

Hi Martin

I wrote up this short **Daily Practice** for myself, and thought it might also help you in your practice. The bottom line of the practice is that to spiritually awaken, you have to fall out of love with your body and fall in love with your Self.

### **Daily Practice**

Begin by bringing yourself into focus. Focus your attention on your own sense of being present. The only true thing you can ever know about yourself is your own sense of being present as the perceiver of your own world. Know yourself to be a presence of perceiving consciousness at the center of your own world. Be with yourself. Center yourself. You bring yourself into focus as you focus on your own sense of being present.

Focus on your own affectionate feeling-sense of being present. You perceive feelings of connection when you enter into a state of surrender and allow the flow of emotional energy to come into alignment with the normal flow of things. You know what it is like to surrender and feel connected, which you feel as you fall in love. You perceive your own affectionate feeling-sense of being present when you allow yourself to feel connected. Spiritual awakening begins with the experience of falling in love with your own Self.

You have to stabilize the focus of your attention on your own affectionate feeling-sense of being present. You have to discipline yourself and stop your attention from wandering around and becoming distracted. You have to be serious about discovering the truth of what you really are. You can't discover what you really are if you focus your attention on things that appear in the world that you perceive or your own personal self-concept.

You have to lose interest in the world that you perceive and only become interested in discovering the truth of what you really are. You have to lose interest in your personal self-concept as a part of that world. You have to see it as an illusion of what you really are and lose interest in paying attention to it. You have to see the false as false and discriminate the true from the false as you reject the false and embrace the truth.

The only true thing you can ever know about yourself is your own sense of being present as you perceive your own world. Nothing that appears in that world can tell you anything true about what you really are. Your personal self-concept that appears in the world is only an illusion of what you really are. You have to reject the idea of being a person with a body in the world you perceive and embrace the true nature of your being as nothing but the consciousness present at the center of the world that you perceive.

You have to see the illusion as an illusion and lose interest in paying attention to it. You have to turn your attention away from that world and look within. When you withdraw your attention away from the world you perceive and away from your personal

self-concept, you also withdraw your investment of emotional energy away from that world that emotionally animates your personal self-concept in that world. That's when you become willing to do nothing at a personal level. You become willing to stop emotionally animating your character in the world you perceive. You see your character and its personal self-concept as no more real than an animated character that appears in a movie that you're watching. Your character is just the central character of the movie.

You have to stop caring about the emotionally animated life that your character appears to live in the world you perceive. You have to sever your emotional attachment to your character. Your character has to become dead to you. You sever your emotional attachment to your character when you see the emotionally animated life that your character appears to live in the world you perceive as an illusion of what you really are, lose interest in paying attention to that illusion, withdraw your attention away from the illusion, and thereby withdraw your investment of emotional energy in the illusion that emotionally animates the illusion. That's how you do nothing at a personal level.

When you stop caring about the emotionally animated life that your character appears to live in the world you perceive and sever your emotional attachment to your character, your character becomes dead to you and your consciousness rises to a higher level. That's when you externalize and depersonalize yourself. You see your emotionally animated character that appears in the world you perceive and its emotionally animated personal self-concept as no more real than an animated character that appears in a movie you're watching. This process of severing emotional attachments, as you detach yourself from the life your character appears to live in the world you perceive, and externalizing and depersonalizing yourself, as you see that life from a higher level of consciousness like a movie that you're watching, is the flip side of bringing yourself into focus as the perceiver of your own world. It only begins as you bring yourself into focus.

You perceive your own affectionate feeling-sense of being present as you surrender and give up all your own personally biased desires to control things. That's when the light of consciousness is in its purest state and you experience the pure light and love of being.

You have to discipline yourself and stop your attention from wandering around and becoming distracted by all the distractions of the world you perceive. You have to be serious about awakening to the truth of what you really are and stop paying attention to a personal illusion of what you are that only appears in the world you perceive. You have to see the false as false, discriminate the true from the false, reject the false and embrace the truth. You embrace the truth of what you are as you focus your attention on your own affectionate feeling-sense of being present as you perceive that world. You have to reject everything you can perceive in that world, including your thoughts about things in that world and your thoughts about being a person in that world. You have to reject your own personal self-concept and whatever other thoughts you think about

things in that world. Your attention has to become focused only on your own affectionate feeling-sense of being present as you perceive that world. That's how you reject the falseness of what you're not and embrace the truth of what you really are. You discipline yourself as you reject all thoughts about and perceptions of that world and only focus your attention on your own affectionate feeling-sense of being present as the perceiver of that world. You have to stop perceiving and thinking about anything else other than your own affectionate feeling-sense of being present as the perceiver of your own world.

You have to reject the false. You have to reject every perception you can have of the world and every thought you can think about the world. Everything you can perceive in the world and everything you can think about the world is false. The way you reject the false is by withdrawing your attention away from it. When you withdraw your attention away from your perceptions of the world, you stop perceiving the world. When you withdraw your attention away from thoughts about the world, you stop thinking about the world. That's how you reject the false. You reject your perceptions of the world and your thoughts about the world. You turn away from the world, turn within, and look within. You have to look within to embrace the truth of what you really are. You embrace the truth as you focus your attention on your own sense of being present, which is the only true thing you can ever know about yourself. You embrace the truth as you focus on your own affectionate feeling-sense of being present as the perceiver of your own world.

