

## What is Spiritual Enlightenment?

Spiritual enlightenment is the direct experience of the ultimate state of existence. Spiritual enlightenment is the direct experience of the ultimate state of being nothing and knowing nothing that results from doing nothing. Spiritual enlightenment is impossible for you to do because it requires you to do nothing. The irony is that when you do nothing, you no longer exist as an individual being that does things in the world you perceive. Your only obstacle to becoming spiritually enlightened is your individual desire to do things, which is your desire to live an individual embodied life in the world you perceive as you emotionally animate your body and mind and emotionally identify yourself with the embodied form of a person that appears in that world.

You have to become willing to do nothing to become enlightened, which means you have to become willing to stop emotionally animating your body and mind. That means you have to become willing to die at the level of an individual being that does things in the world you perceive. You only become willing to do nothing when you see the world you appear to live in as an illusion and see your character that appears to live a life in that world as an illusion of what you really are, and lose interest in paying attention to an illusion. That's when you're finally able to withdraw your attention away from the illusion.

When you finally withdraw your attention away from the illusion, you also withdraw your investment of emotional energy in the illusion that animates the illusion. When you stop animating your body and mind, it feels like you're dying. It's not your body that's dying, but only your personal self-concept or ego. You have to die at the level of your ego to become enlightened because you have to lose that personal self-concept. When you lose interest in animating the illusion and withdraw your attention away from the illusion, you withdraw your investment of emotional energy that animates the body and mind of your character in the illusion. You sever your emotional attachment to your character as you stop expressing that emotional energy and your character becomes dead to you. You stop caring about the life your character appears to live in the world you perceive because you see that your character is only an illusion of what you really are.

You have to lose interest in your character before you can stop paying attention to your character, shift the focus of your attention away from your character, and refocus your attention on the true nature of your own being, which at the level of being an observer is your sense of being present. That sense of I-Am-ness is the only true thing you can ever know about yourself at the level of the illusion. You have to stabilize the focus of your attention on that sense of beingness while you also withdraw your attention away from the illusion. That's when you finally do nothing at the level of the illusion. You stop expressing emotions as you stop moving and become motionless. You fall into the void. That's when your world disappears from existence from your own point of view and your individual being dissolves back into the nothingness of pure undivided being.

## **The Desire to Become Desireless**

The only pure desire is the desire for spiritual enlightenment, which is the desire to become desireless. The only way one can become spiritually enlightened is to become desireless, which is the end result of one's willingness to give up the expression of all desires for embodied existence. That's the only way one can return to the nothingness of pure undivided being that is the source of one's individual consciousness and being.

Individual consciousness is the consciousness of change. That change can only occur due to one's expression of emotional energy that animates one's body and mind. One is always expressing that emotional energy in the world one perceives through the motion of one's own individual consciousness that arises at the central point of view of one's world. The motion of one's own individual consciousness, present at the central point of view of one's own world, is always relative to the motionless void, which is the source of one's individual consciousness and the source of that energy of motion. As one focuses one's attention on one's own world, one directs the expression of that emotional energy in one's world. One's focus of attention on living an embodied life in one's own world is how one emotionally animates one's own body and mind in that world.

When one expresses fear and desire, one is under the sway of Darwinian evolution and natural selection. One is under the sway of the pleasure-pain principle that underlies the survival of the fittest body. When one expresses fear and desire, one is only pursuing pleasure and avoiding pain. Whatever feels good as a desire is satisfied defends body survival, while whatever feels bad as a fear is manifested threatens body survival. The pleasure-pain principle is how natural selection and Darwinian evolution have designed the emotional expressions of fear and desire to defend the survival of the fittest body.

When one expresses fear and desire in a personally biased way, one is only defending the survival of one's own body in the world one perceives as one pursues pleasure and avoids pain in that world. As one expresses fear and desire in a personally biased way through personal bias in the focus of one's attention on living an embodied life in that world, one emotionally animates one's own body and mind in that world in a personally biased way. That personal bias in one's focus of attention and expression of emotions creates feelings of emotional self-limitation to the emotionally animated form of one's body, which leads one to emotionally identify oneself with that personal embodied form.

