shake. I heard the words "resist nothing," as if spoken inside my chest. I could feel myself being sucked into a void. It felt as if the void was inside myself rather than outside. Suddenly, there was no more fear, and I let myself fall into that void.** I have no recollection of what happened after that. I was awakened by the chirping of a bird outside the window. I had never heard such a sound before. My eyes were still closed, and I saw the image of a precious diamond. Yes, if a diamond could make a sound, this is what it would be like. I opened my eyes. The first light of dawn was filtering through the curtains. Without any thought, I felt, I knew, that there is infinitely more to light than we realize. That soft luminosity filtering through the curtains was love itself. Tears came into my eyes. I got up and walked around the room. I recognized the room, and yet I knew that I had never truly seen it before. Everything was fresh and pristine, as if it had just come into existence. I picked up things, a pencil, an empty bottle, marveling at the beauty and aliveness of it all. That day I walked around the city in utter amazement at the miracle of life on earth, as if I had just been born into this world. For the next five months, I lived in a state of uninterrupted deep peace and bliss. After that, it diminished somewhat in intensity, or perhaps it just seemed to because it became my natural state. I could still function in the world, although I realized that nothing I ever did could possibly add anything to what I already had. I knew, of course, that something profoundly significant had happened to me, but I didn't understand it at all. It wasn't until several years later, after I had read spiritual texts and spent time with spiritual teachers, that I realized that what everybody was looking for had already happened to me. **I understood that the intense pressure of suffering that night must have forced my consciousness to withdraw from its identification with the unhappy and deeply fearful self, which is ultimately a fiction of the mind. This withdrawal must have been so complete that this false, suffering self immediately collapsed, just as if a plug had been pulled out of an inflatable toy. What was left then was my true nature as the ever-present I am: consciousness in its pure state prior to identification with form. Later I also learned to go into that inner timeless and deathless realm that I had originally perceived as a void and remain fully conscious. I dwelt in states of such indescribable bliss and sacredness that even the original experience I just described pales in comparison.** A time came when, for a while, I was left with nothing on the physical plane. I had no relationships, no job, no home, no socially defined identity. I spent almost two years sitting on park benches in a state of the most intense joy. On one level, I draw your attention to what is false in you. I speak of the nature of human unconsciousness and dysfunction as well as its most common behavioral manifestations, from conflict in relationships to warfare between tribes or nations. Such knowledge is vital, for unless you learn to recognize the false as false as not you there can be no lasting transformation, and you would always end up being drawn back into illusion and into some form of pain. On this level, I also show you how not to make that which is false in you into a self and into a personal problem, for that is how the false perpetuates itself. On another level, I speak of a profound transformation of human consciousness not as a distant future possibility, but available now — no matter who or where you are. You are shown how to free yourself from enslavement to the mind, enter into this enlightened state of consciousness and sustain it in everyday life. Don't read with the mind only. Watch out for any "feeling-response" as you read and a sense of recognition from deep within. I cannot tell you any spiritual truth that deep within you don't know already. All I can do is remind you of what you have forgotten. Living knowledge, ancient and yet ever new, is then activated and released from within every cell of your body.

Greatest Obstacle to Enlightenment

A beggar had been sitting by the side of a road for over thirty years. One day a stranger walked by. "Spare some change?" mumbled the beggar, mechanically holding out his old baseball cap. "I have nothing to give you," said the stranger. Then he asked: "What's that you are sitting on?" "Nothing," replied the beggar. "Just an old box. I have been sitting on it for as long as I can remember." "Ever looked inside?" asked the stranger. "No," said the beggar. "What's the point? There's nothing in there." "Have a look inside," insisted the stranger. The beggar managed to pry open the lid. With astonishment, disbelief, and elation, he saw that the box was filled with gold. I am that stranger who has nothing to give you and who is telling you to look inside. Not inside any box, as in the parable, but somewhere even closer, inside yourself. **The word enlightenment conjures up the idea of some super-human accomplishment, and the ego likes to keep it that way, but it is simply your natural state of felt oneness with Being. It is a state of connectedness with something immeasurable and indestructible, something that, almost paradoxically, is essentially you and yet is much greater than you. It is finding your true nature beyond name and form. The inability to feel this connectedness gives rise to the illusion of separation, from yourself and from the world around you.** You then perceive yourself, consciously or unconsciously, as an isolated fragment. Fear arises, and conflict within and without becomes the norm. I love the Buddha's simple definition of enlightenment as "the end of suffering." There is nothing superhuman in that, is there? Of course, as a definition, it is incomplete. It only tells you what enlightenment is not: no suffering. But what's left when there is no more suffering? The Buddha is silent on that, and his silence implies that you'll have to find out for yourself. He uses a negative definition so that the mind cannot make it into something to believe in or into a superhuman accomplishment, a goal that is impossible for you to attain. Despite this precaution, the majority of Buddhists still believe that enlightenment is for the Buddha, not for them, at least not in this lifetime. The word Being explains nothing, but nor does God. Being, however, has the advantage that it is an open concept. It does not reduce the infinite invisible to a finite entity. It is impossible to form a mental image of it. Nobody can claim exclusive possession of Being. It is your very essence, and it is immediately accessible to you as the feeling of your own presence, the realization I am that is prior to I am this or I am that. So it is only a small step from the word Being to the experience of Being. **Enlightenment is a state of wholeness, of being "at one" and therefore at peace. At one with life in its manifested aspect, the world, as well as with your deepest self and life unmanifested at one with Being. Enlightenment is not only the end of suffering and of continuous conflict within and without, but also the end of the dreadful enslavement to incessant thinking. What an incredible liberation this is! Identification with your mind creates an opaque screen of concepts, labels, images, words, judgments, and definitions that blocks all true relationship. It comes between you and yourself, between you and your fellow man and woman, between you and nature, between you and God. It is this screen of thought that creates the illusion of separateness, the illusion that there is you and a totally separate "other." You then forget the essential fact that, underneath the level of physical appearances and separate forms, you are one with all that is. By "forget," I mean that you can no longer feel**

this oneness as self-evident reality. You may believe it to be true, but you no longer know it to be true. A belief may be comforting. Only through your own experience, however, does it become liberating. Thinking has become a disease. Disease happens when things get out of balance. For example, there is nothing wrong with cells dividing and multiplying in the body, but when this process continues in disregard of the total organism, cells proliferate and we have disease. **The mind is a superb instrument if used rightly. Used wrongly, however, it becomes very destructive. To put it more accurately, it is not so much that you use your mind wrongly you usually don't use it at all. It uses you. This is the disease. You believe that you are your mind. This is the delusion. The instrument has taken you over. Just because you can solve a crossword puzzle or build an atom bomb doesn't mean that you use your mind. Just as dogs love to chew bones, the mind loves to get its teeth into problems. That's why it does crossword puzzles and builds atom bombs. You have no interest in either. Let me ask you this: can you be free of your mind whenever you want to? Have you found the "off" button? Then the mind is using you. You are unconsciously identified with it, so you don't even know that you are its slave. It is almost as if you were possessed without knowing it, and so you take the possessing entity to be yourself. The beginning of freedom is the realization that you are not the possessing entity, the thinker. Knowing this enables you to observe the entity. The moment you start watching the thinker, a higher level of consciousness becomes activated. You then begin to realize that there is a vast realm of intelligence beyond thought, that thought is only a tiny aspect of that intelligence.** You also realize that all the things that truly matter — beauty, love, creativity, joy, inner peace — arise from beyond the mind. You begin to awaken.

Freeing Yourself from your Mind

You have probably come across "mad" people in the street incessantly talking or muttering to themselves. Well, that's not much different from what you and all other "normal" people do, except that you don't do it out loud. The voice comments, speculates, judges, compares, complains, likes, dislikes, and so on. The voice isn't necessarily relevant to the situation you find yourself in at the time; it may be reviving the recent or distant past or rehearsing or imagining possible future situations. Here it often imagines things going wrong and negative outcomes; this is called worry. **Sometimes this soundtrack is accompanied by visual images or "mental movies." The good news is that you can free yourself from your mind. This is the only true liberation. You can take the first step right now. Start listening to the voice in your head as often as you can. Pay particular attention to any repetitive thought patterns, those old gramophone records that have been playing in your head perhaps for many years. This is what I mean by "watching the thinker," which is another way of saying: listen to the voice in your head, be there as the witnessing presence. When you listen to that voice, listen to it impartially. That is to say, do not judge. Do not judge or condemn what you hear, for doing so would mean that the same voice has come in again through the back door. You'll soon realize: there is the voice, and here I am listening to it, watching it. This I am realizing, this sense of your own presence, is not a thought. It arises from beyond the mind. So when you listen to a thought, you are aware not only of the thought but also of yourself as the witness of the thought. A new dimension of consciousness has come in. As you listen to the thought, you feel a conscious presence — your deeper self— behind or underneath the thought, as it were. The thought then loses its power over you and quickly subsides, because you are no longer energizing the mind through identification with it. This is the beginning of the end of involuntary and compulsive thinking.** When a thought subsides, you experience a discontinuity in the mental stream — a gap of "no-mind." At first, the gaps will be short, a few seconds perhaps, but gradually they will become longer. When these gaps occur, you feel a certain stillness and peace inside you. This is the beginning of your natural state of felt oneness with Being, which is usually obscured by the mind. With practice, the sense of stillness and peace will deepen. In fact, there is no end to its depth. You will also feel a subtle emanation of joy arising from deep within: the joy of Being. It is not a trancelike state or not at all. There is no loss of consciousness here. The opposite is the case. If the price of peace were a lowering of your consciousness, and the price of stillness a lack of vitality and alertness, then they would not be worth having. **In this state of inner connectedness, you are much more alert, more awake than in the mind-identified state. You are fully present. It also raises the vibrational frequency of the energy field that gives life to the physical body. As you go more deeply into this realm of no-mind, you realize the state of pure consciousness. In that state, you feel your own presence with such intensity and such joy that all thinking, all emotions, your physical body, as well as the whole external world become relatively insignificant in comparison to it. And yet this is not a selfish but a selfless state. It takes you beyond what you previously thought of as your self.** Instead of "watching the thinker," you can also create a gap in the mind stream simply by directing the focus of your attention into the Now. Just become intensely conscious of the present moment. This is a deeply satisfying thing to do. In this way, you draw consciousness away from mind activity and create a gap of no-mind in which you are highly alert and aware but not thinking. This is the essence of meditation. In your everyday life, you can practice this by taking any routine activity that normally is only a means to an end and giving it your fullest attention, so that it becomes an end in itself. For example, every time you walk up and down the stairs in your house or place of work, pay close attention to every step, every movement, even your breathing. Be totally present. Or when you wash your hands, pay attention to all the sense perceptions associated with the activity, the sound and feel of the water, the movement of your hands, the scent of the soap, and so on. Or when you get into your car, after you close the door, pause for a few seconds and observe the flow of your breath. **Become aware of a silent but powerful sense of presence. There is one certain criterion by which you can measure your success in this practice: the degree of peace that you feel within. So the single most vital step on your journey toward enlightenment is this: learn to disidentify from your mind. Every time you create a gap in the stream of mind, the light of your consciousness grows stronger.** One day you may catch yourself smiling at the voice in your head, as you would smile at the antics of a child. This means that you no longer take the content of your mind all that seriously, as your sense of self does not depend on it.

Enlightenment: Rising above Thought

Your mind is an instrument, a tool. It is there to be used for a specific task, and when the task is completed, you lay it down. As it is, I would say about 80 to 90 percent of most people's thinking is not only repetitive and useless, but because of its dysfunctional and often negative nature, much of it is also harmful. Observe your mind and you will find this to be true. It causes a serious leakage of vital energy. This kind of compulsive thinking is actually an addiction. What characterizes an addiction? Quite simply this: you no longer feel that you have the choice to stop. It seems stronger than you. It also gives you a false sense of pleasure, pleasure that invariably turns into pain. Because you are identified with it, which means that you derive your sense of self from the content and activity of your mind. Because you believe that you would cease to be if you stopped thinking. As you grow up, you form a mental image of who you are, based on your personal and cultural conditioning. We may call this phantom self the ego. It consists of mind activity and can only be kept going through constant thinking. **The term ego means different things to different people, but when I use it here it means a false self, created by unconscious identification with the mind. To the ego, the present moment hardly exists. Only past and future are considered important. This total reversal of the truth accounts for the fact that in the ego mode the mind is so dysfunctional. It is always concerned with keeping the past alive, because without it — who are you? It constantly projects itself into the future 'to ensure its continued survival and to seek some kind of release or fulfillment there. It says: "One day, when this, that, or**

*the other happens, I am going to be okay, happy, at peace." Even when the ego seems to be concerned with the present, it is not the present that it sees: It misperceives it completely because it looks at it through the eyes of the past. Or it reduces the present to a means to an end, an end that always lies in the mind-projected future. Observe your mind and you'll see that this is how it works. The present moment holds the key to liberation. But you cannot find the present moment as long as you are your mind. **Thinking and consciousness are not synonymous. Thinking is only a small aspect of consciousness. Thought cannot exist without consciousness, but consciousness does not need thought. Enlightenment means rising above thought, not falling back to a level below thought, the level of an animal or a plant. In the enlightened state, you still use your thinking mind when needed, but in a much more focused and effective way than before. You use it mostly for practical purposes, but you are free of the involuntary internal dialogue, and there is inner stillness. When you do use your mind, and particularly when a creative solution is needed, you oscillate every few minutes or so between thought and stillness, between mind and no-mind. No-mind is consciousness without thought. Only in that way is it possible to think creatively, because only in that way does thought have any real power. Thought alone, when it is no longer connected with the much vaster realm of consciousness, quickly becomes barren, insane, destructive. The mind then gives form to the creative impulse or insight.*** The simple reason why the majority of scientists are not creative is not because they don't know how to think but because they don't know how to stop thinking! It wasn't through the mind, through thinking, that the miracle that is life on earth or your body are created and are being sustained. There is clearly an intelligence at work that is far greater than the mind. How can a single human cell measuring 1/1,000 of an inch across contain instructions within its DNA that would fill 1,000 books of 600 pages each? The more we learn about the workings of the body, the more we realize just how vast is the intelligence at work within it and how little we know. When the mind reconnects with that, it becomes a most wonderful tool. It then serves something greater than itself. That people who carry a lot of anger inside without being aware of it and without expressing it are more likely to be attacked, verbally or even physically, by other angry people, and often for no apparent reason. They have a strong emanation of anger that certain people pick up subliminally and that triggers their own latent anger. If you really want to know your mind, the body will always give you a truthful reflection, so look at the emotion or rather feel it in your body. If there is an apparent conflict between them, the thought will be the lie, the emotion will be the truth. Not the ultimate truth of who you are, but the relative truth of your state of mind at that time. Conflict between surface thoughts and unconscious mental processes is certainly common. You may not yet be able to bring your unconscious mind activity into awareness or thoughts, but it will always be reflected in the body or on emotion, and of this you can become aware. **To watch an emotion in this way is basically the same as listening to or watching a thought. The only difference is that, while a thought is in your head, an emotion has a strong physical component and so is primarily felt in the body. You can then allow the emotion to be there without being controlled by it. An emotion usually represents an amplified and energized thought pattern, and because of its often overpowering energetic charge, it is not easy initially to stay present enough to be able to watch it. It wants to take you over, and it usually succeeds — unless there is enough presence in you. If you are pulled into unconscious identification with the emotion through lack of presence, which is normal, the emotion temporarily becomes "you." Often a vicious circle builds up between your thinking and the emotion: they feed each other. The thought pattern creates a magnified reflection of itself in the form of an emotion, and the vibrational frequency of the emotion keeps feeding the original thought pattern. By dwelling mentally on the situation, event, or person that is the perceived cause of the emotion, the thought feeds energy to the emotion, which in turn energizes the thought pattern.** One of the main tasks of the mind is to fight or remove that emotional pain, which is one of the reasons for its incessant activity, but all it can ever achieve is to cover it up temporarily. In fact, the harder the mind struggles to get rid of the pain, the greater the pain. The mind can never find the solution, nor can it afford to allow you to find the solution, because it is itself an intrinsic part of the "problem." Imagine a chief of police trying to find an arsonist when the arsonist is the chief of police. You will not be free of that pain until you cease to derive your sense of self from identification with the mind, which is to say from ego. The mind is then toppled from its place of power and Being reveals itself as your true nature. They are inseparable from your natural state of inner connectedness with Being. **Glimpses of love and joy or brief moments of deep peace are possible whenever a gap occurs in the stream of thought. For most people, such gaps happen rarely and only accidentally, in moments when the mind is rendered "speechless," sometimes triggered by great beauty, extreme physical exertion, or even great danger. Suddenly, there is inner stillness. And within that stillness there is a subtle but intense joy, there is love, there is peace. Usually, such moments are short-lived, as the mind quickly resumes its noise-making activity that we call thinking. Love, joy, and peace cannot flourish until you have freed yourself from mind dominance. But they are not what I would call emotions. They lie beyond the emotions, on a much deeper level. So you need to become fully conscious of your emotions and be able to feel them before you can feel that which lies beyond them. Emotion literally means "disturbance." The word comes from the Latin *emovere*, meaning "to disturb." Love, joy, and peace are deep states of Being or rather three aspects of the state of inner connectedness with Being. As such, they have no opposite. This is because they arise from beyond the mind. Emotions, on the other hand, being part of the dualistic mind, are subject to the law of opposites.** This simply means that you cannot have good without bad. So in the unenlightened, mind-identified condition, what is sometimes wrongly called joy is the usually short-lived pleasure side of the continuously alternating pain/pleasure cycle. Pleasure is always derived from something outside you, whereas joy arises from within. The very thing that gives you pleasure today will give you pain tomorrow, or it will leave you, so its absence will give you pain. And what is often referred to as love may be pleasurable and exciting for a while, but it is an addictive clinging, an extremely needy condition that can turn into its opposite at the flick of a switch. Many "love" relationships, after the initial euphoria has passed, actually oscillate between "love" and hate, attraction and attack. Real love doesn't make you suffer. How could it? It doesn't suddenly turn into hate, nor does real joy turn into pain. As I said, even before you are enlightened — before you have freed yourself from your mind — you may get glimpses of true joy, true love, or of a deep inner peace, still but vibrantly alive. These are aspects of your true nature, which is usually obscured by the mind. Even within a "normal" addictive relationship, there can be moments when the presence of something more genuine, something incorruptible, can be felt. But they will only be glimpses, soon to be covered up again through mind interference. It may then seem that you had something very precious and lost it, or your mind may convince you that it was all an illusion anyway. The truth is that it wasn't an illusion, and you cannot lose it. It is part of your natural state, which can be obscured but can never be destroyed by the mind. Even when the sky is heavily overcast, the sun hasn't disappeared. It's still there on the other side of the clouds. All cravings are the mind seeking salvation or fulfillment in external things and in the future as a substitute for the joy of Being. **As long as I am my mind, I am those cravings, those needs, wants, attachments, and aversions, and apart from them there is no "I" except as a mere possibility, an unfulfilled potential, a seed that has not yet sprouted. In that state, even my desire to become free or enlightened is just another craving for fulfillment or completion in the future. So don't seek to become free of desire or "achieve" enlightenment. Become present. Be there as the observer of the mind. Instead of quoting the Buddha, be the Buddha, be "the awakened one," which is what the word Buddha means.** Humans have been in the grip of pain for eons, ever since they fell from the state of grace, entered the realm of time and mind, and lost awareness of Being. At

that point, they started to perceive themselves as meaningless fragments in an alien universe, unconnected to the Source and to each other. Pain is inevitable as long as you are identified with your mind, which is to say as long as you are unconscious, spiritually speaking. I am talking here primarily of emotional pain, which is also the main cause of physical pain and physical disease. Resentment, hatred, self-pity, guilt, anger, depression, jealousy, and so on, even the slightest irritation, are all forms of pain. And every pleasure or emotional high contains within itself the seed of pain: its inseparable opposite, which will manifest in time. There are two levels to your pain: the pain that you create now, and the pain from the past that still lives on in your mind and body. Ceasing to create pain in the present and dissolving past pain — this is what I want to talk about now.