That affectionate feeling arises as you surrender and allow the flow of energy through your own body to come into alignment with the normal flow of things. You stop trying to defend the survival of a personal illusion of what you really are that only appears in the world you perceive like an animated character that only appears in a movie that you're watching, and simply accept that the true nature of your being as the perceiver of the world needs no defense since it never ceases to exist. You stop expressing personally biased desires and stop trying to control things in a personally biased way when you surrender and lose that personal bias in the focus of your attention. That's when you feel connected and experience the light and love of your own being and consciousness. You fall in love with your own Self and spiritually awaken to the truth of what you really are. You embrace the truth of what you really are as you focus your attention on your own affectionate feeling-sense of being present as the perceiver of your own world.

Thank you J. This is very helpful.

It's not very different from what I've been doing since a few years, which is to focus my attention on the knowledge/feeling that I exist, ignoring everything else that comes up. However, to be honest, I struggle with mind wandering during my formal meditation sessions, and I've not fallen in love with myself, so to speak. The feeling of love is a particularly sticking issue, as I can't easily fall in love with anyone or anything. So the heart aspect of my spiritual practice is pretty much neglected, I'm afraid. So the

identification with this Martin-body-mind complex is pretty much intact. And according to some teachers, it might take a few lifetimes until the identification loosens up.

Best wishes Martin

Maybe it's easier for me since I find it easy to fall in and out of love. You only need to surrender to fall in love. Falling out of love is a natural part of the human condition of self-defensiveness, since that's how we've been conditioned by Darwinian evolution to defend the survival of our bodies, which underlies our personal self-identification with our own body due to self-limiting feelings of disconnection. To surrender and fall in love is to feel connected. If you cannot feel connected to another person, that's only the human condition expressing itself to a severe degree. Human society is an artificial construct that encourages and exaggerates this conditioned self-defensiveness over our natural tendency to surrender and fall in love. Falling in love within the confines of human society is an act of defiance that goes against all of our self-defensive human conditioning to defend ourselves in the Darwinian sense of the survival of our own body.

The easiest way to surrender and feel connected is to remove yourself from the stifling confines of human society. This is most directly experienced when we allow ourselves to be a part of nature. In a natural setting, for example while walking in a forest, we are surrounded by life-forms that are in a state of surrender. The very nature of life is to partake of the creativity of the normal flow of things. In that natural setting, it is easier to immerse yourself in those feelings of connection. When you allow yourself to be a part of nature, you naturally surrender and feel connected. This is why Thoreau spent a year at Walden pond. He immersed himself in nature and put his trust in the normal flow of things, which is to surrender and feel connected, since he found it impossible to feel this way in the artificial confines of human society. Sometimes you have to take this kind of a drastic step to make progress on your own journey of awakening.

The bottom line is that spiritual awakening always begins with a willingness to fall out of love with your own body, which is the emotionally animated central or personal life-form that appears in the world you perceive, and to fall in love with your own Self, which is the presence of consciousness at the central point of view of that world that perceives everything in that world. This always requires a surrender, as you give up your own personally biased fears and desires to defend the survival of that life-form, as though your existence depends on it, and the willingness to allow yourself to feel connected as the flow of animating emotional energy through your body comes into alignment with the normal flow of things through your own world. Surrender is when those self-limiting feelings of disconnection come to an end and you stop emotionally identifying yourself with the form of your body. You surrender when you lose that personal bias in the focus of your attention and stop expressing personally biased self-defensive emotions.

When you surrender, you naturally stop emotionally identifying yourself with the form of your body, and can only know yourself to be a presence of consciousness at the center of your own world that perceives everything in that world. When you surrender, you feel connected to everything in that world rather than personally self-limited to your own body. This is a death/rebirth transformation. You die to your personal self-identification with your own body and can only identify yourself with the presence of consciousness that is your own Self. In that state of connectedness, you naturally fall out of love with your own body and fall in love with your own Self. This is not an awakening from the dream, which can only occur when you do nothing at an absolute level, but an awakening within the dream that occurs when you do nothing at a personal level.

### **There is Nothing You Can Do to Awaken**

There is nothing you can do to awaken. Whether you want to awaken within the dream or from the dream, there is nothing you can perceive in the world, think about the world or do in the world that will lead to your awakening. You awaken within the dream when you do nothing at a personal level and awaken from the dream when you do nothing at an absolute level. You only have to see the dream as a dream, like a movie that you're watching, and stop trying to do things in the dream. See the illusion as an illusion and watch from your own point of view as the dream movie plays out in the normal way with no desire to interfere with anything that appears to happen in the movie, control or direct any events of the movie, or defend the survival of your character in the movie. You can only know yourself to be the presence of consciousness at the central point of view of your own world that only watches as events play out in the normal way in the virtual reality movie of your own world. You see that when you surrender and do nothing at a personal level. That is only possible when you lose personal bias in the focus of your attention, stop expressing your personally biased emotions, stop emotionally identifying yourself with your character, and refuse to play the virtual reality game in a personally biased way. That's how you externalize and depersonalize yourself. You allow the flow of emotional energy through the animated form of your character to come into alignment with the normal flow of things and feel connected rather than personally self-limited. That loss of personal bias in your focus of attention naturally happens as you withdraw your attention away from the illusion and refocus your attention on your own sense of being present for the illusion, which is the only true thing you can know about yourself. In order to withdraw your attention away from the illusion, you have to see the illusion as an illusion and lose interest in paying attention to an illusion of what you really are.