Create No More Pain in the Present

The greater part of human pain is unnecessary. It is self-created as long as the unobserved mind runs your life. The pain that you create now is always some form of non-acceptance, some form of unconscious resistance to what is. On the level of thought, the resistance is some form of judgment. On the emotional level, it is some form of negativity. The intensity of the pain depends on the degree of resistance to the present moment, and this in turn depends on how strongly you are identified with your mind. The mind always seeks to deny the Now and to escape from it. **The more you are identified with your mind, the more you suffer. Or you may put it like this: the more you are able to honor and accept the Now, the more you are free of pain, of suffering — and free of the ego mind. Why does the mind habitually deny or resist the Now? Because it cannot function and remain in control without time, which is past and future, so it perceives the timeless Now as threatening. Time and mind are in fact inseparable. Yes, we need the mind as well as time to function in this world, but there comes a point where they take over our lives, and this is where dysfunction, pain, and sorrow set in.** The mind, to ensure that it remains in control, seeks continuously to cover up the present moment with past and future, and so, as the vitality and infinite creative potential of Being, which is inseparable from the Now, becomes covered up by time, your true nature becomes obscured by the mind. An increasingly heavy burden of time has been accumulating in the human mind. All individuals are suffering under this burden, but they also keep adding to it every moment whenever they ignore or deny that precious moment or reduce it to a means of getting to some future moment, which only exists in the mind, never in actuality. The accumulation of time in the collective and individual human mind also holds a vast amount of residual pain from the past. If you no longer want to create pain for yourself and others, if you no longer want to add to the residue of past pain that still lives on in you, then don't create any more time, or at least no more than is necessary to deal with the practical aspects of your life. **How to stop creating time? Realize deeply that the present moment is all you ever have. Make the Now the primary focus of your life. Whereas before you dwelt in time and paid brief visits to the Now, have your dwelling place in the Now and pay brief visits to past and future when required to deal with the practical aspects of your life situation. Always say "yes" to the present moment.** What could be more futile, more insane, than to create inner resistance to something that already is? What could be more insane than to oppose life itself, which is now and always now? Surrender to what is. Say "yes" to life — and see how life suddenly starts working for you rather than against you. It is as it is. Observe how the mind labels it and how this labeling process, this continuous sitting in judgment, creates pain and unhappiness. **By watching the mechanics of the mind, you step out of its resistance patterns, and you can then allow the present moment to be. This will give you a taste of the state of inner freedom from external conditions, the state of true inner peace. Then see what happens, and take action if necessary or possible. Accept — then act. Whatever the present moment contains, accept it as if you had chosen it. Always work with it, not against it. Make it your friend and ally, not your enemy.** This will miraculously transform your whole life. Some pain-bodies are obnoxious but relatively harmless, for example like a child who won't stop whining. Others are vicious and destructive monsters, true demons. Some are physically violent; many more are emotionally violent. Some will attack people around you or close to you, while others may attack you, their host. Thoughts and feelings you have about your life then become deeply negative and self-destructive. Illnesses and accidents are often created in this way. Some pain-bodies drive their hosts to suicide. When you thought you knew a person and then you are suddenly confronted with this alien, nasty creature for the first time, you are in for quite a shock. However, it is more important to observe it in yourself than in someone else. Watch out for any sign of unhappiness in yourself, in whatever form — it may be the awakening pain-body. This can take the form of irritation, impatience, a somber mood, a desire to hurt, anger, rage, depression, a need to have some drama in your relationship, and so on. Catch it the moment it awakens from its dormant state. **The pain-body wants to survive, just like every other entity in existence, and it can only survive if it gets you to unconsciously identify with it. It can then rise up, take you over, "become you," and live through you. It needs to get its "food" through you. It will feed on any experience that resonates with its own kind of energy, anything that creates further pain in whatever form: anger, destructiveness, hatred, grief, emotional drama, violence, and even illness. So the pain-body, when it has taken you over, will create a situation in your life that reflects back its own energy frequency for it to feed on. Pain can only feed on pain. Pain cannot feed on joy. It finds it quite indigestible. Once the pain-body has taken you over, you want more pain. You become a victim or a perpetrator. You want to inflict pain, or you want to suffer pain, or both. There isn't really much difference between the two.** You are not conscious of this, of course, and will vehemently claim that you do not want pain. But look closely and you will find that your thinking and behavior are designed to keep the pain going, for yourself and others. If you were truly conscious of it, the pattern would dissolve, for to want more pain is insanity, and nobody is consciously insane. **The pain-body, which is the dark shadow cast by the ego, is actually afraid of the light of your consciousness. It is afraid of being found out. Its survival depends on your unconscious identification with it, as well as on your unconscious fear of facing the pain that lives in you. But if you don't face it, if you don't bring the light of your consciousness into the pain, you will be forced to relive it again and again. The pain-body may seem to you like a dangerous monster that you cannot bear to look at, but I assure you that it is an insubstantial phantom that cannot prevail against the power of your presence.** Some spiritual teachings state that all pain is ultimately an illusion, and this is true. The question is: Is it true for you? A mere belief doesn't make it true. Do you want to experience pain for the rest of your life and keep saying that it is an illusion? Does that free you from the pain? What we are concerned with here is how you can realize this truth — that is, make it real in your own experience. So the pain-body doesn't want you to observe it directly and see it for what it is. **The moment you observe it, feel its energy field within you, and take your attention into it, the identification is broken. A higher dimension of consciousness has come in. I call it presence. You are now the witness or the watcher of the pain-body. This means that it cannot use you anymore by pretending to be you, and it can no longer replenish itself through you. You have found your own innermost strength. You have accessed the power of Now.** Unconsciousness creates it; consciousness transmutes it into itself. St. Paul expressed this universal principle beautifully: "Everything is shown up by being exposed to the light, and whatever is exposed to the light itself becomes light." Just as you cannot fight the darkness, you cannot fight the pain-body. Trying to do so would create inner conflict and thus further pain. Watching it is enough. Watching it implies accepting it as part of what is at that moment. When you start to misidentify and become the watcher, the pain-body will continue to operate for a while and will try to trick you into identifying with it again. Although you are no longer energizing it through your identification, it has a certain momentum, just like a spinning wheel that will keep turning for a while even when it is no longer being propelled. At this stage, it may also create physical aches and pains in different parts of the body, but they won't last.

Stay present and stay conscious. Be the ever-alert guardian of your inner space. You need to be present enough to be able to watch the pain-body directly and feel its energy. It then cannot control your thinking. The moment your thinking is aligned with the energy field of the pain-body, you are identified with it and again feeding it with your thoughts. Sustained conscious attention severs the link between the pain-body and your thought processes and brings about the process of transmutation. It is as if the pain becomes fuel for the flame of your consciousness, which then burns more brightly as a result. This is the esoteric meaning of the ancient art of alchemy: the transmutation of base metal into gold, of suffering into consciousness. The split within is healed, and you become whole again. Your responsibility then is not to create further pain. Let me summarize the process. Focus attention on the feeling inside you. Know that it is the pain-body. Accept that it is there. Don't think about it — don't let the feeling turn into thinking. Don't judge or analyze. Don't make an identity for yourself out of it. Stay present, and continue to be the observer of what is happening inside you. Become aware not only of the emotional pain but also of "the one who observes," the silent watcher. This is the power of the Now, the power of your own conscious presence. Then see what happens. Once you have understood the basic principle of being present as the watcher of what happens inside you — and you "understand" it by experiencing it — you have at your disposal the most potent transformational tool. What this means is that you have made an unhappy self out of your pain-body and believe that this mind-made fiction is who you are. In that case, unconscious fear of losing your identity will create strong resistance to any misidentification. In other words, you would rather be in pain — be the pain-body — than take a leap into the unknown and risk losing the familiar unhappy self. If this applies to you, observe the resistance within yourself. **Observe the attachment to your pain. Be very alert. Observe the peculiar pleasure you derive from being unhappy. Observe the compulsion to talk or think about it. The resistance will cease if you make it conscious. You can then take your attention into the pain-body, stay present as the witness, and so initiate its transmutation. The reason why you don't put your hand in the fire is not because of fear, it is because you know that you'll get burned. You don't need fear to avoid unnecessary danger — just a minimum of intelligence and common sense.** For such practical matters, it is useful to apply the lessons learned in the past. Now if someone threatened you with fire or with physical violence, you might experience something like fear. This is an instinctive shrinking back from danger, but not the psychological condition of fear that we are talking about here. The psychological condition of fear is divorced from any concrete and true immediate danger. It comes in many forms: unease, worry, anxiety, nervousness, tension, dread, phobia, and so on. This kind of psychological fear is always of something that might happen, not of something that is happening now. You are in the here and now, while your mind is in the future. This creates an anxiety gap. And if you are identified with your mind and have lost touch with the power and simplicity of the Now, that anxiety gap will be your constant companion. You can always cope with the present moment, but you cannot cope with something that is only a mind projection — you cannot cope with the future. Fear seems to have many causes. Fear of loss, fear of failure, fear of being hurt, and so on, but ultimately all fear is the ego's fear of death, of annihilation. To the ego, death is always just around the corner. In this mind-identified state, fear of death affects every aspect of your life. For example, even such a seemingly trivial and "normal" thing as the compulsive need to be right in an argument and make the other person wrong — defending the mental position with which you have identified — is due to the fear of death. If you identify with a mental position, then if you are wrong, your mind-based sense of self is seriously threatened with annihilation. So you as the ego cannot afford to be wrong. To be wrong is to die. Wars have been fought over this, and countless relationships have broken down. Once you have misidentified from your mind, whether you are right or wrong makes no difference to your sense of self at all, so the forcefully compulsive and deeply unconscious need to be right, which is a form of violence, will no longer be there. You can state clearly and firmly how you feel or what you think, but there will be no aggressiveness or defensiveness about it. Your sense of self is then derived from a deeper and truer place within yourself, not from the mind. Watch out for any kind of defensiveness within yourself. What are you defending? Is it an illusory identity, an image in your mind, a fictitious entity? **By making this pattern conscious, by witnessing it, you disidentify from it. In the light of your consciousness, the unconscious pattern will then quickly dissolve. This is the end of all arguments and power games, which are so corrosive to relationships. Power over others is weakness disguised as strength. True power is within, and it is available to you now. So anyone who is identified with their mind and, therefore, disconnected from their true power, their deeper self rooted in Being, will have fear as their constant companion.** The number of people who have gone beyond mind is as yet extremely small, so you can assume that virtually everyone you meet or know lives in a state of fear. Only the intensity of it varies. It fluctuates between anxiety and a vague unease and distant sense of threat at the other. Most people become conscious of it only when it takes on one of its more acute forms.

Ego's Search for Wholeness

If it is conscious, it manifests as the unsettling and constant feeling of not being worthy or good enough. If it is unconscious, it will only be felt indirectly as an intense craving, wanting and needing. In either case, people will often enter into a compulsive pursuit of ego-gratification and things to identify with in order to fill this hole they feel within. So they strive after possessions, money, success, power, recognition, or a special relationship, basically so that they can feel better about themselves, feel more complete. But even when they attain all these things, they soon find that the hole is still there, that it is bottomless. Then they are really in trouble, because they cannot delude themselves anymore. Well, they can and do, but it gets more difficult. As long as the ego mind is running your life, you cannot truly be at ease; you cannot be at peace or fulfilled except for brief intervals when you obtained what you wanted, when a craving has just been fulfilled. **Since the ego is a derived sense of self, it needs to identify with external things. It needs to be both defended and fed constantly. The most common ego identifications have to do with possessions, the work you do, social status and recognition, knowledge and education, physical appearance, special abilities, relationships, personal and family history, belief systems, and often also political, nationalistic, racial, religious, and other collective identifications. None of these is you. You will know the truth of it for yourself. You will know it at the latest when you feel death approaching. Death is a stripping away of all that is not you. The secret of life is to "die before you die" — and find that there is no death.**

Don't Seek your Self in the Mind

No, you don't. The problems of the mind cannot be solved on the level of the mind. Once you have understood the basic dysfunction, there isn't really much else that you need to learn or understand. Studying the complexities of the mind may make you a good psychologist, but doing so won't take you beyond the mind, just as the study of madness isn't enough to create sanity. You have already understood the basic mechanics of the unconscious state: identification with the mind, which creates a false self, the ego, as a substitute for your true self rooted in Being. You become as a "branch cut off from the vine," as Jesus puts it. **The ego's needs are endless. It feels vulnerable and threatened and so lives in a state of fear and want. Once you know how the basic dysfunction operates, there is no need to explore all its countless manifestations, no need to make it into a complex personal problem. The ego, of course, loves that. It is always seeking for something to attach itself to in order to uphold and strengthen its illusory sense of self, and it will readily attach itself to your problems. This is why, for so many people, a large part of their sense of self is intimately connected with their problems. Once this has happened, the last thing they want is to become free of them; that would mean loss of self.** There can be a great deal of unconscious ego investment in pain and suffering. So once you recognize the root of unconsciousness as identification with

the mind, which of course includes the emotions, you step out of it. You become present. **When you are present, you can allow the mind to be as it is without getting entangled in it. The mind in itself is not dysfunctional. It is a wonderful tool. Dysfunction sets in when you seek your self in it and mistake it for who you are.** It then becomes the ego mind and takes over your whole life.

End the Delusion of Time

Here is the key: End the delusion of time. Time and mind are inseparable. **Remove time from the mind and it stops — unless you choose to use it. To be identified with your mind is to be trapped in time: the compulsion to live almost exclusively through memory and anticipation. This creates an endless preoccupation with past and future and an unwillingness to honor and acknowledge the present moment and allow it to be. The compulsion arises because the past gives you an identity and the future holds the promise of salvation, of fulfillment in whatever form. Both are illusions.** Time isn't precious at all, because it is an illusion. What you perceive as precious is not time but the one point that is out of time: the Now. That is precious indeed. The more you are focused on time — past and future — the more you miss the Now, the most precious thing there is. Why is it the most precious thing? First, it is because it is the only thing. It is all there is. **The eternal present is the space within which your whole life unfolds, the one factor that remains constant. Life is now. There was never a time when your life was not now, nor will there ever be. Secondly, the Now is the only point that can take you beyond the limited confines of the mind. It is your only point of access into the timeless and formless realm of Being.**

Nothing exists outside the Now

You haven't yet grasped the essence of what I am saying because you are trying to understand it mentally. The mind cannot understand this. Only you can. Please just listen. **Have you ever experienced, done, thought, or felt anything outside the Now? Do you think you ever will? Is it possible for anything to happen or be outside the Now? The answer is obvious, is it not? Nothing ever happened in the past; it happened in the Now. Nothing will ever happen in the future; it will happen in the Now. What you think of as the past is a memory trace, stored in the mind, of a former Now. When you remember the past, you reactivate a memory trace and you do so now. The future is an imagined Now, a projection of the mind. When the future comes, it comes as the Now. When you think about the future, you do it now. Past and future obviously have no reality of their own. Just as the moon has no light of its own, but can only reflect the light of the sun, so are past and future only pale reflections of the light, power, and reality of the eternal present. Their reality is "borrowed" from the Now.** The essence of what I am saying here cannot be understood by the mind. The moment you grasp it, there is a shift in consciousness from mind to Being, from time to presence. Suddenly, everything feels alive, radiates energy, and emanates Being.

Key to the Spiritual Dimension

The reason why some people love to engage in dangerous activities, such as mountain climbing, car racing, and so on, although they may not be aware of it. **It is that it forces them into the Now, that intensely alive state that is free of time, free of problems, free of thinking, free of the burden of the personality.** Slipping away from the present moment even for a second may mean death. Unfortunately, they come to depend on a particular activity to be in that state. **But you don't need to climb the north face of the Eiger. You can enter that state now. Or you might hear the passage about the beautiful flowers that are not anxious about tomorrow but live with ease in the timeless Now** and are provided for abundantly by God. The depth and radical nature of these teachings are not recognized. No one seems to realize that they are meant to be lived and so bring about a profound inner transformation. The whole essence of Zen consists in walking along the razor's edge of Now — to be so utterly, so completely present that no problem, no suffering, nothing that is not who you are in your essence, can survive in you. **In the Now, in the absence of time, all your problems dissolve. Suffering needs time; it cannot survive in the Now. With the timeless dimension comes a different kind of knowing, one that does not "kill" the spirit that lives within every creature and every thing.** A knowing that does not destroy the sacredness and mystery of life but contains a deep love and reverence for all that is. A knowing of which the mind knows nothing. The mind cannot know the tree. It can only know facts or information about the tree. My mind cannot know you, only labels, judgments, facts, and opinions about you. Being alone knows directly. There is a place for mind and mind knowledge. It is in the practical realm of day-to-day living. However, when it takes over all aspects of your life, including your relationships with other human beings and with nature, it becomes a monstrous parasite that, unchecked, may well end up killing all life on the planet and finally itself by killing its host. So break the old pattern of present-moment denial and present-moment resistance. Make it your practice to withdraw attention from past and future whenever they are not needed. Step out of the time dimension as much as possible in everyday life. If you find it hard to enter the Now directly, start by observing the habitual tendency of your mind to want to escape from the Now. You will observe that the future is usually imagined as either better or worse than the present. If the imagined future is better, it gives you hope or pleasurable anticipation. If it is worse, it creates anxiety. Both are illusory. Through self-observation, more presence comes into your life automatically. **The moment you realize you are not present, you are present. Whenever you are able to observe your mind, you are no longer trapped in it. Another factor has come in, something that is not of the mind: the witnessing presence. Be present as the watcher of your mind, of your thoughts and emotions as well as your reactions in various situations. Be at least as interested in your reactions as in the situation or person that causes you to react. Notice also how often your attention is in the past or future. Don't judge or analyze what you observe. Watch the thought, feel the emotion, observe the reaction. Don't make a personal problem out of them. You will then feel something more powerful than any of those things that you observe: the still, observing presence itself behind the content of your mind, the silent watcher. Intense presence is needed when certain situations trigger a reaction with a strong emotional charge, such as when your self-image is threatened, a challenge comes into your life that triggers fear, things "go wrong," or an emotional complex from the past is brought up. In those instances, the tendency is for you to become "unconscious." The reaction or emotion takes you over, you "become" it. You act it out. You justify, make wrong, attack, defend except that it isn't you, it's the reactive pattern, the mind in its habitual survival mode. Identification with the mind gives it more energy; observation of the mind withdraws energy from it. Identification with the mind creates more time; observation of the mind opens up the dimension of the timeless.** The energy that is withdrawn from the mind turns into presence. Once you can feel what it means to be present, it becomes much easier to simply choose to step out of the time dimension whenever time is not needed for practical purposes and move more deeply into the Now. This does not impair your ability to use time — past or future — when you need to refer to it for practical matters. Nor does it impair your ability to use your mind. In fact, it enhances it. When you do use your mind, it will be sharper, more focused.

Letting Go of Psychological Time

Learn to use time in the practical aspects of your life, we may call this "clock time", but immediately return to present-moment awareness when those practical matters have been dealt with. **In this way, there will be no build-up of "psychological time," which is identification with the past and continuous compulsive projection into the future. Clock time is not just making an appointment or planning a trip. It includes learning from the past so that we don't repeat the same mistakes over and over by setting goals and working toward them. Predicting the future by means of patterns and laws, physical,**

mathematical and so on, learned from the past and taking appropriate action on the basis of our predictions. But even here, within the sphere of practical living, where we cannot do without reference to past and future, the present moment remains the essential factor. Any lesson from the past becomes relevant and is applied now. Any planning as well as working toward achieving a particular goal is done now. The enlightened person's main focus of attention is always the Now, but they are still peripherally aware of time. In other words, they continue to use clock time but are free of psychological time. Be alert as you practice this so that you do not unwittingly transform clock time into psychological time. For example, if you made a mistake in the past and learn from it now, you are using clock time. On the other hand, if you dwell on it mentally, and self-criticism, remorse, or guilt come up, then you are making the mistake into "me" and "mine": you make it part of your sense of self, and it has become psychological time, which is always linked to a false sense of identity. Non-forgiveness necessarily implies a heavy burden of psychological time. **If you set yourself a goal and work toward it, you are using clock time. You are aware of where you want to go, but you honor and give your fullest attention to the step that you are taking at this moment. If you then become excessively focused on the goal, perhaps because you are seeking happiness, fulfillment, or a more complete sense of self in it, the Now is no longer honored. It becomes reduced to a mere stepping stone to the future, with no intrinsic value. Clock time then turns into psychological time.** Your life's Journey is no longer an adventure, just an obsessive need to arrive, to attain, to "make it." You no longer see or smell the flowers by the wayside either, nor you aware of the beauty and the miracle of life that unfolds all around you when you are present in the Now.

Insanity of Psychological Time

You will not have any doubt that psychological time is a mental disease if you look at its collective manifestations. They occur, for example, in the form of ideologies such as communism, National Socialism or any nationalism, or rigid religious belief systems, which operate under the implicit assumption that the highest good lies in the future and that therefore the end justifies the means. **The end is an idea, a point in the mind-projected future, when salvation in whatever form happiness, fulfillment, equality, liberation, and so on will be attained, Not infrequently, the means of getting there are the enslavement, torture, and murder of people in the present. For example, it is estimated that as many as 50 million people were murdered to further the cause or communism to bring about a "better world" in Russia, China, and other countries. This is a chilling example of how belief in a future heaven creates a present hell. Can there be any doubt that psychological time is a serious and dangerous mental illness?** How does this mind pattern operate in your life? Are you always trying to get somewhere other than where you are? Is most of your doing just a means to an end? Is fulfillment always just around the corner or confined to short-lived pleasures, such as sex, food, drink, drugs, or thrills and excitement? Are you always focused on becoming, achieving, and attaining, or alternatively chasing some new thrill or pleasure? Do you believe that if you acquire more things you will become more fulfilled, good enough, or psychologically complete? Are you waiting for a man or woman to give meaning to your life? In the normal, mind-identified or unenlightened state of consciousness, the power and infinite creative potential that lie concealed in the Now are completely obscured by psychological time. Your life then loses its vibrancy, its freshness, its sense of wonder. The old patterns of thought, emotion, behavior, reaction, and desire are acted out in endless repeat performances, a script in your mind that gives you an identity of sorts but distorts or covers up the reality of the Now. The mind then creates an obsession with the future as an escape from the unsatisfactory present.

Negativity and Suffering have their Roots in Time

Usually, the future is a replica of the past. Superficial changes are possible, but real transformation is rare and depends upon whether you can become present enough to dissolve the past by accessing the power of the Now. What you perceive as future is an intrinsic part of your state of consciousness now. If your mind carries a heavy burden of past, you will experience more of the same. The past perpetuates itself through lack of presence. **The quality of your consciousness at this moment is what shapes the future — which, of course, can only be experienced as the Now. All negativity is caused by an accumulation of psychological time and denial of the present. Unease, anxiety, tension, stress, worry — all forms of fear — are caused by too much future, and not enough presence. Guilt, regret, resentment, grievances, sadness, bitterness, and all forms of non-forgiveness are caused by too much past, and not enough presence. Most people find it difficult to believe that a state of consciousness totally free of all negativity is possible. And yet this is the liberated state to which all spiritual teachings point. It is the promise of salvation, not in an illusory future but right here and now. If all your problems or perceived causes of suffering or unhappiness were miraculously removed for you today, but you had not become more present, more conscious, you would soon find yourself with a similar set of problems or causes of suffering, like a shadow that follows you wherever you go. Ultimately, there is only one problem: the time-bound mind itself. You are right. You can never reach that point because you are at that point now. There is no salvation in time. You cannot be free in the future. Presence is the key to freedom, so you can only be free now.**

Finding the Life Underneath your Life Situation

You think that your attention is in the present moment when it's actually taken up completely by time. You cannot be both unhappy and fully present in the Now. What you refer to as your "life" should more accurately be called your "life situation." It is psychological time: past and future. Certain things in the past didn't go the way you wanted them to go. You are still resisting what happened in the past, and now you are resisting what is. **Hope is what keeps you going, but hope keeps you focused on the future, and this continued focus perpetuates your denial of the Now and therefore your unhappiness. Your life situation exists in time. Your life is now. Your life situation is mind-stuff. Your life is real. Find the "narrow gate that leads to life." It is called the Now.** Narrow your life down to this moment. Your life situation may be full of problems most life situations are but find out if you have any problem at this moment. Not tomorrow or in ten minutes, but now. Do you have a problem now? When you are full of problems, there is no room for anything new to enter, no room for a solution. So whenever you can, make some room, create some space, so that you find the life underneath your life situation. Use your senses fully. Be where you are. Look around. Just look, don't interpret. See the light, shapes, colors and textures. Be aware of the silent presence of each thing. **Be aware of the space that allows everything to be. Listen to the sounds; don't judge them. Listen to the silence underneath the sounds. Touch something or anything and feel and acknowledge its Being. Observe the rhythm of your breathing; feel the air flowing in and out, feel the life energy inside your body. Allow everything to be, within and without. Allow the "is-ness" of all things. Move deeply into the Now. If you found yourself in paradise, it wouldn't be long before your mind would say "yes, but..." Ultimately, this is not about solving your problems. It's about realizing that there are no problems. It is only situations to be dealt with now, or to be left alone and accepted as part of the "is-ness" of the present moment until they change or can be dealt with. Problems are mind-made and need time to survive. They cannot survive in the actuality of the Now. When you create a problem, you create pain. All it takes is a simple choice, a simple decision: no matter what happens, I will create no more pain for myself. I will create no more problems.** Although it is a simple choice, it is also very radical. You won't make that choice unless you are truly fed up with suffering, unless you have truly had enough. And you won't be able to go through with it unless you access the power of the Now. If you create no more pain for yourself, then you create no more pain for others. You also no longer contaminate the beautiful Earth, your inner space, and the collective human psyche with the negativity of problem-

making. If you have ever been in a life-or-death emergency situation, you will know that it wasn't a problem. ***The mind didn't have time to fool around and make it into a problem. In a true emergency, the mind stops; you become totally present in the Now, and something infinitely more powerful takes over. This is why there are many reports of ordinary people suddenly becoming capable of incredibly courageous deeds. In any emergency, either you survive or you don't. Either way, it is not a problem.*** A great deal of what people say, think, or do is actually motivated by fear, which of course is always linked with having your focus on the future and being out of touch with the Now. As there are no problems in the Now, there is no fear either. Should a situation arise that you need to deal with now, your action will be clear and incisive if it arises out of present-moment awareness. It is also more likely to be effective. It will not be a reaction coming from the past conditioning of your mind but an intuitive response to the situation. In other instances, when the time-bound mind would have reacted, you will find it more effective to do nothing — just stay centered in the Now.

Quantum Leap in the Evolution of Consciousness

The time-bound mode of consciousness is deeply embedded in the human psyche. But what we are doing here is part of a profound transformation that is taking place in the collective consciousness of the planet and beyond: the awakening of consciousness from the dream of matter, form, and separation. ***It is the ending of time. We are breaking mind patterns that have dominated human life for eons. Mind patterns that have created unimaginable suffering on a vast scale. I am not using the word evil. It is more helpful to call it unconsciousness or insanity. To alert you that you have allowed yourself to be taken over by psychological time, you can use a simple criterion. Ask yourself: Is there joy, ease, and lightness in what I am doing? If there isn't, then time is covering up the present moment, and life is perceived as a burden or a struggle. If there is no joy, ease, or lightness in what you are doing, it does not necessarily mean that you need to change what you are doing. It may be sufficient to change the how. "How" is always more important than "what." See if you can give much more attention to the doing than to the result that you want to achieve through it. Give your fullest attention to whatever the moment presents.*** This implies that you also completely accept what is, because you cannot give your full attention to something and at the same time resist it. ***As soon as you honor the present moment, all unhappiness and struggle dissolve, and life begins to flow with joy and ease. When you act out of present-moment awareness, whatever you do becomes imbued with a sense of quality, care, and love — even the most simple action. So do not be concerned with the fruit of your action — just give attention to the action itself.*** The fruit will come of its own accord. This is a powerful spirituality. When the compulsive striving away from the Now ceases, the joy of Being flows into everything you do. The moment your attention turns to the Now, you feel a presence, a stillness, a peace. You no longer depend on the future for fulfillment and satisfaction — you don't look to it for salvation. Therefore, you are not attached to the results. Neither failure nor success has the power to change your inner state of Being. You have found the life underneath your life situation. Of course, but you will not have illusory expectations that anything or anybody in the future will save you or make you happy. ***As far as your life situation is concerned, there may be things to be attained or acquired. That's the world of form, of gain and loss. Yet on a deeper level you are already complete, and when you realize that, there is a playful, joyous energy behind what you do. Being free of psychological time, you no longer pursue your goals with grim determination, driven by fear, anger, discontent, or the need to become someone. Nor will you remain inactive through fear of failure, which to the ego is loss of self. When your deeper sense of self is derived from Being, when you are free of "becoming" as a psychological need, neither your happiness nor your sense of self depends on the outcome, and so there is freedom from fear. You don't seek permanency where it cannot be found: in the world of form, of gain and loss, birth and death. You don't demand that situations, conditions, places, or people should make you happy, and then suffer when they don't live up to your expectations. Everything is honored, but nothing matters. Forms are born and die, yet you are aware of the eternal underneath the forms. You know it hat "nothing real can be threatened." When every cell of your body is so present that it feels vibrant with life, and when you can feel that life every moment as the joy of Being, then it can be said that you are free of time.*** Tomorrow's bills are not the problem. The dissolution of the physical body is not a problem. Loss of Now is the problem, or rather: the core delusion that turns a mere situation, event, or emotion into a personal problem and into suffering. Loss of Now is loss of Being. To be free of time is to be free of the psychological need of past for your identity and future for your fulfillment. It represents the most profound transformation of consciousness that you can imagine. In some rare cases, this shift in consciousness happens dramatically and radically, once and for all. When it does, it usually comes about through total surrender in the midst of intense suffering. Most people, however, have to work at it. ***When you have had your first few glimpses of the timeless state of consciousness, you begin to move back and forth between the dimensions of time and presence. First you become aware of just how rarely your attention is truly in the Now. But to know that you are not present is a great success: that knowing is presence — even if initially it only lasts for a couple of seconds of clock time before it is lost again. Then, with increasing frequency, you choose to have the focus of your consciousness in the present moment rather than in the past or future, and whenever you realize that you had lost the Now, you are able to stay in it not just for a couple of seconds, but for longer periods as perceived from the external perspective of clock time.*** So before you are firmly established in the state of presence, which is to say before you are fully conscious, you shift back and forth for a while between consciousness and unconsciousness, between the state of presence and the state of mind identification. You lose the Now, and you return to it, again and again. Eventually, presence becomes your predominant state. For most people, presence is experienced either never at all or only accidentally and briefly on rare occasions without being recognized for what it is. Most humans alternate not between consciousness and unconsciousness but only between different levels of unconsciousness.

Ordinary Unconsciousness and Deep Unconsciousness

As you probably know, in sleep you constantly move between the phases of dreamless sleep and the dream state. Similarly, in wakefulness most people only shift between ordinary unconsciousness and deep unconsciousness. ***What I call ordinary unconsciousness means being identified with your thought processes and emotions, your reactions, desires, and aversions. It is most people's normal state. In that state, you are run by the ego mind, and you are unaware of Being. It is a state not of acute pain or unhappiness but of an almost continuous low level of unease, discontent, boredom, or nervousness — a kind of background static. You may not realize this because it is so much a part of "normal" living, just as you are not aware of a continuous low background noise, such as the hum of an air conditioner, until it stops. When it suddenly does stop, there is a sense of relief. Many people use alcohol, drugs, sex, food, work, television, music, or even shopping as anesthetics in an unconscious attempt to remove the basic unease. When this happens, an activity that might be very enjoyable if used in moderation becomes imbued with a compulsive or addictive quality, and all that is ever achieved through it is extremely short-lived symptom relief. In ordinary unconsciousness, habitual resistance to or denial of what creates the unease and discontent that most people accept as normal living. When this resistance becomes intensified through some challenge or threat to the ego, it brings up intense negativity such as anger, acute fear, aggression, depression, and so on. Deep unconsciousness often means that the pain-body has been triggered and that you have become identified with it.*** Physical violence would be impossible without deep

unconsciousness. It can also occur easily whenever and wherever a crowd of people or even an entire nation generates a negative collective energy field. The best indicator of your level of consciousness is how you deal with life's challenges when they come. Through those challenges, an already unconscious person tends to become more deeply unconscious, and a conscious person more intensely conscious. You can use a challenge to awaken you, or you can allow it to pull you into even deeper sleep. The dream of ordinary unconsciousness then turns into a nightmare. When you learn to be the witness of your thoughts and emotions, which is an essential part of being present, you may be surprised when you first become aware of the background "static" of ordinary unconsciousness and realize how rarely, if ever, you are truly at ease within yourself. On the level of your thinking, you will find a great deal of resistance in the form of judgment, discontent, and mental projection away from the Now. On the emotional level, there will be an undercurrent of unease, tension, boredom, or nervousness. Both are aspects of the mind in its resistance mode.

Dissolving Ordinary Unconsciousness

Make it conscious. Observe the many ways in which unease, discontent, and tension arise within you through unnecessary judgment, resistance to what is, and denial of the Now. ***Anything unconscious dissolves when you shine the light of consciousness on it. Once you know how to dissolve ordinary unconsciousness, the light of your presence will shine brightly, and it will be much easier to deal with deep unconsciousness whenever you feel its gravitational pull. Make it a habit to monitor your mental-emotional state through self-observation. "Am I at ease at this moment?" is a good question to ask yourself frequently. Or you can ask: "What's going on inside me at this moment?" Be at least as interested in what goes on inside you as what happens outside. If you get the inside right, the outside will fall into place. Primary reality is within, secondary reality without. But don't answer these questions immediately. Direct your attention inward. Have a look inside yourself. What kind of thoughts is your mind producing? What do you feel? Direct your attention into the body. Is there any tension? Once you detect that there is a low level of unease, the background static, see in what way you are avoiding, resisting, or denying life by denying the Now.*** There are many ways in which people unconsciously resist the present moment. I will give you a few examples. With practice, your power of self-observation, of monitoring your inner state, will become sharpened.

Freedom from Unhappiness

Maybe you are being taken advantage of, maybe the activity you are engaged in is tedious, maybe someone close to you is dishonest, irritating, or unconscious, but all this is irrelevant. Whether your thoughts and emotions about this situation are justified or not makes no difference. ***The fact is that you are resisting what is. You are making the present moment into an enemy. You are creating unhappiness, conflict between the inner and the outer. Your unhappiness is polluting not only your own inner being and those around you but also the collective human psyche of which you are an inseparable part. The pollution of the planet is only an outward reflection of an inner psychic pollution: millions of unconscious individuals not taking responsibility for their inner space. Either stop doing what you are doing, speak to the person concerned and express fully what you feel, or drop the negativity that your mind has created around the situation and that serves no purpose whatsoever except to strengthen a false sense of self.*** Recognizing its futility is important. Negativity is never the optimum way of dealing with any situation. In fact, in most cases it keeps you stuck in it, blocking real change. Anything that is done with negative energy will become contaminated by it and in time give rise to more pain, more unhappiness. Furthermore, any negative inner state is contagious: Unhappiness spreads more easily than a physical disease. Through the law of resonance, it triggers and feeds latent negativity in others, unless they are immune — that is, highly conscious. Are you polluting the world or cleaning up the mess? You are responsible for your inner space; nobody else is, just as you are responsible for the planet. As within, so without: If humans clear inner pollution, then they will also cease to create outer pollution. Once a mind pattern, an emotion or a reaction is there, accept it. You were not conscious enough to have a choice in the matter. That's not a judgment, just a fact. If you had a choice, or realized that you do have a choice, would you choose suffering or joy, ease or unease, peace or conflict? Would you choose a thought or feeling that cuts you off from your natural state of well being, the joy of life within? Any such feeling I call negative, which simply means bad. Not in the sense that "You shouldn't have done that but just plain factual bad, like feeling sick in the stomach. How is it possible that humans killed in excess of 100 million fellow humans in the twentieth century alone? Humans inflicting pain of such magnitude on one another is beyond anything you can imagine. And that's not taking into account the mental, emotional and physical violence, the torture, pain, and cruelty they continue to inflict on each other as well as on other sentient beings on a daily basis. Coming back specifically to what you said — it is certainly true that, when you accept your resentment, moodiness, anger, and so on, you are no longer forced to act them out blindly, and you are less likely to project them onto others. But I wonder if you are not deceiving yourself. ***When you have been practicing acceptance for a while, as you have, there comes a point when you need to go on to the next stage, where those negative emotions are not created anymore. If you don't, your "acceptance" just becomes a mental label that allows your ego to continue to indulge in unhappiness and so strengthen its sense of separation from other people, your surroundings, you're here and now. As you know, separation is the basis for the ego's sense of identity. True acceptance would transmute those feelings at once. And if you really knew deeply that everything is "okay," as you put it, and which of course is true, then would you have those negative feelings in the first place? Without judgment, without resistance to what is, they would not arise.*** You have an idea in your mind that "everything is okay," but deep down you don't really believe it, and so the old mental-emotional patterns of resistance are still in place. That is what makes you feel bad.

Wherever You Are, Be There Totally

See if you can catch yourself complaining, in either speech or thought, about a situation you find yourself in, what other people do or say, your surroundings, your life situation, even the weather. ***To complain is always non-acceptance of what is. It invariably carries an unconscious negative charge. When you complain, you make yourself into a victim. When you speak out, you are in your power. So change the situation by taking action or by speaking out if necessary or possible; leave the situation or accept it. All else is madness. Ordinary unconsciousness is always linked in some way with denial of the Now. The Now, of course, also implies the here. Are you resisting your here and now? Some people would always rather be somewhere else. Their "here" is never good enough. Through self-observation, find out if that is the case in your life. Wherever you are, be there totally. If you find your here and now intolerable and it makes you unhappy, you have three options: remove yourself from the situation, change it, or accept it totally. If you want to take responsibility for your life, you must choose one of those three options, and you must choose now.*** Then accept the consequences. No excuses. No negativity. No psychic pollution. Keep your inner space clear. If you take any action leaving or changing your situation drop the negativity first, if at all possible. Action arising out of insight into what is required is more effective than action arising out of negativity. Any action is often better than no action, especially if you have been stuck in an unhappy situation for a long time. If it is a mistake, at least you learn something, in which case it is no longer a mistake. If you remain stuck, you learn nothing. Is fear preventing you from taking action? Acknowledge the fear, watch it, take your attention into it, be fully present with it. Doing so cuts the link between the fear and your thinking. Don't let the fear rise up into your

mind. **Use the power of the Now. Fear cannot prevail against it. If there is truly nothing that you can do to change your here and now, and you can't remove yourself from the situation, then accept your here and now totally by dropping all inner resistance. The false, unhappy self that loves feeling miserable, resentful, or sorry for itself can then no longer survive. This is called surrender. Surrender is not weakness. There is great strength in it. Only a surrendered person has spiritual power. Through surrender, you will be free internally of the situation. You may then find that the situation changes without any effort on your part. In any case, you are free. Or is there something that you "should" be doing but are not doing it? Get up and do it now. Alternatively, completely accept your inactivity, laziness, or passivity at this moment, if that is your choice. Go into it fully. Enjoy it. Be as lazy or inactive as you can. If you go into it fully and consciously, you will soon come out of it. Or maybe you won't. Either way, there is no inner conflict, no resistance, no negativity.** Are you stressed? Are you so busy getting to the future that the present is reduced to a means of getting there? **Stress is caused by being "here" but wanting to be "there," or being in the present but wanting to be in the future. It is a split that tears you apart inside. To create and live with such an inner split is insane. The fact that everyone else is doing it doesn't make it any less insane. If you have to, you can move fast, work fast, or even run, without projecting yourself into the future and without resisting the present. As you move, work or run do it totally. Enjoy the flow of energy, the high energy of that moment. Now you are no longer stressed, no longer splitting yourself in two. Just moving, running, working — and enjoying it. Or you can drop the whole thing and sit on a park bench. But when you do, watch your mind. It may say: "You should be working. You are wasting time." Observe the mind. Smile at it. Die to the past every moment. You don't need it. Only refer to it when it is absolutely relevant to the present. Feel the power of this moment and the fullness of Being. Feel your presence.** You can stop this health and life corroding insanity simply by acknowledging the present moment. Become aware of your breathing. Feel the air flowing in and out of your body. Feel your inner energy field. All that you ever have to deal with, cope with, in real life — as opposed to imaginary mind projections — is this moment. **Ask yourself what "problem" you have right now, not next year, tomorrow, or five minutes from now. What is wrong with this moment? You can always cope with the Now, but you can never cope with the future — nor do you have to. The answer, the strength, the right action or the resource will be there when you need it, not before, not after. Are you a habitual "waiter"? How much of your life do you spend waiting? What I call "small-scale waiting" is waiting in line at the post office, in a traffic jam, at the airport, or waiting for someone to arrive, to finish work, and so on. "Large-scale waiting" is waiting for the next vacation, for a better job, for the children to grow up, for a truly meaningful relationship, for success, to make money, to be important, to become enlightened. It is not uncommon for people to spend their whole life waiting to start living. Waiting is a state of mind. Basically, it means that you want the future; you don't want the present. You don't want what you've got, and you want what you haven't got. With every kind of waiting, you unconsciously create inner conflict between your here and now, where you don't want to be, and the projected future, where you want to be. This greatly reduces the quality of your life by making you lose the present.** There is nothing wrong with striving to improve your life situation. You can improve your life situation, but you cannot improve your life. Life is primary. Life is your deepest inner Being. It is already whole, complete, perfect. Your life situation consists of your circumstances and your experiences. There is nothing wrong with setting goals and striving to achieve things. The mistake lies in using it as a substitute for the feeling of life, for Being. The only point of access for that is the Now. You are then like an architect who pays no attention to the foundation of a building but spends a lot of time working on the superstructure. For example, many people are waiting for prosperity. It cannot come in the future. When you honor, acknowledge, and fully accept your present reality where you are, who you are, what you are doing right now when you fully accept what you have got, you are grateful for what you have got, grateful for what is, grateful for Being. Gratitude for the present moment and the fullness of life now is true prosperity. It cannot come in the future. Then, in time, that prosperity manifests for you in various ways. If you are dissatisfied with what you have got, or even frustrated or angry about your present lack, that may motivate you to become rich, but even if you do make millions, you will continue to experience the inner condition of lack, and deep down you will continue to feel unfulfilled. You may have many exciting experiences that money can buy, but they will come and go and always leave you with an empty feeling and the need for further physical or psychological gratification. You won't abide in Being and so feel the fullness of life now that alone is true prosperity. **So give up waiting as a state of mind. When you catch yourself slipping into waiting... snap out of it. Come into the present moment. Just be, and enjoy being. If you are present, there is never any need for you to wait for anything. So next time somebody says, "Sorry to have kept you waiting," you can reply, "That's all right, I wasn't waiting. I was just standing here enjoying myself in joy in my self."** These are just a few of the habitual mind strategies for denying the present moment that are part of ordinary unconsciousness. They are easy to overlook because they are so much a part of normal living: the background static of perpetual discontent. But the more you practice monitoring your inner mental-emotional state, the easier it will be to know when you have been trapped in past or future, which is to say unconscious, and to awaken out of the dream of time into the present. But beware: **The false, unhappy self, based on mind identification, lives on time. It knows that the present moment is its own death and so feels very threatened by it. It will do all it can to take you out of it. It will try to keep you trapped in time. Your life's journey has an outer purpose and an inner purpose. The outer purpose is to arrive at your goal or destination, to accomplish what you set out to do, to achieve this or that, which, of course, implies future. But if your destination, or the steps you are going to take in the future, take up so much of your attention that they become more important to you than the step you are taking now, then you completely miss the journey's inner purpose, which has nothing to do with where you are going or what you are doing, but everything to do with how. It has nothing to do with future but everything to do with the quality of your consciousness at this moment. The outer purpose belongs to the horizontal dimension of space and time; the inner purpose concerns a deepening of your Being in the vertical dimension of the timeless Now. Your outer journey may contain a million steps; your inner journey only has one: the step you are taking right now. As you become more deeply aware of this one step, you realize that it already contains within itself all the other steps as well as the destination. This one step then becomes transformed into an expression of perfection, an act of great beauty and quality. It will have taken you into Being, and the light of Being will shine through it. This is both the purpose and the fulfillment of your inner journey, the journey into yourself. After that, the outer purpose is just a game that you may continue to play simply because you enjoy it. It is also possible to fail completely in your outer purpose and at the same time totally succeed in your inner purpose. Or the other way around, which is actually more common: outer riches and inner poverty, or to "gain the world and lose your soul". Ultimately, of course, every outer purpose is doomed to "fail" sooner or later, simply because it is subject to the law of impermanence of all things. The sooner you realize that your outer purpose cannot give you lasting fulfillment, the better. When you have seen the limitations of your outer purpose, you give up your unrealistic expectation that it should make you happy, and you make it subservient to your inner purpose.** There is no need to investigate the unconscious past in you except as it manifests at this moment as a thought, an emotion, a desire, a reaction, or an external event that happens to you. Whatever you need to know about the unconscious past in you, the challenges of the present will bring it out. If you delve into the past, it will become a bottomless pit: There is always more.

You may think that you need more time to understand the past or become free of it, in other words, that the future will eventually free you of the past. This is a delusion. **Only the present can free you of the past. More time cannot free you of time. Access the power of Now. That is the key. None other than the power of your presence, your consciousness liberated from thought forms. So deal with the past on the level of the present. The more attention you give to the past, the more you energize it, and the more likely you are to make a "self out of it. Don't misunderstand: Attention is essential, but not to the past as past. Give attention to the present; give attention to your behavior, to your reactions, moods, thoughts, emotions, fears, and desires as they occur in the present. There's the past in you. If you can be present enough to watch all those things, not critically or analytically but non-judgmentally, then you are dealing with the past and dissolving it through the power of your presence. You cannot find yourself by going into the past. You find yourself by coming into the present. As you become more conscious of your present reality, you may suddenly get certain insights as to why your conditioning functions in those particular ways; for example, why your relationships follow certain patterns, and you may remember things that happened in the past or see them more clearly. That is fine and can be helpful, but it is not essential. What is essential is your conscious presence. That dissolves the past. That is the transformation agent. So don't seek to understand the past, but be as present as you can. The past cannot survive in your presence. It can only survive in your absence. As long as you are in a state of intense presence, you are free of thought. You are still, yet highly alert, the instant your conscious attention sinks below a certain level, thought rushes in. the mental noise returns; the stillness is lost. You are back in time. To stay present in everyday life, it helps to be deeply rooted within yourself; otherwise, the mind, which has incredible momentum, will drag you along like a wild river.** It means to inhabit your body fully. To always have some of your attention in the inner energy field of your body. This is to feel the body from within, so to speak. Body awareness keeps you present. It anchors you in the Now.

Esoteric Meaning of "Waiting"

This is not the usual bored or restless kind of waiting that is a denial of the present and that I spoke about already. It is not a waiting in which your attention is focused on some point in the future and the present is perceived as an undesirable obstacle that prevents you from having what you want. **There is a qualitatively different kind of waiting, one that requires your total alertness. Something could happen at any moment, and if you are not absolutely awake, absolutely still, you will miss it. In that state, all your attention is in the Now. There is none left for daydreaming, thinking, remembering, anticipating. There is no tension in it, no fear, just alert presence. You are present with your whole Being, with every cell of your body. In that state, the "you" that has a past and a future, the personality if you like, is hardly there anymore.** And yet nothing of value is lost. You are still essentially yourself. In fact, you are more fully yourself than you ever were before, or rather it is only now that you are truly yourself.

Beauty Arises in the Stillness of Your Presence

Presence is needed to become aware of the beauty, the majesty, the sacredness of nature. **Have you ever gazed up into the infinity of space on a dear night, awestruck by the absolute stillness and inconceivable vastness of it? Have you listened, truly listened, to the sound of a mountain stream in the forest or to the song of a blackbird at dusk on a quiet summer evening? To become aware of such things, the mind needs to be still. You have to put down for a moment your personal baggage of problems, of past and future, as well as all your knowledge; otherwise, you will see but not see, hear but not hear. Your total presence is required. Beyond the beauty of the external forms, there is more here: something that cannot be named, something ineffable, some deep, inner, holy essence. Whenever and wherever there is beauty, this inner essence shines through somehow. It only reveals itself to you when you are present.** Could it be that this nameless essence and your presence are one and the same? Would it be there without your presence? Go deeply into it. Find out for yourself. **When you experienced those moments of presence, you likely didn't realize that you were briefly in a state of no-mind. This is because the gap between that state and the influx of thought was too narrow. Your presence may only have lasted for a few seconds before the mind came in, but it was there; otherwise, you would not have experienced the beauty. Mind can neither recognize nor create beauty. Only for a few seconds, while you were completely present, was that beauty or that sacredness there. Because of the narrowness of that gap and a lack of vigilance and alertness on your part, you were probably unable to see the fundamental difference between the perception, the thought-less awareness of beauty, and the naming and interpreting of it as thought: The time gap was so small that it seemed to be a single process. The truth is, however, that the moment thought came in, all you had was a memory of it. The wider the time gap between perception and thought, the more depth there is to you as a human being, which is to say the more conscious you are.** Many people are so imprisoned in their minds that the beauty of nature does not really exist for them. They might say, "What a pretty flower," but that's just a mechanical mental labeling. Because they are not still, not present, they don't truly see the flower, don't feel its essence, its holiness — just as they don't know themselves, don't feel their own essence, their own holiness. **Because we live in such a mind-dominated culture, most modern art, architecture, music, and literature are devoid of beauty, of inner essence, with very few exceptions. The reason is that the people who create those things cannot even for a moment free themselves from their mind. So they are never in touch with that place within where true creativity and beauty arise.** The mind left to itself creates monstrosities, and not only in art galleries. Look at our urban landscapes and industrial wastelands. No civilization has ever produced so much ugliness.

Realizing Pure Consciousness

When you become conscious of Being, what is really happening is that Being becomes conscious of itself. **When Being becomes conscious of itself, that's presence. Since Being, consciousness, and life are synonymous, we could say that presence means conscious-ness becoming conscious of itself, or life attaining self-consciousness. But don't get attached to the words, and don't make an effort to understand this. There is nothing that you need to understand before you can become present.** Can you now see the deeper and wider significance of becoming present as the watcher of your mind? Whenever you watch the mind, you withdraw consciousness from mind forms; which then becomes what we call the watcher or the witness. **Consequently, the watcher — pure consciousness beyond form becomes stronger, and the mental formations become weaker. When we talk about watching the mind we are personalizing an event that is truly of cosmic significance: is already part of, an event that is probably still in the distant future as far as chronological time is concerned. The event is called the end the world. When consciousness frees itself from its identification with physical and mental forms, it becomes what we may call pure or enlightened consciousness, or presence. Most humans are still in the grip of the ego mode of consciousness: identified with their mind and run by their mind. If they do not free themselves from their mind in time, they will be destroyed by it. They will experience increasing confusion, conflict, violence, illness, despair, madness. Ego mind has become like a sinking ship. If you don't get off, you will go down with it. The collective ego mind is the most dangerously insane and destructive entity ever to inhabit this planet.** Already for most humans, the only respite they find from their own minds is to occasionally revert to a level of consciousness below thought. **Everyone does that every night during sleep. But this also happens to some extent through sex, alcohol, and other drugs that suppress excessive mind activity. If it weren't for alcohol, tranquilizers, antidepressants, as well as the**

illegal drugs, which are all consumed in vast quantities, the insanity of the human mind would become even more glaringly obvious than it is already. I believe that, if deprived of their drugs, a large part of the population would become a danger to themselves and others. These drugs, of course, simply keep you stuck in dysfunction. Their widespread use only delays the breakdown of the old mind structures and the emergence of higher consciousness. While individual users may get some relief from the daily torture inflicted on them by their minds, they are prevented from generating enough conscious presence to rise above thought and so find true liberation. Falling back to a level of consciousness below mind, which is the pre-thinking level of our distant ancestors and of animals and plants, is not an option for us. There is no way back. If the human race is to survive, it will have to go on to the next stage. Consciousness is evolving throughout the universe in billions of forms. So even if we didn't make it, this wouldn't matter on a cosmic scale. No gain in consciousness is ever lost, so it would simply express itself through some other form. But the very fact that I am speaking here and you are listening or reading this is a clear sign that the new consciousness is gaining a foothold on the planet. **Silence is an even more potent carrier of presence, so when you read this or listen to me speak, be aware of the silence between and underneath the words. Be aware of the gaps. To listen to the silence, wherever you are, is an easy and direct way of becoming present. Even if there is noise, there is always some silence underneath and in between the sounds. Listening to the silence immediately creates stillness inside you. Only the stillness in you can perceive the silence outside. And what is stillness other than presence, consciousness freed from thought forms? Here is the living realization of what we have been talking about. Eternity, of course, does not mean endless time, but no time. Did God say "I have always been, and I always will be?" Of course not. That would have given reality to past and future. God said: "I Am That I Am." No time here, just presence. The "second coming" of Christ is a transformation of human consciousness, a shift from time to presence, from thinking to pure consciousness, not the arrival of some man or woman.** If you are drawn to an enlightened teacher, it is because there is already enough presence in you to recognize presence in another. Egos are drawn to bigger egos. Darkness cannot recognize light. Only light can recognize light. So don't believe that the light is outside you or that it can only come through one particular form. If only your master is an incarnation of God, then who are you? Any kind of exclusivity is identification with form, and identification with form means ego, no matter how well disguised. Please stop trying to understand Being. **You have already had significant glimpses of Being, but the mind will always try to squeeze it into a little box and then put a label on it. It cannot be done. It cannot become an object of knowledge. In Being, subject and object merge into one. Being can be felt as the ever-present / am that is beyond name and form. To feel and thus to know that you are and to abide in that deeply rooted state is enlightenment, is the truth that Jesus says will make you free. Free from the illusion that you are nothing more than your physical body and your mind. This "illusion of the self," is the core error. Free from fear in its countless disguises as the inevitable consequence of that illusion the fear that is your constant tormentor as long as you derive your sense of self only from this ephemeral and vulnerable form. And free from sin, which is the suffering you unconsciously inflict on yourself and others as long as this illusory sense of self governs what you think, say, and do. The body that you can see and touch cannot take you into Being.** But that visible and tangible body is only an outer shell, or rather a limited and distorted perception of a deeper reality. In your natural state of connectedness with Being, this deeper reality can be felt every moment as the invisible inner body, the animating presence within you. So to "inhabit the body" is to feel the body from within, to feel the life inside the body and thereby come to know that you are beyond the outer form. **You are cut off from Being as long as your mind takes up all your attention. When this happens and it happens continuously for most people you are not in your body. The mind absorbs all your consciousness and transforms it into mind stuff. You cannot stop thinking. Compulsive thinking has become a collective disease. Your whole sense of who you are is then derived from mind activity. Your identity, as it is no longer rooted in Being, becomes a vulnerable and ever-needy mental construct, which creates fear as the predominant underlying emotion. The one thing that truly matters is then missing from your life: awareness of your deeper self, your invisible and indestructible reality.** To become conscious of Being, you need to reclaim consciousness from the mind. This is one of the most essential tasks on your spiritual journey. It will free vast amounts of consciousness that previously had been trapped in useless and compulsive thinking. A very effective way of doing this is simply to take the focus of your attention away from thinking and direct it into the body, where Being can be felt in the first instance as the invisible energy field that gives life to what you perceive as the physical body.

Connecting with the Inner Body

Please try it now. You may find it helpful to close your eyes for this practice. Later on, when "being in the body" has become natural and easy, this will no longer be necessary. **Direct your attention into the body. Feel it from within. Is it alive? Is there life in your hands, arms, legs, and feet also in your abdomen or chest? Can you feel the subtle energy field that pervades the entire body and gives vibrant life to every organ and every cell? Can you feel it simultaneously in all parts of the body as a single field of energy? Keep focusing on the feeling of your inner body for a few moments. Do not start to think about it. Feel it. The more attention you give it, the clearer and stronger this feeling will become. It will feel as if every cell is becoming more alive, and if you have a strong visual sense, you may get an image of your body becoming luminous.** Although such an image can help you temporarily, pay more attention to the feeling than to any image that may arise. An image, no matter how beautiful or powerful, is already defined in form, so there is less scope for penetrating more deeply. The feeling of your inner body is formless, limitless, and unfathomable. You can always go into it more deeply. If you cannot feel very much at this stage, pay attention to whatever you can feel. Perhaps there is just a slight tingling in your hands or feet. That's good enough for the moment. **Just focus on the feeling. Your body is coming alive. Later, we will practice some more. Please open your eyes now, but keep some attention in the inner energy field of the body even as you look around the room.** The inner body lies at the threshold between your form identity and your essence identity, your true nature. Never lose touch with it.

Transformation through the Body

The light of their consciousness was not yet strong enough to make friends with their animal nature, to allow it to be and even enjoy that aspect of themselves — let alone to go deeply into it to find the divine hidden within it, the reality within the illusion. So they did what they had to do. They began to disassociate from their body. They now saw themselves as having a body, rather than just being it. The fact is that no one has ever become enlightened through denying or fighting the body or through an out-of-the-body experience. Although such an experience can be fascinating and can give you a glimpse of the state of liberation from the material form, in the end you will always have to return to the body, where the essential work of transformation takes place. **Transformation is through the body, not away from it. This is why no true master has ever advocated fighting or leaving the body, although their mind-based followers often have. There is no need for that. All spiritual teachings originate from the same Source. In that sense, there is and always has been only one master, who manifests in many different forms. I am that master, and so are you, once you are able to access the Source within. And the way to it is through the inner body.** Although all spiritual teachings originate from the same Source, once they become verbalized and written down they

are obviously no more than collections of words — and a word is nothing but a signpost, as we talked about earlier. All such teachings are signposts pointing the way back to the Source.

Sermon on the Body

What you perceive as a dense physical structure called the body, which is subject to disease, old age, and death, is not ultimately real is not you. It is a misperception of your essential reality that is beyond birth and death, and is due to the limitations of your mind, which, having lost touch with Being, creates the body as evidence of its illusory belief in separation and to justify its state of fear. But do not turn away from the body, for within that symbol of impermanence, limitation, and death that you perceive as the illusory creation of your mind is concealed the splendor of your essential and immortal reality. Do not turn your attention elsewhere in your search for the Truth, for it is nowhere else to be found but within your body. Do not fight against the body, for in doing so you are fighting against your own reality. You are your body. The body that you can see and touch is only a thin illusory veil. Underneath it lies the invisible inner body, the doorway into Being, into Life Un-manifested. Through the inner body, you are inseparably connected to this un-manifested. It is one Life, birth-less, deathless, eternally present. Through the inner body, you are forever one with God.

Have Deep Roots Within

Please examine where your attention is at this moment. You are listening to me, or you are reading these words. That is the focus of your attention. You are also peripherally aware of your surroundings, other people, and so on. Furthermore, there may be some mind activity around what you are hearing or reading, some mental commentary. Yet there is no need for any of this to absorb all your attention. See if you can be in touch with your inner body at the same time. **Keep some of your attention within. Don't let it all flow out. Feel your whole body from within, as a single field of energy. It is almost as if you were listening or reading with your whole body. Let this be your practice in the days and weeks to come. Do not give all your attention away to the mind and the external world. By all means focus on what you are doing, but feel the inner body at the same time whenever possible. Stay rooted within. Then observe how this changes your state of consciousness and the quality of what you are doing. Whenever you are waiting, wherever it may be, use that time to feel the inner body. In this way, traffic jams and line-ups become very enjoyable. Instead of mentally projecting yourself away from the Now, go more deeply into the Now by going more deeply into the body. The art of inner-body awareness will develop into a completely new way of living, a state of permanent connectedness with Being, and will add a depth to your life that you have never known before. It is easy to stay present as the observer of your mind when you are deeply rooted within your body. No matter what happens on the outside, nothing can shake you anymore. When something "goes wrong" or there is some loss or upset. Your conditioned reaction will then be involuntary, automatic, and predictable, fueled by the one basic emotion that underlies the mind-identified state of consciousness: fear. So when such challenges come, as they always do, make it a habit to go within at once and focus as much as you can on the inner energy field of your body.** This need not take long, just a few seconds. But you need to do it the moment that the challenge presents itself. Any delay will allow a conditioned mental-emotional reaction to arise and take you over. When you focus within and feel the inner body, you immediately become still and present as you are withdrawing consciousness from the mind. If a response is required in that situation, it will come up from this deeper level. **Just as the sun is infinitely brighter than a candle flame, there is infinitely more intelligence in Being than in your mind. As long as you are in conscious contact with your inner body, you are like a tree that is deeply rooted in the earth, or a building with a deep and solid foundation.**

Before You enter the Body, Forgive

What you felt was a lingering emotion that you were probably unaware of, until you started putting some attention into the body. **Unless you first give it some attention, the emotion will prevent you from gaining access to the inner body, which lies at a deeper level underneath it. Attention does not mean that you start thinking about it. It means to just observe the emotion, to feel it fully, and so to acknowledge and accept it as it is. Some emotions are easily identified: anger, fear, grief, and so on. Others may be much harder to label. They may just be vague feelings of unease, heaviness, or constriction, halfway between an emotion and a physical sensation. In any case, what matters is not whether you can attach a mental label to it but whether you can bring the feeling of it into awareness as much as possible. Attention is the key to transformation and full attention also implies acceptance.** Attention is like a beam of light; the focused power of your consciousness that transmutes everything into itself. So place your attention on feeling the emotion, and check whether your mind is holding on to a grievance pattern such as blame, self-pity, or resentment that is feeding the emotion. If that is the case, it means that you haven't forgiven. Non-forgiveness is often toward another person or yourself, but it may just as well be toward any situation or condition — past, present or future — that your mind refuses to accept. Yes, there can be non-forgiveness even with regard to the future. This is the mind's refusal to accept uncertainty, to accept that the future is ultimately beyond its control. Forgiveness is to relinquish your grievance and so to let go of grief. It happens naturally once you realize that your grievance serves no purpose except to strengthen a false sense of self. **Forgiveness is to offer no resistance to life — to allow life to live through you. The alternatives are pain and suffering, a greatly restricted flow of life energy, and in many cases physical disease. The moment you truly forgive, you have reclaimed your power from the mind. Non-forgiveness is the very nature of the mind, just as the mind-made false self, the ego, cannot survive without strife and conflict. The mind cannot forgive. Only you can. You become present, you enter your body, you feel the vibrant peace and stillness that emanate from Being. Presence is pure consciousness, consciousness that has been reclaimed from the mind, from the world of form.** The inner body is your link with the Un-manifested, and in its deepest aspect is the Un-manifested: the Source from which consciousness emanates as light emanates from the sun. Awareness of the inner body is consciousness remembering its origin and returning to the Source. Feeling will get you closer to the truth of who you are than thinking. I cannot tell you anything that deep within you don't already know. When you have reached a certain stage of inner connectedness, you recognize the truth when you hear it. If you haven't reached that stage yet, the practice of body awareness will bring about the deepening.

Slowing Down the Aging Process

In the meantime, awareness of the inner body has other benefits in the physical realm. One of them is a significant slowing down of the aging of the physical body. **Whereas the outer body normally appears to grow old and wither fairly quickly, the inner body does not change with time, except that you may feel it more deeply and become it more fully. If you are twenty years old now, the energy field of your inner body will feel just the same when you are eighty. It will be just as vibrantly alive. As soon as your habitual state changes from being out-of-the-body and trapped in your mind to being in-the-body and present in the Now, your physical body will feel lighter, clearer, more alive. As there is more consciousness in the body, its molecular structure actually becomes less dense. More consciousness means a lessening of the illusion of materiality. When you become identified more with the timeless inner body than with the outer body, when presence becomes your normal mode of consciousness and past and future no longer dominate your attention, you do not accumulate time anymore in your psyche and in the cells of the body. The accumulation of time as the**

psychological, burden of past and future greatly impairs the cells' capacity for self-renewal. So if you inhabit the inner body, the outer body will grow old at a much slower rate, and even when it does, your timeless essence will shine through the outer form, and you will not give the appearance of an old person.

Strengthening the Immune System

Another benefit of this practice in the physical realm is a great strengthening of the immune system, which occurs when you inhabit the body. **The more consciousness you bring into the body, the stronger the immune system becomes. It is as if every cell awakens and rejoices. The body loves your attention. It is also a potent form of self-healing. Most illnesses creep in when you are not present in the body. If the master is not present in the house, all kinds of shady characters will take up residence there. When you inhabit your body, it will be hard for unwanted guests to enter. It is not only your physical immune system that becomes strengthened; your psychic immune system is greatly enhanced as well. The latter protects you from the negative mental-emotional force fields of others, which are highly contagious. Inhabiting the body protects you not by putting up a shield, but by raising the frequency vibration of your total energy field, so that anything that vibrates at a lower frequency, such as fear, anger, depression, and so on, now exists in what is virtually a different order of reality. It doesn't enter your field of consciousness anymore, or if it does you don't need to offer any resistance to it because it passes right through you.** Please don't just accept or reject what I am saying. Put it to the test. When you are unoccupied for a few minutes, and especially last thing at night before falling asleep and first thing in the morning before getting up, "flood" your body with consciousness. **Close your eyes. Lie flat on your back. Choose different parts of your body to focus your attention on briefly at first: hands, feet, arms, legs, abdomen, chest, head, and so on. Feel the life energy inside those parts as intensely as you can. Stay with each part for fifteen seconds or so. Then let your attention run through the body like a wave a few times, from feet to head and back again. This need only take a minute or so. After that, feel the inner body in its totality, as a single field of energy. Hold that feeling for a few minutes. Be intensely present during that time, present in every cell of your body.** Don't be concerned if the mind occasionally succeeds in drawing your attention out of the body and you lose yourself in some thought. As soon as you notice that this has happened, just return your attention to the inner body.

Let the Breath take You into the Body

If at any time you are finding it hard to get in touch with the inner body, it is usually easier to focus on your breathing first. **Conscious breathing, which is a powerful meditation in its own right, will gradually put you in touch with the body. Follow the breath with your attention as it moves in and out of your body. Breathe into the body, and feel your abdomen expanding and contracting slightly with each inhalation and exhalation. If you find it easy to visualize, close your eyes and see yourself surrounded by light or immersed in a luminous substance — a sea of consciousness. Then breathe in that light.** Feel that luminous substance filling up your body and making it luminous also. Then gradually focus more on the feeling. You are now in your body. Don't get attached to any image.

Creative Use of Mind

If you need to use your mind for a specific purpose, use it in conjunction with your inner body. Only if you are able to be conscious without thought can you use your mind creatively, and the easiest way to enter that state is through your body. **Whenever an answer, a solution, or a creative idea is needed, stop thinking for a moment by focusing attention on your inner energy field. Become aware of the stillness. When you resume thinking, it will be fresh and creative. In any thought activity, make it a habit to go back and forth every few minutes or so between thinking and an inner kind of listening, an inner stillness.** Don't just think with your head; think with your whole body.

Art of Listening

When listening to another person, don't just listen with your mind; listen with your whole body. Feel the energy field of your inner body as you listen. That takes attention away from thinking and creates a still space that enables you to truly listen without the mind interfering. You are giving the other person space — space to be. It is the most precious gift you can give. Most people don't know how to listen because the major part of their attention is taken up by thinking. They pay more attention to that than to what the other person is saying, and none at all to what really matters: the Being of the other person underneath the words and the mind. **Of course, you cannot feel someone else's Being except through your own. This is the beginning of the realization of oneness, which is love. At the deepest level of Being, you are one with all that is. Most human relationships consist mainly of minds interacting with each other, not of human beings communicating, being in communion. No relationship can thrive in that way, and that is why there is so much conflict in relationships. When the mind is running your life, conflict, strife and problems are inevitable. Being in touch with your inner body creates a clear space of no-mind within which the relationship can flower.**

Going Deeply into the Body

When you can feel the inner body clearly as a single field of energy, let go, if possible, of any visual image and focus exclusively on the feeling. **If you can, also drop any mental image you may still have of the physical body. All that is left then is an all-encompassing sense of presence or "being-ness," and the inner body is felt to be without a boundary. Then take your attention even more deeply into that feeling. Become one with it. Merge with the energy field, so that there is no longer a perceived duality of the observer and the observed, of you and your body. The distinction between inner and outer also dissolves now, so there is no inner body anymore. By going deeply into the body, you have transcended the body. Stay in this realm of pure Being for as long as feels comfortable; then become aware again of the physical body, your breathing and physical senses, and open your eyes. Look at your surroundings for a few minutes in a meditative way that is, without labeling them mentally and continue to feel the inner body as you do so.** Having access to that formless realm is truly liberating. It frees you from bondage to form and identification with form. It is life in its undifferentiated state prior to its fragmentation into multiplicity. We may call it the Un-manifested, the invisible Source of all things, the Being within all beings. It is a realm of deep stillness and peace, but also of joy and intense aliveness. **Whenever you are present, you become "transparent" to some extent to the light, the pure consciousness that emanates from this Source. You also realize that the light is not separate from who you are but constitutes your very essence.**

Source of Chi

The Un-manifested is the source of chi. **Chi is the inner energy field of your body. It is the bridge between the outer you and the Source. It lies halfway between the manifested, the world of form, and the Un-manifested. Chi can be likened to a river or an energy stream. If you take the focus of your consciousness deeply into the inner body, you are tracing the course of this river back to its Source. Chi is movement; the Un-manifested is stillness. When you reach a point of absolute stillness, which is nevertheless vibrant with life, you have gone beyond the inner body and beyond chi to the Source itself: the Un-manifested. Chi is the link between the Un-manifested and the physical universe. So if you take your attention deeply into the inner body, you may reach this point, this singularity, where the world dissolves into the Un-manifested and the Un-manifested takes on form as the energy stream of chi, which then becomes the world. This is the point of birth and death. When your consciousness is directed outward, mind and world arise. When it is**

directed inward, it realizes its own Source and returns home into the Un-manifested. Then, when your consciousness comes back to the manifested world, you reassume the form identity that you temporarily relinquished. You have a name, a past, a life situation, a future. But in one essential respect, you are not the same person you were before: You will have glimpsed a reality within yourself that is not "of this world," although it isn't separate from it, just as it isn't separate from you. Now let your spiritual practice be this: As you go about your life, don't give 100 percent of your attention to the external world and to your mind. Keep some within. I have spoken about this already. Feel the inner body even when engaged in everyday activities, especially when engaged in relationships or when you are relating with nature. **Feel the stillness deep inside it. Keep the portal open. It is quite possible to be conscious of the Un-manifested throughout your life. You feel it as a deep sense of peace somewhere in the background, a stillness that never leaves you, no matter what happens out here. You become a bridge between the Un-manifested and the manifested, between God and the world. This is the state of connectedness with the Source that we call enlightenment.**

Dreamless Sleep

You take a journey into the Un-manifested every night when you enter the phase of deep dreamless sleep. You merge with the Source. You draw from it the vital energy that sustains you for a while when you return to the manifested, the world of separate forms. This energy is much more vital than food: "Man does not live by bread alone." But in dreamless sleep, you don't go into it consciously. Although the bodily functions are still operating, "you" no longer exist in that state. **Can you imagine what it would be like to go into dreamless sleep with full consciousness? It is impossible to imagine it, because that state has no content. The Un-manifested does not liberate you until you enter it consciously. That's why Jesus did not say: the truth will make you free, but rather "You will know the truth, and the truth will make you free." This is not a conceptual truth. It is the truth of eternal life beyond form, which is known directly or not at all. But don't attempt to stay conscious in dreamless sleep. It is highly unlikely that you will succeed. At most, you may remain conscious during the dream phase, but not beyond that. This is called lucid dreaming, which may be interesting and fascinating, but it is not liberating. So use your inner body as a portal through which you enter the Un-manifested, and keep that portal open so that you stay connected with the Source at all times.** It makes no difference, as far as the inner body is concerned, whether your outer physical body is old or young. The inner body is timeless. Use one of the other portals, although ultimately they are all one.

Other Portals

Time and the manifested are as inextricably linked, as are the timeless Now and the Un-manifested. **When you dissolve psychological time through intense present-moment awareness, you become conscious of the Un-manifested both directly and indirectly. Directly you feel it as the radiance and power of your conscious presence no content, just presence. Indirectly, you are aware of that Un-manifested in and through the sensory realm. In other words, you feel the God-essence in every creature, every flower, every stone, and you realize: "All that is, is holy." Another portal into the Un-manifested is created through the cessation of thinking. This can start with a very simple thing, such as taking one conscious breath or looking, in a state of intense alertness, at a flower, so that there is no mental commentary running at the same time. There are many ways to create a gap in the incessant stream of thought. This is what meditation is all about. Thought is part of the realm of the manifested. Continuous mind activity keeps you imprisoned in the world of form and becomes an opaque screen that prevents you from becoming conscious of the Un-manifested, conscious of the formless and timeless God-essence in yourself and in all things and all creatures. When you are intensely present, you don't need to be concerned about the cessation of thinking, of course, because the mind then stops automatically.** That's why I said the Now is an essential aspect of every other portal. Surrender the letting go of mental-emotional resistance to what is also becomes a portal into the Un-manifested. The reason for this is simple: inner resistance cuts you off from other people, from yourself, from the world around you. It strengthens the feeling of separateness on which the ego depends for its survival. **The stronger the feeling of separateness, the more you are bound to the manifested, to the world of separate forms. The more you are bound to the world of form, the harder and more impenetrable your form identity becomes. The portal is dosed, and you are cut off from the inner dimension, the dimension of depth. In the state of surrender, your form identity softens and becomes somewhat "transparent," as it were, so the Un-manifested can shine through you.** It's up to you to open a portal in your life that gives you conscious access to the Un-manifested. Get in touch with the energy field of the inner body, be intensely present, misidentify from the mind, surrender to what is; these are all portals you can use — but you only need to use one. **As soon as one of the portals is open, love is present in you as the "feeling-realization" of oneness. Love isn't a portal; it's what comes through the portal into this world. As long as you are completely trapped in your form identity, there can be no love. Your task is not to search for love but to find a portal through which love can enter.**

Silence

The Un-manifested is not separate from the manifested. It pervades this world, but it is so well disguised that almost everybody misses it completely. If you know where to look, you'll find it everywhere. A portal opens up every moment. Do you hear that dog barking in the distance or that car passing by? Listen carefully. Can you feel the presence of the Un-manifested in that? You can't? **Look for it in the silence out of which the sounds come and into which they return. Pay more attention to the silence than to the sounds. Paying attention to outer silence creates inner silence: the mind becomes still. A portal is opening up. Every sound is born out of silence, dies back into silence, and during its life span is surrounded by silence. Silence enables the sound to be. It is an intrinsic but un-manifested part of every sound, every musical note, every song, every word. The Un-manifested is present in this world as silence. This is why it has been said that nothing in this world is so like God as silence. All you have to do is pay attention to it. Even during a conversation, become conscious of the gaps between words, the brief silent intervals between sentences. As you do that, the dimension of stillness grows within you. You cannot pay attention to silence without simultaneously becoming still within. Silence without, stillness within.** You have entered the Un-manifested.

Space

Just as no sound can exist without silence, nothing can exist without no-thing, without the empty space that enables it to be. **Every physical object or body has come out of nothing, is surrounded by nothing, and will eventually return to nothing. Not only that, but even inside every physical body there is far more "nothing" than "something." Physicists tell us that the solidity of matter is an illusion. Even seemingly solid matter, including your physical body, is nearly 100 percent empty space — so vast are the distances between the atoms compared to their size. What is more, even inside every atom there is mostly empty space. What is left is more like a vibrational frequency than particles of solid matter, more like a musical note. Buddhists have known that for over 2,500 years. "Form is emptiness, emptiness is form," states the Heart Sutra, one of the best known ancient Buddhist texts. The essence of all things is emptiness. The Un-manifested is not only present in this world as silence; it also pervades the entire physical universe as space from within and without. This is just as easy to miss as silence. Everybody pays attention to the things in space, but who pays attention**

to space itself? Your mind is trying to make nothing into something. The moment you make it into something, you have missed it. Nothing — space is the appearance of the Un-manifested as an externalized phenomenon in a sense-perceived world. That's about as much as one can say about it, and even that is a kind of paradox. It cannot become an object of knowledge. You can't do a Ph.D. on "nothing." When scientists study space, they usually make it into something and thereby miss its essence entirely. Not surprisingly, the latest theory is that space isn't empty at all, that it is filled with some substance. Once you have a theory, it is not too hard to find evidence to substantiate it, at least until some other theory comes along. Space has no "existence." "To exist literally means "to stand out." You cannot understand space because it doesn't stand out. Although in itself it has no existence, it enables everything else to exist. Silence has no existence either, nor does the Un-manifested. So what happens if you withdraw attention from the objects in space and become aware of space itself? What is the essence of this room? The furniture, pictures, and so on are in the room, but they are not the room. The floor, walls, and ceiling define the boundary of the room, but they are not the room either. So what is the essence of the room? Space, of course, is empty space. There would be no "room" without it. **Since space is "nothing," we can say that what is not there is more important than what is there. So become aware of the space that is all around you. Don't think about it. Feel it, as it were. Pay attention to "nothing." The inner equivalent to objects in space such as fur nature, walls, and so on are your mind objects: thoughts, emotions, and the objects of the senses. And the inner equivalent of space is the consciousness that enables you mind objects to be, just as space allows all things to be. So if you withdraw attention from things objects in space you automatically withdraw attention from your mind objects as well. In other words: You cannot think and be aware of space or of silence, for that matter. By becoming aware of the empty space around you, you simultaneously become aware of the space of no-mind, of pure consciousness: the Un-manifested. This is how the contemplation of space can become a portal for you. Space and silence are two aspects of the same thing, the sane nothing. They are an externalization of inner space and inner silence, which is stillness: the infinitely creative womb of all existence.** Most humans are completely unconscious of this dimension. There is no inner space, no stillness. They are out of balance. In other words, they identify exclusively with their own physical and psychological form, unconscious of essence, because every form is highly unstable, the live in fear. This fear causes a deep misperception of themselves and of other humans, a distortion in their vision of the world.

True Nature of Space and Time

If there were nothing but silence, it wouldn't exist for you; you wouldn't know what it is. Only when sound appears does silence come into being. Similarly, if there were only space without any objects in space, it wouldn't exist for you. Imagine yourself as a point of consciousness floating in the vastness of space with no stars, no galaxies, just emptiness. Suddenly, space wouldn't be vast anymore; it would not be there at all. There would be no speed, no movement from here to there. At least two points of reference are needed for distance and space to come into being. Space comes into being the moment the One becomes two, and as "two" become the "ten thousand things," as Lao Tse calls the manifested world, space becomes more and more vast. So world and space arise simultaneously. Nothing could be without space, yet space is nothing. Before the universe came into being, before the "big bang" if you like, there wasn't a vast empty space waiting to be filled. There was no space, as there was no thing. There was only the Un-manifested — the One. When the One became "the ten thousand things," suddenly space seemed to be there and enabled the many to be. Where did it come from? Was it created by God to accommodate the universe? Of course not. Space is no-thing, so it was never created. Go out on a clear night and look up at the sky. The thousands of stars you can see with the naked eye are no more than an infinitesimal fraction of what is there. **Over 100 billion galaxies can already be detected with the most powerful telescopes, each galaxy an "island universe" with billions of stars. Yet what is even more awe-inspiring is the infinity of space itself, the depth and stillness that allows all of that magnificence to be. Nothing could be more awe-inspiring and majestic than the inconceivable vastness and stillness of space, and yet what is it? Emptiness is vast emptiness. That stillness and vastness that enables the universe to be, is not just out there in space, it is also within you. When you are utterly and totally present, you encounter it as the still inner space of no-mind. Within you, it is vast in depth, not in extension. Space extension is ultimately a misperception of infinite depth an attribute of the one transcendental reality. What you perceive externally as space and time are ultimately illusory, but they contain a core of truth. They are the two essential attributes of God, infinity and eternity, perceived as if they had an external existence outside you. Within you, both space and time have an inner equivalent that reveals their true nature, as well as your own. Whereas space is the still, infinitely deep realm of no-mind, the inner equivalent of time is presence, awareness of the eternal Now. Remember that there is no distinction between them. When space and time are realized within as the Un-manifested no-mind and presence external space and time continue to exist for you, but they become much less important. The world, too, continues to exist for you, but it will not bind you anymore. Just as you would not be conscious of space if there were no objects in space, the world is needed for the Un-manifested to be realized.** You may have heard the Buddhist saying: "If there were no illusion, there would be no enlightenment." It is through the world and ultimately through you that the Un-manifested knows it self.

Conscious Death

There are countless accounts by people who had a visual impression of this portal as radiant light and then returned from what is commonly known as a near-death experience. Many of them also spoke of a sense of blissful serenity and deep peace. In the Tibetan Book of the Dead, it is described as "the luminous splendor of the colorless light of Emptiness," which it says is "your own true self." This portal opens up only very briefly, and unless you have already encountered the dimension of the Un-manifested in your lifetime, you will likely miss it. Most people carry too much residual resistance, too much fear, too much attachment to sensory experience, too much identification with the manifested world. So they see the portal, turn away in fear, and then lose consciousness. Most of what happens after that is involuntary and automatic. Eventually, there will be another round of birth and death. Their presence wasn't strong enough yet for conscious immortality. **Every portal is a portal of death, the death of the false self. When you go through it, you cease to derive your identity from your psychological, mind-made form. You then realize that death is an illusion, just as your identification with form was an illusion. The end of illusion — that's all that death is. It is painful only as long as you cling to illusion. True salvation is fulfillment, peace, life in all its fullness. It is to be who you are, to feel within you the good that has no opposite, the joy of Being that depends on nothing outside itself. It is felt not as a passing experience but as an abiding presence. In theistic language, it is to "know God" not as something outside you but as your own innermost essence. True salvation is to know yourself as an inseparable part of the timeless and formless One Life from which all that exists derives its being. True salvation is a state of freedom from fear, from suffering, from a perceived state of lack and insufficiency and therefore from all wanting, needing, grasping, and clinging. It is freedom from compulsive thinking, from negativity, and above all from past and future as a psychological need. Your mind is telling you that you cannot get there from here. Something needs to happen, or you need to become this or that before you can be free and fulfilled. It is saying, in fact, that you need time that you need to find, sort out, do, achieve, acquire, become, or understand something**

before you can be free or complete. You see time as the means to salvation, whereas in truth it is the greatest obstacle to salvation. You think that you can't get there from where and who you are at this moment because you are not yet complete or good enough, but the truth is that here and now is the only point from where you can get there. You get there by realizing that you are there already. You find God the moment you realize that you don't need to seek God. So there is not only way to salvation: Any condition can be used, but no particular condition is needed. However, there is only one point of access: the Now. There can be no salvation away from this moment. You are lonely and without a partner? Enter the Now from there. You are in a relationship? Enter the Now from there. Love is as a continuous state is as yet very rare as rare as conscious human beings. Brief and elusive glimpses of love, however, are possible whenever there is a gap in the stream of mind. The negative side of a relationship is, of course, more easily recognizable as dysfunctional than the positive one. And it is also easier to recognize the source of negativity in your partner than to see it in yourself. It can manifest in many forms: possessiveness, jealousy, control, withdrawal and unspoken resentment, the need to be right, insensitivity and self-absorption, emotional demands and manipulation, the urge to argue, criticize, judge, blame, or attack, anger, (unconscious revenge for past pain inflicted by a parent, rage and physical violence. On the positive side, you are "in love" with your partner. This is at first a deeply satisfying state. You feel intensely alive. Your existence has suddenly become meaningful because someone needs you, wants you, and makes you feel special, and you do the same for him or her. When you are together, you feel whole. The feeling can become so intense that the rest of the world fades into insignificance. However, you may also have noticed that there is a neediness and a clinging quality to that intensity. You become addicted to the other person. He or she acts on you like a drug. You are on a high when the drug is available, but even the possibility or the thought that he or she might no longer be there for you can lead to jealousy, possessiveness, attempts at manipulation through emotional blackmail, blaming and accusing, fear of loss. If the other person does leave you, this can give rise to the most intense hostility or the most profound grief and despair. In an instant, loving tenderness can turn into a savage attack or dreadful grief. Where is the love now? Can love change into its opposite in an instant? Was it love in the first place, or just an addictive grasping and clinging?

Addiction and the Search for Wholeness

On the physical level, you are obviously not whole, nor will you ever be: You are either a man or a woman, which is to say, one-half of the whole. On this level, the longing for wholeness, the return to oneness, manifests as male-female attraction, man's need for a woman, woman's need for a man. It is an almost irresistible urge for union with the opposite energy polarity. The root of this physical urge is a spiritual one: the longing for an end to duality, a return to the state of wholeness. Sexual union is the closest you can get to this state on the physical level. This is why it is the most deeply satisfying experience the physical realm can offer. But sexual union is no more than a fleeting glimpse of wholeness, an instant of bliss. As long as it is unconsciously sought as a means of salvation, you are seeking the end of duality on the level of form, where it cannot be found. You are given a tantalizing glimpse of heaven, but you are not allowed to dwell there, and find yourself again in a separate body. On the psychological level, the sense of lack and incompleteness is, if anything, even greater than on the physical level. As long as you are identified with the mind, you have an externally derived sense of self. That is to say, you get your sense of who you are from things that ultimately have nothing to do with who you are: your social role, possessions, external appearance, successes and failures, belief systems, and so on. This false, mind-made self, the ego, feels vulnerable, insecure, and is always seeking new things to identify with to give it a feeling that it exists. But nothing is ever enough to give it lasting fulfillment. Its fear remains; its sense of lack and neediness remains. If in your relationships you experience both "love" and the opposite of love, attack, emotional violence, and so on, then it is likely that you are confusing ego attachment and addictive clinging with love. You cannot love your partner one moment and attack him or her the next. True love has no opposite. If your "love" has an opposite, then it is not love but a strong ego-need for a more complete and deeper sense of self, a need that the other person temporarily meets. It is the ego's substitute for salvation, and for a short time it almost does feel like salvation. But there comes a point when your partner behaves in ways that fail to meet your needs, or rather those of your ego. The feelings of fear, pain, and lack that are an intrinsic part of ego consciousness but had been covered up by the "love relationship" now resurface. Just as with every other addiction, you are on a high when the drug is available, but invariably there comes a time when the drug no longer works for you. When those painful feelings reappear, you feel them even more strongly than before, and what is more, you now perceive your partner as the cause of those feelings. This means that you project them outward and attack the other with all the savage violence that is part of your pain. This attack may awaken the partner's own pain, and he or she may counter your attack. At this point, the ego is still unconsciously hoping that its attack or its attempts at manipulation will be sufficient punishment to induce your partner to change their behavior, so that it can use them again as a cover-up for your pain. **Every addiction arises from an unconscious refusal to face and move through your own pain. Every addiction starts with pain and ends with pain. Whatever the substance you are addicted to alcohol, food, legal or illegal drugs, or a person you are using something or somebody to cover up your pain. That is why, after the initial euphoria has passed, there is so much unhappiness, so much pain in intimate relationships. They do not cause pain and unhappiness. They bring out the pain and unhappiness that is already in you. Every addiction does that. Every addiction reaches a point where it does not work for you anymore, and then you feel the pain more intensely than ever.**

From Addictive to Enlightened Relationship

Being present and intensifying your presence by taking your attention ever more deeply into the Now whether you are living alone or with a partner, this remains the key. **For love to flourish, the light of your presence needs to be strong enough so that you no longer get taken over by the thinker or the pain-body and mistake them for who you are. To know yourself as the Being underneath the thinker, the stillness underneath the mental noise, the love and joy underneath the pain, is freedom, salvation, enlightenment. To misidentify from the pain-body is to bring presence into the pain and thus transmute it. To misidentify from thinking is to be the silent watcher of your thoughts and behavior, especially the repetitive patterns of your mind and the roles played by the ego. If you stop investing it with "selfness," the mind loses its compulsive quality, which basically is the compulsion to judge, and so to resist what is, which creates conflict, drama, and new pain. In fact, the moment that judgment stops through acceptance of what is, you are free of the mind. You have made room for love, for joy, for peace. First you stop judging yourself; then you stop judging your partner. The greatest catalyst for change in a relationship is complete acceptance of your partner as he or she is, without needing to judge or change them in any way. That immediately takes you beyond ego. All mind games and all addictive clinging are then over. There are no victims and no perpetrators anymore, no accuser and accused. This is also the end of all codependency, of being drawn into somebody else's unconscious pattern and thereby enabling it to continue. You will then either separate in love or move ever more deeply into the Now together into Being. Can it be that simple? Yes, it is that simple. Love is a state of Being. Your love is not outside; it is deep within you. You can never lose it, and it cannot leave you. It is not dependent on some other body, some external form. In the stillness of your presence, you can feel your own formless and timeless reality as the un-manifested life that animates your physical form. You can then feel the same life deep within every other human and every other creature. You look beyond the veil of form**

and separation. This is the realization of oneness. This is love. What is God? The eternal One Life underneath all the forms of life. What is love or to feel the presence of that One Life deep within yourself and within all creatures to be it? Therefore, all love is the love of God. Love is not selective, just as the light of the sun is not selective. It does not make one person special. It is not exclusive. Exclusivity is not the love of God but the "love" of ego. However, the intensity with which true love is felt can vary. There may be one person who reflects your love back to you more clearly and more intensely than others, and if that person feels the same toward you, it can be said that you are in a love relationship with him or her. The bond that connects you with that person is the same bond that connects you with the person sitting next to you on a bus, or with a bird, a tree, a flower. Only the degree of intensity with which it is felt differs. **True communication is communion, the realization of oneness, which is love. Usually, this is quickly lost again, unless you are able to stay present enough to keep out the mind and its old patterns. As soon as the mind and mind identification return, you are no longer yourself but a mental image of yourself, and you start playing games and roles again to get your ego needs met. You are a human mind again, pretending to be a human being, interacting with another mind, playing a drama called "love." If there is anger, know that there is anger. If there is jealousy, defensiveness, the urge to argue, the need to be right, an inner child demanding love and attention, or emotional pain of any kind — whatever it is, know the reality of that moment and hold the knowing. The relationship then becomes your spiritual practice. If you observe unconscious behavior in your partner, hold it in the loving embrace of your knowing so that you won't react. Unconsciousness and knowing cannot coexist for long, even if the knowing is only in the other person and not in the one who is acting out the unconsciousness. The energy form that lies behind hostility and attack finds the presence of love absolutely intolerable. If you react at all to your partner's unconsciousness, you become unconscious yourself. But if you then remember to know your reaction, nothing is lost. If you continue to pursue the goal of salvation through a relationship, you will be disillusioned again and again. But if you accept that the relationship is here to make you conscious instead of happy, then the relationship will offer you salvation, and you will be aligning yourself with the higher consciousness that wants to be born into this world.** For those who hold on to the old patterns, there will be increasing pain, violence, confusion, and madness. You do not need to wait for the world to become sane, or for somebody else to become conscious, before you can be enlightened. You may wait forever. Do not accuse each other of being unconscious. The moment you start to argue, you have identified with a mental position and are now defending not only that position but also your sense of self. The ego is in charge. You have become unconscious. At times, it may be appropriate to point out certain aspects of your partner's behavior. If you are very alert, very present, you can do so without ego involvement — without blaming, accusing, or making the other wrong. When your partner behaves unconsciously, relinquish all judgment. **Judgment is either to confuse someone's unconscious behavior with who they are or to project your own unconsciousness onto another person and mistake that for who they are. To relinquish judgment does not mean that you do not recognize dysfunction and unconsciousness when you see it. It means "being the knowing" rather than "being the reaction" and the judge. You will then either be totally free of reaction or you may react and still be the knowing, the space in which the reaction is watched and allowed to be. Instead of fighting the darkness, you bring in the light. Instead of reacting to delusion, you see the delusion yet at the same time look through it. Being the knowing creates a clear space of loving presence that allows all things and all people to be as they are. No greater catalyst for transformation exists. If you practice this, your partner cannot stay with you and remain unconscious. If you both agree that the relationship will be your spiritual practice, so much the better. You can then express your thoughts and feelings to each other as soon as they occur, or as soon as a reaction comes up, so that you do not create a time gap in which an unexpressed or unacknowledged emotion or grievance can fester and grow. Learn to give expression to what you feel without blaming. Learn to listen to your partner in an open, non-defensive way. Give your partner space for expressing himself or herself. Be present. Accusing, defending, attacking all those patterns that are designed to strengthen or protect the ego or to get its needs met will then become redundant. Giving space to others and to yourself is vital. Love cannot flourish without it. When you have removed the two factors that are destructive of relationships: When the pain-body has been transmuted and you are no longer identified with mind and mental positions, and if your partner has done the same, you will experience the bliss of the flowering of relationship. Instead of mirroring to each other your pain and your unconsciousness, instead of satisfying your mutual addictive ego needs, you will reflect back to each other the love that you feel deep within, the love that comes with the realization of your oneness with all that is. This is the love that has no opposite. If your partner is still identified with the mind and the pain-body while you are already free, this will represent a major challenge not to you but to your partner. It is not easy to live with an enlightened person, or rather it is so easy that the ego finds it extremely threatening. Remember that the ego needs problems, conflict, and "enemies" to strengthen the sense of separateness on which its identity depends. The unenlightened partner's mind will be deeply frustrated because its fixed positions are not resisted, which means they will become shaky and weak, and there is even the "danger" that they may collapse altogether, resulting in loss of self. The pain-body is demanding feedback and not getting it. The need for argument, drama, and conflict is not being met.** But beware: Some people who are unresponsive, withdrawn, insensitive, or cut off from their feelings may think and try to convince others that they are enlightened, or at least that there is "nothing wrong" with them and everything wrong with their partner. Men tend to do that more than women. They may see their female partners as irrational or emotional. But if you can feel your emotions, you are not far from the radiant inner body just underneath. If you are mainly in your head, the distance is much greater, and you need to bring consciousness into the emotional body "Before you can reach the inner body. If you are consistently or at least predominantly present in your relationship, this will be the greatest challenge for your partner. They will not be able to tolerate your presence for very long and stay unconscious. **If they are ready, they will walk through the door that you opened for them and join you in that state. If they are not, you will separate like oil and water. The light is too painful for someone who wants to remain in darkness.**

Why Women are Closer to Enlightenment

Generally speaking, it is easier for a woman to feel and be in her body, so she is naturally closer to Being and potentially closer to enlightenment than a man. This is why many ancient cultures instinctively chose female figures or analogies to represent or describe the formless and transcendental reality. It was often seen as a womb that gives birth to everything in creation and sustains and nourishes it during its life as form. In the Tao Te Ching, one of the most ancient and profound books ever written, the Tao, which could be translated as Being, is described as "infinite, eternally present, the mother of the universe." **Naturally, women are closer to it than men since they virtually "embody" the Un-manifested. What is more, all creatures and all things must eventually return to the Source. "All things vanish into the Tao. It alone endures." Since the Source is seen as female, this is represented as the light and dark sides of the archetypal feminine in psychology and mythology. The Goddess or Divine Mother has two aspects: She gives life, and she takes life. When the mind took over and humans lost touch with the reality of their divine essence, they started to think of God as a male figure. Society became male dominated, and the female was made subordinate to the male. They are redressing a balance between male and female that was lost a long time ago, and that is good. But it is still a representation and a concept, perhaps temporarily**

useful, just as a map or a signpost is temporarily useful, but more a hindrance than help when you are ready to realize the reality beyond all concepts and images. What does remain true, however, is that the energy frequency of the mind appears to be essentially male. The mind resists, fights for control, uses, manipulates, attacks, tries to grasp and possess, and so on. This is why the traditional God is a patriarchal, controlling authority figure, an often angry man who you should live in fear of, as the Old Testament suggests. This God is a projection of the human mind. To go beyond the mind and reconnect with the deeper reality of Being, very different qualities are needed: surrender, non-judgment, an openness that allows life to be instead of resisting it, the capacity to hold all things in the loving embrace of your knowing. All these qualities are much more closely related to the female principle. Whereas mind-energy is hard and rigid, Being-energy is soft and yielding and yet infinitely more powerful than mind. The mind runs our civilization, whereas Being is in charge of all life on our planet and beyond. Being is the very Intelligence whose visible manifestation is the physical universe. Although women are potentially closer to it, men can also access it within themselves. At this time, the vast majority of men as well as women are still in the grip of the mind: identified with the thinker and the pain-body. This, of course, is what prevents enlightenment and the flowering of love. **As a general rule, the major obstacle for men tends to be the thinking mind, and the major obstacle for women the pain-body, although in certain individual cases the opposite may be true, and in others the two factors may be equal.**

Dissolving the Collective Female Pain-Body

The pain-body usually has a collective as well as a personal aspect. The personal aspect is the accumulated residue of emotional pain suffered in one's own past. The collective one is the pain accumulated in the collective human psyche over thousands of years through disease, torture, war, murder, cruelty, madness, and so on. Everyone's personal pain-body also partakes of this collective pain-body. There are different strands in the collective pain-body. For example, certain races or countries in which extreme forms of strife and violence occur have a heavier collective pain-body than others. Anyone with a strong pain-body and not enough consciousness to misidentify from it will not only continuously or periodically be forced to relive their emotional pain but may also easily become either the perpetrator or the victim of violence, depending on whether their pain-body is predominantly active or passive. On the other hand, they may also be potentially closer to enlightenment. This potential isn't necessarily realized, of course, but if you are trapped in a nightmare you will probably be more strongly motivated to awaken than someone who is just caught in the ups and downs of an ordinary dream. **Apart from her personal pain-body, every woman has her share in what could be described as the collective female pain-body unless she is fully conscious. This consists of accumulated pain suffered by women partly through male subjugation of the female, through slavery, exploitation, rape, childbirth, child loss, and so on, over thousands of years. The emotional or physical pain that for many women precedes and coincides with the menstrual flow is the pain-body in its collective aspect that awakens from its dormancy at that time, although it can be triggered at other times too. It restricts the free flow of life energy through the body, of which menstruation is a physical expression. Often a woman is "taken over" by the pain-body at that time. It has an extremely powerful energetic charge that can easily pull you into unconscious identification with it. An energy field that occupies your inner space and pretends to be you but, of course, is not you at all then actively possesses you. It speaks through you, acts through you, thinks through you. It will create negative situations in your life so that it can feed on the energy. It wants more pain, in whatever form.** It can be vicious and destructive. It is pure pain, past pain — and it is not you. The number of women who are now approaching the fully conscious state already exceeds that of men and will be growing even faster in the years to come. Men may catch up with them in the end, but for some considerable time there will be a gap between the consciousness of men and that of women. **Women are regaining the function that is their birthright and, therefore, comes to them more naturally than it does to men: to be a bridge between the manifested world and the Un-manifested, between physicality and spirit. Your main task as a woman now is to transmute the pain-body so that it no longer comes between you and your true self, the essence of who you are. Of course, you also have to deal with the other obstacle to enlightenment, which is the thinking mind, but the intense presence you generate when dealing with the pain-body will also free you from identification with the mind. The first thing to remember is this: As long as you make an identity for yourself out of the pain, you cannot become free of it. As long as part of your sense of self is invested in your emotional pain, you will unconsciously resist or sabotage every attempt that you make to heal that pain. Why? It is quite simply because you want to keep yourself intact, and the pain has become an essential part of you.** This is an unconscious process, and the only way to overcome it is to make it conscious. To suddenly see that you are or have been attached to your pain can be quite a shocking realization. The moment you realize this, you have broken the attachment. **The pain-body is an energy field, almost like an entity, that has become temporarily lodged in your inner space. It is life energy that has become trapped, energy that is no longer flowing. Of course, the pain-body is there because of certain things that happened in the past. It is the living past in you, and if you identify with it, you identify with the past. A victim identity is the belief that the past is more powerful than the present, which is the opposite of the truth. It is the belief that other people and what they did to you are responsible for which you are now, for your emotional pain or your inability to be your true self. The truth is that the only power there is, is contained within this moment: It is the power of your presence. Once you know that, you also realize that you are responsible for your inner space now, nobody else is and that the past cannot prevail against the power of the Now.** If a woman is still holding on to anger, resentment, or condemnation, she is holding on to her pain-body. This may give her a comforting sense of identity, of solidarity with other women, but it is keeping her in bondage to the past and blocking full access to her essence and true power. If women exclude themselves from men, that fosters a sense of separation and therefore a strengthening of the ego. And the stronger the ego, the more distant you are from your true nature. So do not use the pain-body to give you an identity. Use it for enlightenment instead. Transmute it into consciousness. One of the best times for this is during menses. I believe that, in the years to come, many women will enter the fully conscious state during that time. Usually, it is a time of unconsciousness for many women, as they are taken over by the collective female pain-body. Once you have reached a certain level of consciousness, however, you can reverse this, so instead of becoming unconscious you become more conscious. I have described the basic process already, but let me take you through it again, this time with special reference to the collective female pain-body. When you know that the menstrual flow is approaching, before you feel the first signs of what is commonly called premenstrual tension, the awakening of the collective female pain-body, become very alert and inhabit your body as fully as possible. When the first sign appears, you need to be alert enough to "catch" it before it takes you over. For example, the first sign may be a sudden strong irritation or a flash of anger, or it may be a purely physical symptom. Whatever it is, catch it before it can take over your thinking or behavior. This simply means putting the spotlight of your attention on it. If it is an emotion, feel the strong energy charge behind it. Know that it is the pain-body. At the same time, be the knowing; that is to say, be aware of your conscious presence and feel its power. That is any emotion, that you take your presence into will quickly subside and become transmuted. If it is a purely physical symptom, the attention that you give it will prevent it from turning into an emotion or a thought. Then continue to be alert and wait for the next sign of the pain-body. When it appears, catch it again in the same way as before. Later, when the pain-body has fully awakened from its dormant state, you may experience considerable turbulence

in your inner space for a while, perhaps for several days. **Whatever form this takes, stay present. Give it your complete attention. Watch the turbulence inside you. Know it is there. Hold the knowing, and be the knowing. Remember do not let the pain-body use your mind and take over your thinking. Watch it. Feel its energy directly, inside your body. As you know, full attention means full acceptance. Through sustained attention and thus acceptance, there comes transmutation. The pain-body becomes transformed into radiant consciousness, just as a piece of wood, when placed in or near a fire, itself is transformed into fire. Menstruation will then become not only a joyful and fulfilling expression of your womanhood but also a sacred time of transmutation, when you give birth to a new consciousness. It is your true nature then shines forth, both in its female aspect as the Goddess and in its transcendental aspect as the divine Being that you are beyond male and female duality. If your male partner is conscious enough, he can help you with the practice I have just described by holding the frequency of intense presence particularly at this time. If he stays present whenever you fall back into unconscious identification with the pain-body, which can and will happen at first, you will be able to quickly rejoin him in that state. This means that whenever the pain-body temporarily takes over, whether during menses or at other times, your partner will not mistake it for who you are. Even if the pain-body attacks him, as it probably will, he will not react to it as if it were "you," withdraw, or put up some kind of defense. He will hold the space of intense presence.** Nothing else is needed for transformation. At other times, you will be able to do the same for him or help him reclaim consciousness from the mind by drawing his attention into the here and now whenever he becomes identified with his thinking. In this way, a permanent energy field of a pure and high frequency will arise between you. No illusion, no pain, no conflict, nothing that is not you, and nothing that is not love can survive in it. This represents the fulfillment of the divine, transpersonal purpose of your relationship. It becomes a vortex of consciousness that will draw in many others.

Give Up the Relationship with Yourself

Enlightened or not, you are either a man or a woman, so on the level of your form identity you are not complete. You are one-half of the whole. This incompleteness is felt as male-female attraction, the pull toward the opposite energy polarity, no matter how conscious you are. But in that state of inner connectedness, you feel this pull somewhere on the surface or periphery of your life. Anything that happens to you in that state feels somewhat like that. The whole world seems like waves or ripples on the surface of a vast and deep ocean. You are that ocean and, of course, you are also a ripple, but a ripple that has realized its true identity as the ocean, and compared to that vastness and depth, the world of waves and ripples is not all that important. This does not mean that you don't relate deeply to other people or to your partner. In fact, you can relate deeply only if you are conscious of Being. Coming from Being, you are able to focus beyond the veil of form. In Being, male and female are one. Your form may continue to have certain needs, but Being has none. It is already complete and whole. If those needs are met, that is beautiful, but whether or not they are met makes no difference to your deep inner state. So it is perfectly possible for an enlightened person, if the need for the male or female polarity is not met, to feel a sense of lack or incompleteness on the outer level of his or her being, yet at the same time be totally complete, fulfilled, and at peace within. As you approach adulthood, uncertainty about your sexuality followed by the realization that you are "different" from others may force you to disidentify from socially conditioned patterns of thought and behavior. This will automatically raise your level of consciousness above that of the unconscious majority, whose members unquestioningly take on board all inherited patterns. In that respect, being gay can be a help. Being an outsider to some extent, someone who does not "fit in" with others or is rejected by them for whatever reason, makes life difficult, but it also places you at an advantage as far as enlightenment is concerned. It takes you out of unconsciousness almost by force. On the other hand, if you then develop a sense of identity based on your gayness, you have escaped one trap only to fall into another. You will play roles and games dictated by a mental image you have of yourself as gay. You will become unconscious. You will become unreal. Underneath your ego mask, you will become very unhappy. If this happens to you, being gay will have become a hindrance. But you always get another chance, of course. Acute unhappiness can be a great awakener. If you cannot be at ease with yourself when you are alone, you will seek a relationship to cover up your unease. You can be sure that the unease will then reappear in some other form within the relationship, and you will probably hold your partner responsible for it. All you really need to do is accept this moment fully. You are then at ease in the here and now and at ease with yourself. But do you need to have a relationship with yourself at all? Why can't you just be yourself? When you have a relationship with yourself, you have split yourself into two: "I" and "myself," subject and object. **That mind-created duality is the root cause of all unnecessary complexity, of all problems and conflict in your life. In the state of enlightenment, you are yourself "you" and "yourself" merge into one. You do not judge yourself, you do not feel sorry for yourself, you are not proud of yourself, you do not love yourself, you do not hate yourself, and so on. The split caused by self-reflective consciousness is healed, its curse removed. There is no "self that you need to protect, defend, or feed anymore. When you are enlightened, there is one relationship that you no longer have: the relationship with yourself. Once you have given that up, all your other relationships will be love relationships.**

Higher Good Beyond Good and Bad

Happiness depends on conditions being perceived as positive; inner peace does not. Do you truly know what is positive and what is negative? Do you have the total picture? There have been many people for whom limitation, failure, loss, illness, or pain in whatever form turned out to be their greatest teacher. It taught them to let go of false self-images and superficial ego-dictated goals and desires. It gave them depth, humility, and compassion. It made them more real. **Whenever anything negative happens to you, there is a deep lesson concealed within it, although you may not see it at the time. Even a brief illness or an accident can show you what is real and unreal in your life, what ultimately matters and what doesn't. Seen from a higher perspective, conditions are always positive. To be more precise: they are neither positive nor negative. They are as they are. And when you live in complete acceptance of what is which is the only sane way to live — there is no "good" or "bad" in your life anymore. There is only a higher good, which includes the "bad." Seen from the perspective of the mind, however, there is good-bad, like-dislike, love-hate. You are not pretending anything. You are allowing it to be as it is, that's all. This "allowing to be" takes you beyond the mind with its resistance patterns that create the positive-negative polarities. It is an essential aspect of forgiveness. Forgiveness of the present is even more important than forgiveness of the past. If you forgive every moment allow it to be as it is then there will be no accumulation of resentment that needs to be forgiven at some later time.** Remember that we are not talking about happiness here. For example, when a loved one has just died, or you feel your own death approaching, you cannot be happy. It is impossible. But you can be at peace. There may be sadness and tears, but provided that you have relinquished resistance, underneath the sadness you will feel a deep serenity, a stillness or a sacred presence. This is the emanation of Being, this is inner peace, the good that has no opposite. **Since mind and resistance are synonymous, acceptance immediately frees you from mind dominance and thus reconnects you with Being. As a result, the usual ego motivations for "doing" fear, greed, control, defending or feeding the false sense of self will cease to operate. An intelligence much greater than the mind is now in charge, and so a different quality of consciousness will flow into your doing. It seems that most people need to experience a great deal of suffering before they will relinquish resistance and accept before they will forgive. As soon as they do, one of the greatest miracles happens: the awakening of Being-consciousness through what**

appears as evil, the transmutation of suffering into inner peace. The ultimate effect of all the evil and suffering in the world is that it will force humans into realizing who they are beyond name and form. Thus, what we perceive as evil from our limited perspective is actually part of the higher good that has no opposite. This, however, does not become true for you except through forgiveness. Until that happens, evil has not been redeemed and therefore remains evil. Through forgiveness, which essentially means recognizing the insubstantiality of the past and allowing the present moment to be as it is, the miracle of transformation happens not only within but also without. A silent space of intense presence arises both in you and around you. Whoever or whatever enters that field of consciousness will be affected by it, sometimes visibly and immediately, sometimes at deeper levels with visible changes appearing at a later time. You dissolve discord, heal pain, dispel unconsciousness without doing anything simply by being and holding that frequency of intense presence.

End of your Life Drama

Most of the so-called bad things that happen in people's lives are due to unconsciousness. They are self-created, or rather ego-created. I sometimes refer to those things as "drama." When you are fully conscious, drama does not come into your life anymore. Let me remind you briefly how the ego operates and how it creates drama. **Ego is the unobserved mind that runs your life when you are not present as the witnessing consciousness, the watcher. The ego perceives itself as a separate fragment in a hostile universe, with no real inner connection to any other being, surrounded by other egos, which it either sees as a potential threat or which it will attempt to use for its own ends. The basic ego patterns are designed to combat its own deep-seated fear and sense of lack. They are resistance, control, power, greed, defense and attack. Some of the ego's strategies are extremely clever, yet they never truly solve any of its problems, simply because the ego itself is the problem. When egos come together, whether in personal relationships or in organizations or institutions, "bad" things happen sooner or later: drama of one kind or another, in the form of conflict, problems, power struggles, emotional or physical violence, and so on. This includes collective evils such as war, genocide, and exploitation all due to massed unconsciousness. Furthermore, many types of illness are caused by the ego's continuous resistance, which creates restrictions and blockages in the flow of energy through the body. When you reconnect with Being and are no longer run by your mind, you cease to create those things. You do not create or participate in drama anymore. Whenever two or more egos come together, drama of one kind or another ensues. But even if you live totally alone, you still create your own drama. When you feel sorry for yourself, that's drama. When you feel guilty or anxious, that's drama. When you let the past or future obscure the present, you are creating time, psychological time the stuff out of which drama is made. Whenever you are not honoring the present moment by allowing it to be, you are creating drama.** Most people are in love with their particular life drama. Their story is their identity. The ego runs their life. They have their whole sense of self-invested in it. Even their usually unsuccessful search for an answer, a solution, or for healing becomes part of it. What they fear and resist most is the end of their drama. As long as they are their mind, what they fear and resist most is their own awakening. **When you live in complete acceptance of what is, that is the end of all drama in your life. Nobody can even have an argument with you, no matter how hard he or she tries. You cannot have an argument with a fully conscious person. An argument implies identification with your mind and a mental position, as well as resistance and reaction to the other person's position. The result is that the polar opposites become mutually energized. These are the mechanics of unconsciousness. You can still make your point clearly and firmly, but there will be no reactive force behind it, no defense or attack. So it won't run into drama.** When you are fully conscious, you cease to be in conflict. "No one who is at one with himself can even conceive of conflict," states A Course in Miracles. This refers not only to conflict with other people but more fundamentally to conflict within you, which ceases when there is no longer any clash between the demands and expectations of your mind and what is.

Impermanence and the Cycles of Life

However, as long as you are in the physical dimension and linked to the collective human psyche, physical pain although rare is still possible. This is not to be confused with suffering, with mental emotional pain. **All suffering is ego-created and is due to resistance. Also, as long as you are in this dimension, you are still subject to its cyclical nature and to the law of impermanence of all things, but you no longer perceive this as "bad" it just is. Through allowing the "is-ness" of all things, a deeper dimension underneath the play of opposites reveals itself to you as an abiding presence, an unchanging deep stillness, an uncaused joy beyond good and bad. This is the joy of Being, the peace of God. There are cycles of success, when things come to you and thrive, and cycles of failure, when they wither or disintegrate and you have to let them go in order to make room for new things to arise, or for transformation to happen. If you cling and resist at that point, it means you are refusing to go with the flow of life, and you will suffer.** It is not true that the up cycle is good and the down cycle bad, except in the mind's judgment. Growth is usually considered positive, but nothing can grow forever. If growth, of whatever kind, were to go on and on, it would eventually become monstrous and destructive. Dissolution is needed for new growth to happen. One cannot exist without the other. The down cycle is absolutely essential for spiritual realization. You must have failed deeply on some level or experienced some deep loss or pain to be drawn to the spiritual dimension. Or perhaps your very success became empty and meaningless and so turned out to be failure. **Failure lies concealed in every success, and success in every failure. In this world, which is to say on the level of form, everybody "fails" sooner or later, of course, and every achievement eventually comes to naught. All forms are impermanent. You can still be active and enjoy manifesting and creating new forms and circumstances, but you won't be identified with them. You do not need them to give you a sense of self. They are not your life only your life situation. Your physical energy is also subject to cycles. It cannot always beat a peak. There will be times of low as well as high energy. There will be periods when you are highly active and creative, but there may also be times when everything seems stagnant, when it seems that you are not getting anywhere, not achieving anything. A cycle can last for anything from a few hours to a few years. There are large cycles and small cycles within these large ones. Many illnesses are created through fighting against the cycles of low energy, which are vital for regeneration. The compulsion to do, and the tendency to derive your sense of self-worth and identity from external factors such as achievement, is an inevitable illusion as long as you are identified with the mind. This makes it hard or impossible for you to accept the low cycles and allow them to be. Thus, the intelligence of the organism may take over as a self-protective measure and create an illness in order to force you to stop, so that the necessary regeneration can take place.** As long as a condition is judged as "good" by your mind, whether it be a relationship, a possession, a social role, a place, or your physical body, the mind attaches itself to it and identifies with it. It makes you happy, makes you feel good about yourself, and it may become part of who you are or think you are. But nothing lasts in this dimension where rust consumes. **Either it ends or it changes, or it may undergo a polarity shift: The same condition that was good yesterday or last year has suddenly or gradually turned into bad. The same condition that made you happy, then makes you unhappy. The prosperity of today becomes the empty consumerism of tomorrow. The happy wedding and honeymoon become the unhappy divorce or the unhappy coexistence. Or a condition disappears, so its absence makes you unhappy. When a condition or situation that**

the mind has attached itself to and identified with changes or disappears, the mind cannot accept it. It will cling to the disappearing condition and resist the change. It is almost as if a limb were being torn off your body. I recently read about a famous actress who died in her eighties. As her beauty started to fade and became ravaged by old age, she grew desperately unhappy and became a recluse. She, too, had identified with a condition: her external appearance. First, the condition gave her a happy sense of self, then an unhappy one. If she had been able to connect with the formless and timeless life within, she could have watched and allowed the fading of her external form from a place of serenity and peace. Moreover, her external form would have become increasingly transparent to the light shining through from her ageless true nature, so her beauty would not really have faded but simply become transformed into spiritual beauty. However, nobody told her that this is possible. The most essential kind of knowledge is not yet widely accessible. The Buddha taught that even your happiness is dukkha, a Pali word meaning "suffering" or "unsatisfactory." ***It is inseparable from its opposite. This means that your happiness and unhappiness are in fact one. Only the illusion of time separates them. Nor is it saying that you should no longer appreciate pleasant or beautiful things or conditions. But to seek something through them that they cannot give an identity, a sense of permanency and fulfillment is a recipe for frustration and suffering. The whole advertising industry and consumer society would collapse if people became enlightened and no longer sought to find their identity through things. The more you seek happiness in this way, the more it will elude you. Nothing out there will ever satisfy you except temporarily and superficially, but you may need to experience much disillusionment before you realize that truth. Things and conditions can give you pleasure, but they will also give you pain. Things and conditions can give you pleasure, but they cannot give you joy. Nothing can give you joy. Joy is uncaused and arises from within as the joy of Being. It is an essential part of the inner state of peace, the state that has been called the peace of God. It is your natural state, not something that you need to work hard for or struggle to attain. Many people never realize that there can be no "salvation" in any- thing they do, possess, or attain. Those who do realize it often become world-weary and depressed: if nothing can give you true fulfillment, what is there left to strive for, what is the point in anything?*** When you reach this point, you are one step away from despair and one step away from enlightenment. I have learned to offer no resistance to what is; I have learned to allow the present moment to be and to accept the impermanent nature of all things and conditions. Thus have I found peace. ***To offer no resistance to life is to be in a state of grace, ease, and lightness. This state is then no longer dependent upon things being in a certain way, good or bad. It seems almost paradoxical, yet when your inner dependency on form is gone, the general conditions of your life, the outer forms, tend to improve greatly. Things, people, or conditions that you thought you needed for your happiness now come to you with no struggle or effort on your part, and you are free to enjoy and appreciate them while they last. All those things, of course, will still pass away, cycles will come and go, but with dependency gone there is no fear of loss anymore. Life flows with ease. The happiness that is derived from some secondary source is never very deep. It is only a pale reflection of the joy of Being, the vibrant peace that you find within as you enter the state of nonresistance. Being takes you beyond the polar opposites of the mind and frees you from dependency on form.*** Even if everything were to collapse and crumble all around you, you would still feel a deep inner core of peace. You may not be happy, but you will be at peace.

Using and Relinquishing

All inner resistance is experienced as negativity in one form or another. ***All negativity is resistance. In this context, the two words are almost synonymous. Negativity ranges from irritation or impatience to fierce anger, from a depressed mood or sullen resentment to suicidal despair. Sometimes the resistance triggers the emotional pain body, in which case even a minor situation may produce intense negativity, such as anger, depression, or deep grief. The ego believes that through negativity it can manipulate reality and get what it wants. It believes that through it, it can attract a desirable condition or dissolve an undesirable one. Whenever you are unhappy, there is the unconscious belief that the unhappiness "buys" you what you want. If "you" the mind did not believe that unhappiness works, why would you create it? The fact is, that negativity does not work. Instead of attracting a desirable condition, it stops it from arising. Instead of dissolving an undesirable one, it keeps it in place. Its only "useful" function is that it strengthens the ego, and that is why the ego loves it. Negativity is totally unnatural. It is a psychic pollutant, and there is a deep link between the poisoning and destruction of nature and the vast negativity that has accumulated in the collective human psyche. No other life form on the planet knows negativity, only humans, just as no other life form violates and poisons the Earth that sustains it. Have you ever seen an unhappy flower or a stressed oak tree? Have you come across a depressed dolphin, a frog that has a problem with self-esteem, a cat that cannot relax, or a bird that carries hatred and resentment?*** The only animals that may occasionally experience something akin to negativity or show signs of neurotic behavior are those that live in close contact with humans and so link into the human mind and its insanity. ***Watch any plant or animal and let it teach you acceptance of what is, surrender to the Now. Let it teach you Being. Let it teach you integrity, which means to be one, to be yourself, to be real. Let it teach you how to live and how to die, and how not to make living and dying into a problem. Even ducks have taught me important spiritual lessons. Just watching them is a meditation. How peacefully they float along, at ease with themselves, totally present in the Now, dignified and perfect as only a mindless creature can be. Occasionally, however, two ducks will get into a fight; sometimes for no apparent reason, or because one duck has strayed into another's private space. The fight usually lasts only for a few seconds, and then the ducks separate, swim off in opposite directions, and vigorously flap their wings a few times. They then continue to swim on peacefully as if the fight had never happened. When I observed that for the first time, I suddenly realized that by flapping their wings they were releasing surplus energy, thus preventing it from becoming trapped in their body and turning into negativity. This is natural wisdom, and it is easy for them because they do not have a mind that keeps the past alive unnecessarily and then builds an identity around it. When you have reached a certain degree of presence, you don't need negativity anymore to tell you what is needed in your life situation. But as long as negativity is there, use it. Use it as a kind of signal that reminds you to be more present. Whenever you notice that some form of negativity has arisen within you, look on it not as a failure, but as a helpful signal that is telling you: "Wake up. Get out of your mind. Be present." Attention. Here and Now. Wake up.*** Even the slightest irritation is significant and needs to be acknowledged and looked at; otherwise, there will be a cumulative build-up of unobserved reactions. You may be able to just drop it once you realize that you don't want to have this energy field inside you and that it serves no purpose. ***But then make sure that you drop it completely. If you cannot drop it, just accept that it is there and take your attention into the feeling.*** As an alternative to dropping a negative reaction, you can make it disappear by imagining yourself becoming transparent to the external cause of the reaction. I recommend that you practice it with little, even trivial, things first. Let's say that you are sitting quietly at home. Suddenly, there is the penetrating sound of a car alarm from across the street. Irritation arises. What is the purpose of the irritation? None whatsoever. Why did you create it? You didn't. The mind did. It was totally automatic, totally unconscious. Why did the mind create it? Because it holds the unconscious belief that its resistance, which you experience as negativity or unhappiness in some form, will somehow dissolve the undesirable condition. This, of course, is a delusion. The resistance that it creates, the irritation or anger in this case, is far more disturbing than the original cause that

it is attempting to dissolve. All this can be transformed into spiritual practice. Feel yourself becoming transparent, as it were, without the solidity of a material body. Now allow the noise, or whatever causes a negative reaction, to pass right through you. It is no longer hitting a solid "wall" inside you. As I said, practice with little things first like the car alarm, the dog barking, the children screaming, the traffic jam. Instead of having a wall of resistance inside you that gets constantly and painfully hit by things that "should not be happening," let everything pass through you. **Somebody says something to you that is rude or designed to hurt. Instead of going into unconscious reaction and negativity, such as attack, defense, or withdrawal, you let it pass right through you. Offer no resistance. It is as if there is nobody there to get hurt anymore. That is forgiveness. In this way, you become invulnerable. You can still tell that person that his or her behavior is unacceptable, if that is what you choose to do. But that person no longer has the power to control your inner state. You are then in your power not in someone else's, nor are you run by your mind.** Whether it is a car alarm, a rude person, a flood, an earthquake, or the loss of all your possessions, the resistance mechanism is the same. Forgive yourself for not being at peace. The moment you completely accept your non-peace, your non-peace becomes transmuted into peace. Anything you accept fully will get you there, will take you into peace. This is the miracle of surrender. When you accept what is every moment, is the best. That is enlightenment.

Nature of Compassion

Having gone beyond the mind-made opposites, you become like a deep lake. The outer situation of your life and whatever happens there is the surface of the lake. Sometimes calm, sometimes windy and rough, according to the cycles and seasons. Deep down, however, the lake is always undisturbed. You are the whole lake, not just the surface, and you are in touch with your own depth, which remains absolutely still. You don't resist change by mentally clinging to any situation. Your inner peace does not depend on it. You abide in Being unchanging, timeless, deathless and you are no longer dependent for fulfillment or happiness on the outer world of constantly fluctuating forms. You can enjoy them, play with them, create new forms, appreciate the beauty of it all. But there will be no need to attach yourself to any of it. Compassion is the awareness of a deep bond between yourself and all creatures. But there are two sides to compassion, two sides to this bond. On the one hand, since you are still here as a physical body, you share the vulnerability and mortality of your physical form with every other human and with every living being. Next time you say "I have nothing in common with this person," remember that you have a great deal in common: A few years from now two years or seventy years, it doesn't make much difference both of you will have become rotting corpses, then piles of dust, then nothing at all. This is a sobering and humbling realization that leaves little room for pride. Is this a negative thought? No, it is a fact. Why close your eyes to it? In that sense, there is total equality between you and every other creature. The realization of this deathless dimension, your true nature, is the other side of compassion. On a deep feeling level, you now recognize not only your own immortality but through your own that of every other creature as well. On the level of form, you share mortality and the precariousness of existence. On the level of Being, you share eternal, radiant life. These are the two aspects of compassion. **In compassion, the seemingly opposite feelings of sadness and joy merge into one and become transmuted into a deep inner peace. It is one of the most noble feelings that humans are capable of, and it has great healing and transformation power. But true compassion, as I have just described it, is as yet rare. To have deep empathy for the suffering of another being certainly requires a high degree of consciousness but represents only one side of compassion. It is not complete. True compassion goes beyond empathy or sympathy. It does not happen until sadness merges with joy, the joy of Being beyond form, the joy of eternal life.**

Toward a Different Order of Reality

The body does not die because you believe in death. **The body exists, or seems to, because you believe in death. Body and death are part of the same illusion, created by the ego mode of consciousness, which has no awareness of the Source of life and sees itself as separate and constantly under threat. So it creates the illusion that you are a body, a dense, physical vehicle that is constantly under threat. To perceive yourself as a vulnerable body that was born and a little later dies, that's the illusion. Body and death: one illusion. You cannot have one without the other. You want to keep one side of the illusion and get rid of the other, but that is impossible. Either you keep all of it or you relinquish all of it. However, you cannot escape from the body, nor do you have to. The body is an incredible misperception of your true nature. But your true nature is concealed somewhere within that illusion, not outside it, so the body is still the only point of access to it. You are not separate from it, and there is no objective world out there. Every moment, your consciousness creates the world that you inhabit.** One of the greatest insights that has come out of modern physics is that of the unity between the observer and the observed: the person conducting the experiment, the observing consciousness cannot be separated from the observed phenomena, and a different way of looking causes the observed phenomena to behave differently. If you believe, on a deep level, in separation and the struggle for survival, then you see that belief reflected all around you and your perceptions are governed by fear. You inhabit a world of death and of bodies fighting, killing, and devouring each other. Nothing is what it seems to be. The world that you create and see through the ego mind may seem a very imperfect place, even a vale of tears. But whatever you perceive is only a kind of symbol, like an image in a dream. It is how your consciousness interprets and interacts with the molecular energy dance of the universe. This energy is the raw material of so-called physical reality. You see it in terms of bodies and birth and death, or as a struggle for survival. An infinite number of completely different interpretations, completely different worlds, is possible and, in fact, exists, all depending on the perceiving consciousness. Every being is a focal point of consciousness, and every such focal point creates its own world, although all those worlds are interconnected. There is a human world, an ant world, a dolphin world, and so on. There are countless beings whose consciousness frequency is so different from yours that you are probably unaware of their existence, as they are of yours. Highly conscious beings who are aware of their connectedness with the Source and with each other would inhabit a world that to you would appear as a heavenly realm — and yet all worlds are ultimately one. Our collective human world is largely created through the level of consciousness we call mind. Even within the collective human world there are vast differences, many different "sub-worlds," depending on the perceivers or creators of their respective worlds. Since all worlds are interconnected, when collective human consciousness becomes transformed, nature and the animal kingdom will reflect that transformation. The world as it appears to us now is, as I said, largely a reflection of the ego mind. Fear being an unavoidable consequence of ego delusion, it is a world dominated by fear. Just as the images in a dream are symbols of inner states and feelings, so our collective reality is largely a symbolic expression of fear and of the heavy layers of negativity that have accumulated in the collective human psyche. We are not separate from our world, so when the majority of humans become free of ego delusion, this inner change will affect all of creation. You will literally inhabit a new world. It is a shift in planetary consciousness. But don't confuse cause and effect. **Your primary task is not to seek salvation through creating a better world, but to awaken out of identification with form. You are then no longer bound to this world, this level of reality. You can feel your roots in the Un-manifested and so are free of attachment to the manifested world. You can still enjoy the passing pleasures of this world, but there is no fear of loss anymore, so you don't need to cling to them. Although you can enjoy sensory pleasures, the craving for sensory experience is gone, as is the constant search for fulfillment through psychological gratification, through**

feeding the ego. You are in touch with something infinitely greater than any pleasure, greater than any manifested thing. In a way, you then don't need the world anymore. You don't even need it to be different from the way it is. It is only at this point that you begin to make a real contribution toward bringing about a better world, toward creating a different order of reality. It is only at this point that you are able to feel true compassion and to help others at the level of cause. Only those who have transcended the world can bring about a better world. You may remember that we talked about the dual nature of true compassion, which is awareness of a common bond of shared mortality and immortality. At this deep level, compassion becomes healing in the widest sense. In that state, your healing influence is primarily based not on doing but on being. Everybody you come in contact with will be touched by your presence and affected by the peace that you emanate, whether they are conscious of it or not. **When you are fully present and people around you manifest unconscious behavior, you won't feel the need to react to it, so you don't give it any reality. Your peace is so vast and deep that anything that is not peace disappears into it as if it had never existed. This breaks the karmic cycle of action and reaction. Animals, trees, flowers will feel your peace and respond to it. You teach through being, through demonstrating the peace of God. You become the "light of the world," an emanation of pure consciousness, and so you eliminate suffering on the level of cause. You eliminate unconsciousness from the world. This doesn't mean that you may not also teach through doing. But who you are is always a more vital teaching and a more powerful transformer of the world than what you say, and more essential even than what you do. When a hungry person asks you for bread and you have some, you will give it. But as you give the bread, even though your interaction may only be very brief, what really matters is this moment of shared Being, of which the bread is only a symbol. A deep healing takes place within it. In that moment, there is no giver, no receiver.** All evils are the effect of unconsciousness. You can alleviate the effects of unconsciousness, but you cannot eliminate them unless you eliminate their cause. True change happens within, not without. If you feel called upon to alleviate suffering in the world, that is a very noble thing to do, but remember not to focus exclusively on the outer; otherwise, you will encounter frustration and despair. Without a profound change in human consciousness, the world's suffering is a bottomless pit. So don't let your compassion become one-sided. Have empathy with someone else's pain or lack and a desire to help need to be balanced with a deeper realization of the eternal nature of all life and the ultimate illusion of all pain. Then let your peace flow into whatever you do and you will be working on the levels of effect and cause simultaneously. This also applies if you are supporting a movement designed to stop deeply unconscious humans from destroying themselves, each other, and the planet, or from continuing to inflict dreadful suffering on other sentient beings. **Remember just as you cannot fight the darkness, so you cannot fight unconsciousness. If you try to do so, the polar opposites will become strengthened and more deeply entrenched. You will become identified with one of the polarities, you will create an "enemy," and so be drawn into unconsciousness yourself. Raise awareness by disseminating information, or at the most, practice passive resistance. But make sure that you carry no resistance within, no hatred, no negativity and have no enemies. Once you get involved in working on the level of effect, it is all too easy to lose yourself in it. Stay alert and very, very present. The causal level needs to remain your primary focus, the teaching of enlightenment your main purpose, and peace your most precious gift to the world.**

Acceptance of the Now

Surrender is the simple but profound wisdom of yielding to rather than opposing the flow of life. The only place where you can experience the flow of life is the Now, so to surrender is to accept the present moment unconditionally and without reservation. It is to relinquish inner resistance to what is. Inner resistance is to say "no" to what is, through mental judgment and emotional negativity. It becomes particularly pronounced when things "go wrong," which means that there is a gap between the demands or rigid expectations of your mind and what is. That is the pain gap. If you have lived long enough, you will know that things "go wrong" quite often. It is precisely at those times that surrender needs to be practiced if you want to eliminate pain and sorrow from your life. Acceptance of what is immediately frees you from mind identification and thus reconnects you with Being. Resistance is the mind. Surrender is a purely inner phenomenon. It does not mean that on the outer level you cannot take action and change the situation. In fact, it is not the overall situation that you need to accept when you surrender, but just the tiny segment called the Now. For example, if you were stuck in the mud somewhere, you wouldn't say: "Okay, I resign myself to being stuck in the mud." Resignation is not surrender. You don't need to accept an undesirable or unpleasant life situation. Nor do you need to deceive yourself and say that there is nothing wrong with being stuck in the mud. No. **You recognize fully that you want to get out of it. You then narrow your attention down to the present moment without mentally labeling it in any way. This means that there is no judgment of the Now. Therefore, there is no resistance, no emotional negativity. You accept the "is-ness" of this moment. Then you take action and do all that you can to get out of the mud. Such action I call positive action. It is far more effective than negative action, which arises out of anger, despair, or frustration. Until you achieve the desired result, you continue to practice surrender by refraining from labeling the Now. Non-surrender hardens your psychological form, the shell of the ego, and so creates a strong sense of separateness. The world around you and people in particular come to be perceived as threatening. The unconscious compulsion to destroy others through judgment arises, as does the need to compete and dominate. Even nature becomes your enemy and your perceptions and interpretations are governed by fear. The mental disease that we call paranoia is only a slightly more acute form of this normal but dysfunctional state of consciousness. Surrender is perfectly compatible with taking action, initiating change or achieving goals. But in the surrendered state a totally different energy, a different quality, flows into your doing. **Surrender reconnects you with the source-energy of Being, and if your doing is infused with Being, it becomes a joyful celebration of life energy that takes you more deeply into the Now. Through nonresistance, the quality of your consciousness and, therefore, the quality of whatever you are doing or creating is enhanced immeasurably. The results will then look after themselves and reflect that quality. We could call this "surrendered action." It is not work as we have known it for thousands of years. As more humans awaken, the word work is going to disappear from our vocabulary, and perhaps a new word will be created to replace it. It is the quality of your consciousness at this moment that is the main determinant of what kind of future you will experience, so to surrender is the most important thing you can do to bring about positive change. Any action you take is secondary. No truly positive action can arise out of an un-surrendered state of consciousness. In the state of surrender, you see very clearly what needs to be done, and you take action, doing one thing at a time and focusing on one thing at a time. Learn from nature: See how everything gets accomplished and how the miracle of life unfolds without dissatisfaction or unhappiness.** If your overall situation is unsatisfactory or unpleasant, separate out this instant and surrender to what is. That's the flashlight cutting through the fog. Your state of consciousness then ceases to be controlled by external conditions. You are no longer coming from reaction and resistance. **When you enter this timeless dimension of the present, change often comes about in strange ways without the need for a great deal of doing on your part. Life becomes helpful and cooperative. If inner factors such as fear, guilt, or inertia prevented you from taking action, they will dissolve in the light of your conscious presence.****

From Mind Energy to Spiritual Energy

Start by acknowledging that there is resistance. **Be there when it happens, when the resistance arises. Observe how your mind creates it, how it labels the situation, yourself, or others. Look at the thought process involved. Feel the energy of the emotion. By witnessing the resistance, you will see that it serves no purpose. By focusing all your attention on the Now, the unconscious resistance is made conscious, and that is the end of it. You cannot be conscious and unhappy, conscious and in negativity. Negativity, unhappiness, or suffering in whatever form means that there is resistance, and resistance is always unconscious. Would you choose unhappiness? If you did not choose it, how did it arise? What is its purpose? Who is keeping it alive? You say that you are conscious of your unhappy feelings, but the truth is that you are identified with them and keep the process alive through compulsive thinking. All that is unconscious. If you were conscious, that is to say totally present in the Now, all negativity would dissolve almost instantly. It could not survive in your presence. It can only survive in your absence. Even the pain-body cannot survive for long in your presence. You keep your unhappiness alive by giving it time. That is its lifeblood. Remove time through intense present-moment awareness and it dies. But do you want it to die? Have you truly had enough? Who would you be without it? Through surrender, spiritual energy comes into this world. It creates no suffering for yourself, for other humans, or any other life form on the planet. Unlike mind energy, it does not pollute the earth, and it is not subject to the law of polarities, which dictates that nothing can exist without its opposite, that there can be no good without bad. Those who run on mind energy, which is still the vast majority of the Earth's population, remain unaware of the existence of spiritual energy. It belongs to a different order of reality and will create a different world when a sufficient number of humans enter the surrendered state and so become totally free of negativity. It is a silent but intense presence that dissolves the unconscious patterns of the mind.** They may still remain active for a while, but they won't run your life anymore. The external conditions that were being resisted also tend to shift or dissolve quickly through surrender. It is a powerful transformer of situations and people. If conditions do not shift immediately, your acceptance of the Now enables you to rise above them. Either way, you are free.

Surrender in Personal Relationships

They are cut off from Being, so they unconsciously attempt to get energy and power from you. **It is true that only an unconscious person will try to use or manipulate others, but it is equally true that only an unconscious person can be used and manipulated. If you resist or fight unconscious behavior in others, you become unconscious yourself. But surrender doesn't mean that you allow yourself to be used by unconscious people. Not at all. It is perfectly possible to say "no" firmly and clearly to a person or to walk away from a situation and be in a state of complete inner nonresistance at the same time. When you say "no" to a person or a situation, let it come not from reaction but from insight, from a clear realization of what is right or not right for you at that moment. Let it be a non-reactive "no," a high-quality "no," a "no" that is free of all negativity and so creates no further suffering. If you cannot surrender, take action immediately: Speak up or do something to bring about a change in the situation — or remove yourself from it. Take responsibility for your life.** Do not pollute your beautiful, radiant inner Being nor the Earth with negativity. Do not give unhappiness in any form whatsoever a dwelling place inside you. If you cannot take action, for example if you are in prison, then you have two choices left: resistance or surrender. It is bondage or inner freedom from external conditions, suffering or inner peace. Your relationships will be changed profoundly by surrender. If you can never accept what is, by implication you will not be able to accept anybody the way they are. You will judge, criticize, label, reject, or attempt to change people. Furthermore, if you continuously make the Now into a means to an end in the future, you will also make every person you encounter or relate with into a means to an end. The relationship is then of secondary importance to you, or of no importance at all. What you can get out of the relationship is primary, be it material gain, a sense of power, physical pleasure, or some form of ego gratification. Let me illustrate how surrender can work in relationships. **When you become involved in an argument or some conflict situation, perhaps with a partner or someone close to you, start by observing how defensive you become as your own position is attacked, or feel the force of your own aggression as you attack the other person's position. Observe the attachment to your views and opinions. Feel the mental-emotional energy behind your need to be right and make the other person wrong. That is the energy of the ego mind. You make it conscious by acknowledging it, by feeling it as fully as possible. Then one day, in the middle of an argument, you will suddenly realize that you have a choice, and you may decide to drop your own reaction just to see what happens. You surrender. I don't mean dropping the reaction just verbally by saying "Okay, you are right," with a look on your face that says, "I am above all this childish unconsciousness." That's just displacing the resistance to another level, with the ego mind still in charge, claiming superiority. I am speaking of letting go of the entire mental-emotional energy field inside you that was fighting for power. The ego is cunning, so you have to be very alert, very present, and totally honest with yourself to see whether you have truly relinquished your identification with a mental position and so freed yourself from your mind. If you suddenly feel very light, clear and deeply at peace, that is an unmistakable sign that you have truly surrendered. Then observe what happens to the other person's mental position as you no longer energize it through resistance. When identification with mental positions is out of the way, true communication begins. Nonresistance doesn't necessarily mean doing nothing. All it means is that any "doing" becomes non-reactive. Don't resist the opponent's force. Yield to overcome. Having said that, "doing nothing" when you are in a state of intense presence is a very powerful transformer and healer of situations and people. In Taoism, there is a term called *wu wei*, which is usually translated as "action-less activity" or "sitting quietly doing nothing." In ancient China, this was regarded as one of the highest achievements or virtues. It is radically different from inactivity in the ordinary state of consciousness, or rather unconsciousness, which stems from fear, inertia, or indecision. The real "doing nothing" implies inner nonresistance and intense alertness. On the other hand, if action is required, you will no longer react from your conditioned mind, but you will respond to the situation out of your conscious presence. In that state, your mind is free of concepts, including the concept of nonviolence. So who can predict what you will do? The ego believes that in your resistance lies your strength, whereas in truth resistance cuts you off from Being, the only place of true power. Resistance is weakness and fear masquerading as strength. What the ego sees as weakness is your Being in its purity, innocence, and power. What it sees as strength is weakness. So the ego exists in a continuous resistance-mode and plays counterfeit roles to cover up your "weakness," which in truth is your power. Until there is surrender, unconscious role-playing constitutes a large part of human interaction. In surrender, you no longer need ego defenses and false masks. You become very simple, very real. "That's dangerous," says the ego. "You'll get hurt. You'll become vulnerable." What the ego doesn't know, of course, is that only through the letting go of resistance, through becoming "vulnerable," can you discover your true and essential invulnerability.**

Transforming Illness into Enlightenment

Surrender is inner acceptance of what is without any reservations. We are talking about your life not the conditions or circumstances of your life, not what I call your life situation. With regard to illness, this is what it means. Illness is part of your life situation. As such, it has a past and a future. Past and future form an uninterrupted continuum, unless the redeeming power of the Now is activated through your conscious presence. **As you know, underneath the various conditions that make up**

your life situation, which exists in time, there is something deeper, more essential: your Life, your very Being in the timeless Now. As there are no problems in the Now, there is no illness either. The belief in a label that someone attaches to your condition keeps the condition in place, empowers it, and makes a seemingly solid reality out of a temporary imbalance. It gives it not only reality and solidity but also a continuity in time that it did not have before. It is by focusing on this instant and refraining from labeling it mentally, illness is reduced to one or several of these factors: physical pain, weakness, discomfort, or disability. That is what you surrender to Now. You do not surrender to the idea of "illness." Allow the suffering to force you into the present moment, into a state of intense conscious presence. Use it for enlightenment. Surrender does not transform what is, at least not directly. Surrender transforms you. When you are transformed, your whole world is transformed, because the world is only a reflection. If you looked in the mirror and did not like what you saw, you would have to be mad to attack the image in the mirror. That is precisely what you do when you are in a state of non-acceptance. And, of course, if you attack the image, it attacks you back. If you accept the image, no matter what it is, if you become friendly toward it, it will be friendly towards you. This is how you change the world. Illness is not the problem. You are the problem as long as the ego mind is in control. When you are ill or disabled, do not feel that you have failed in some way, do not feel guilty. Do not blame life for treating you unfairly, but do not blame yourself either. All that is resistance. If you have a major illness, use it for enlightenment. Anything "bad" that happens in your life, use it for enlightenment. Withdraw time from the illness. Do not give it any past or future. Let it force you into intense present-moment awareness and see what happens. Become an alchemist. Transmute base metal into gold, suffering into consciousness, disaster into enlightenment. Are you seriously ill and feeling angry now about what I have just said? Then that is a clear sign that the illness has become part of your sense of self and that you are now protecting your identity — as well as protecting the illness. The condition that is labeled "illness" has nothing to do with who you truly are.

When Disaster Strikes

Limit-situations have produced many miracles. There have been murderers in death row waiting for execution who, in the last few hours of their lives, experienced the ego-less state and the deep joy and peace that come with it. The inner resistance to the situation they found themselves in became so intense as to produce unbearable suffering, and there was nowhere to run and nothing to do to escape it, not even a mind-projected future. **So they were forced into complete acceptance of the unacceptable. They were forced into surrender. In this way, they were able to enter the state of grace with which comes redemption: complete release from the past. Of course, it is not really the limit-situation that makes room for the miracle of grace and redemption but the act of surrender. So whenever any kind of disaster strikes, or something goes seriously "wrong" illness, disability, loss of home or fortune or of a socially defined identity, break-up of a close relationship, death or suffering of a loved one, or your own impending death know that there is another side to it, that you are just one step away from something incredible: a complete alchemical transmutation of the base metal of pain and suffering into gold. That one step is called surrender. I do not mean to say that you will become happy in such a situation. You will not. But fear and pain will become transmuted into an inner peace and serenity that come from a very deep place from the Un-manifested itself.** Compared to that, happiness is quite a shallow thing. With this radiant peace comes the realization not on the level of mind but within the depth of your Being that you are indestructible, immortal. This is not a belief. It is absolute certainty that needs no external evidence or proof from some secondary source. **Your first chance is to surrender each moment to the reality of that moment. Knowing that what is cannot be undone because it already is you say yes to what is or accept what isn't. Then you do what you have to do, whatever the situation requires. If you abide in this state of acceptance, you create no more negativity, no more suffering, no more unhappiness. You then live in a state of nonresistance, a state of grace and lightness, free of struggle. Whenever you are unable to do that, whenever you miss that chance either because you are not generating enough conscious presence to prevent some habitual and unconscious resistance pattern from arising, or because the condition is so extreme as to be absolutely unacceptable to you then you are creating some form of pain, some form of suffering. It may look as if the situation is creating the suffering, but ultimately this is not so your resistance is. Now here is your second chance at surrender. If you cannot accept what is outside, then accept what is inside. If you cannot accept the external condition, accept the internal condition. This means: Do not resist the pain. Allow it to be there. Surrender to the grief, despair, fear, loneliness, or whatever form the suffering takes. Witness it without labeling it mentally. Embrace it. Then see how the miracle of surrender transmutes deep suffering into deep peace. This is your crucifixion. Let it become your resurrection and ascension. When your pain is deep, you will likely have a strong urge to escape from it rather than surrender to it. You don't want to feel what you feel. What could be more normal? But there is no escape, no way out. There are many pseudo escapes like work, drink, drugs, anger, projection, suppression, and so on but they don't free you from the pain. Suffering does not diminish in intensity when you make it unconscious. When you deny emotional pain, everything you do or think as well as your relationships become contaminated with it. You broadcast it, so to speak, as the energy you emanate, and others will pick it up subliminally. If they are unconscious, they may even feel compelled to attack or hurt you in some way, or you may hurt them in an unconscious projection of your pain. You attract and manifest whatever corresponds to your inner state. **When there is no way out, there is still always a way through. So don't turn away from the pain. Face it. Feel it fully. Feel it, don't think about it! Express it if necessary, but don't create a script in your mind around it. Give all your attention to the feeling, not to the person, event, or situation that seems to have caused it. Don't let the mind use the pain to create a victim identity for yourself out of it. Feeling sorry for yourself and telling others your story will keep you stuck in suffering. Since it is impossible to get away from the feeling, the only possibility of change is to move into it; otherwise, nothing will shift. So give your complete attention to what you feel, and refrain from mentally labeling it. As you go into the feeling, be intensely alert. At first, it may seem like a dark and terrifying place, and when the urge to turn away from it comes, observe it but don't act on it. Keep putting your attention on the pain, keep feeling the grief, the fear, the dread, the loneliness, whatever it is. Stay alert, stay present, present with your whole Being, with every cell of your body. As you do so, you are bringing a light into this darkness. This is the flame of your consciousness. At this stage, you don't need to be concerned with surrender anymore. It has happened already. How? Full attention is full acceptance, is surrender. By giving full attention, you use the power of the Now, which is the power of your presence. No hidden pocket of resistance can survive in it. Presence removes time. Without time, no suffering, no negativity, can survive. The acceptance of suffering is a journey into death. Facing deep pain, allowing it to be, taking your attention into it, it is to enter death consciously. When you have died this death, you realize that there is no death and there is nothing to fear. Only the ego dies.** Imagine a ray of sunlight that has forgotten it is an inseparable part of the sun and deludes itself into believing it has to fight for survival and create and cling to an identity other than the sun. Would the death of this delusion not be incredibly liberating? Do you want an easy death? Would you rather die without pain, without agony? Then die to the past every moment, and let the light of your presence shine away the heavy, time-bound self you thought of as "you."**

Way of the Cross

Since resistance is inseparable from the mind, relinquishment of resistance or surrender, is the end of the mind as your master, the impostor pretending to be "you," the false god. All judgment and all negativity dissolve. The realm of Being, which had been obscured by the mind, then opens up. Suddenly, a great stillness arises within you, an unfathomable sense of peace. And within that peace, there is great joy. And within that joy, there is love. And at the innermost core, there is the sacred, the immeasurable, which cannot be named. I don't call it finding God, because how can you find that which was never lost, the very life that you are? The word God is limiting not only because of thousands of years of misperception and misuse, but also because it implies an entity other than you. God is Being itself, not a being. There can be no subject-object relationship here, no duality, no you and God. God-realization is the most natural thing there is. The amazing and incomprehensible fact is not that you can become conscious of God but that you are not conscious of God. The way of the cross is a complete reversal. It means that the worst thing in your life, your cross, turns into the best thing that ever happened to you, by forcing you into surrender, into "death," forcing you to become as nothing, to become as God because God, too, is no-thing. At this time, as far as the unconscious majority of humans is concerned, the way of the cross is still the only way. They will only awaken through further suffering, and enlightenment as a collective phenomenon will be predictably preceded by vast upheavals. This process reflects the workings of certain universal laws that govern the growth of consciousness and thus was foreseen by some seers. This suffering is inflicted not by God but by humans on themselves and on each other as well as by certain defensive measures that the Earth, which is a living, intelligent organism, is going to take to protect herself from the onslaught of human madness. **Enlightenment through suffering, the way of the cross, means to be forced into the kingdom of heaven kicking and screaming. You finally surrender because you can't stand the pain anymore, but the pain could go on for a long time until this happens. Enlightenment consciously chosen means to relinquish your attachment to past and future and to make the Now the main focus of your life. It means choosing to dwell in the state of presence rather than in time. It means saying yes to what is. You then don't need pain anymore. How much more time do you think you will need before you are able to say "I will create no more pain, no more suffering?" How much more pain do you need before you can make that choice? If you think that you need more time, you will get more time and more pain. Time and pain are inseparable.**

Power to Choose

Choice implies consciousness, a high degree of consciousness. Without it, you have no choice. Choice begins the moment you misidentify from the mind and its conditioned patterns, the moment you become present. Until you reach that point, you are unconscious, spiritually speaking. This means that you are compelled to think, feel, and act in certain ways according to the conditioning of your mind. Your friend is stuck in a relationship with an abusive partner, and not for the first time. Why? No choice. The mind, conditioned as it is by the past, always seeks to re-create what it knows and is familiar with. Even if it is painful, at least it is familiar. The mind always adheres to the known. The unknown is dangerous because it has no control over it. That's why the mind dislikes and ignores the present moment. Present-moment awareness creates a gap not only in the stream of mind but also in the past-future continuum. Nothing truly new and creative can come into this world except through that gap, that clear space of infinite possibility. So your friend, being identified with her mind, may be recreating a pattern learned in the past in which intimacy and abuse are inseparably linked. Alternatively, she may be acting out a mind pattern learned in early childhood according to which she is unworthy and deserves to be punished. It is possible, too, that she lives a large part of her life through the pain-body, which always seeks more pain on which to feed. Her partner has his own unconscious patterns, which complement hers. Of course her situation is self-created, but who or what is the self that is doing the creating or a mental-emotional pattern from the past, no more? Why make a self out of it? If you tell her that she has chosen her condition or situation, you are reinforcing her state of mind identification. But is her mind pattern who she is? Is it her self? Is her true identity derived from the past? Show your friend how to be the observing presence behind her thoughts and her emotions. Tell her about the pain-body and how to free herself from it. Teach her the art of inner-body awareness. Demonstrate to her the meaning of presence. As soon as she is able to access the power of the Now, and thereby break through her conditioned past, she will have a choice. Nobody chooses dysfunction, conflict, pain. Nobody chooses insanity. They happen because there is not enough presence in you to dissolve the past, not enough light to dispel the darkness. **You are not fully here. You have not quite woken up yet. In the meantime, the conditioned mind is running your life. It always looks as if people had a choice, but that is an illusion. As long as your mind with its conditioned patterns runs your life, as long as you are your mind, what choice do you have? None. You are not even there. The mind-identified state is severely dysfunctional. It is a form of insanity. Almost everyone is suffering from this illness in varying degrees. The moment you realize this, there can be no more resentment.** How can you resent someone's illness? The only appropriate response is compassion. "Forgiveness" is a term that has been in use for 2,000 years, but most people have a very limited view of what it means. You cannot truly forgive yourself or others as long as you derive your sense of self from the past. Only through accessing the power of the Now, which is your own power, can there be true forgiveness. This renders the past powerless, and you realize deeply that nothing you ever did or that was ever done to you could touch even in the slightest the radiant essence of who you are. The whole concept of forgiveness then becomes unnecessary.