The first step in awakening to the truth of what one really is, is to lose that personal bias in the focus of one's attention and the expression of one's emotions. That loss of personal bias leads to the integrated state as the flow of emotional energy through one's own body and mind comes into alignment with the normal flow of energy through one's own world, which has no personal bias. When one loses that personal bias, the flow of all energy comes into alignment, and one feels connected to all things rather than

disconnected and personally self-limited to the form of one's body. When one enters into the integrated state, personal self-identification comes to an end. One can no longer emotionally identify oneself with the form of one's body that appears in that world. One can only know oneself to be a presence of consciousness at the central point of view of the world one perceives. The integrated state is an awakening within the dream. One remains aware of oneself as a presence of consciousness as one continues to dream the dream. The integrated state is often confused with spiritual enlightenment, which is the experience of awakening from the dream. When one awakens from the dream, the dream disappears from existence and only the true nature of the dreamer remains.

The first step in awakening to the truth of what one really is, is to lose personal bias in one's focus of attention on living an embodied life in the world one perceives and in the way one expresses the emotional energy that emotionally animates one's body and mind in that world. That loss of personal bias is how one comes into alignment with the normal unbiased flow of energy through one's world that animates all things in that world, which allows one to feel connected to all things rather than disconnected and personally self-limited to the form of one's own body. One loses that personal bias when one becomes willing to give up the desire to express the emotions of fear and desire in a personally biased way, which is only about defending the survival of one's body. That loss of personal bias is the only way one can overcome the pleasure-pain principle that underlies the survival of the fittest body. One has to stop pursuing pleasure and avoiding pain in a personally biased way. Instead, one simply accepts things as they are every moment with no desire that things be any different than they are in the moment.

When one loses personal bias, one simply accepts things as they are in the moment. One gives up one's own personally biased expression of individual will and accepts the way things are every moment as they naturally arise in the normal flow of things, which has no personal bias. That is the only way one can come into alignment with the normal flow of things and feel connected rather than disconnected and personally self-limited. That is the only way one can overcome the personal bias of personal self-identification that occurs as one emotionally identifies oneself with the animated form of one's body.

The integrated state is only the first step in awakening to the truth of what one really is. In the integrated state, one is still moving as the normal flow of energy through one's world is expressed. One is still moving as a point of consciousness at the central point of view of the world that one perceives. That motion is how that world appears to come into existence. In the integrated state, that motion comes into alignment with the normal flow of energy through that world. When one becomes spiritually enlightened, that world disappears from existence from one's own point of view. To experience the ultimate state of spiritual enlightenment, one has to stop moving relative to the motionless void.

To move beyond the integrated state, one has to stop moving. This becomes possible as one withdraws all the energy of motion away from the world that one perceives. One withdraws that energy of motion as one withdraws one's focus of attention away from that world. That is the only way one can stop moving relative to the motionless void.

One only withdraws one's focus of attention away from that world when one sees that world to be an illusion and loses interest in paying attention to that illusion. When one withdraws one's attention away from that world, one also withdraws one's investment of emotional energy in that world, which is how one becomes motionless. One sees that world to be an illusion as one severs one's emotional attachment to that world. As one emotionally detaches oneself from the world one perceives, one's consciousness rises to a higher level of consciousness. One sees that world as an illusion, like the projected and animated images of a computer-generated virtual reality world that appears on a computer screen. One sees one's own character in that virtual reality world to be an illusion of what one really is, and one loses interest in paying attention to that illusion.

The process of awakening to the truth of what one really is, is the process of severing all emotional attachments. Whenever an emotional attachment is severed, it feels like something dies inside. Ultimately, one severs one's emotional attachment to one's own character in the virtual reality world one perceives, and one's character becomes dead to oneself. That's when one really sees one's character in that world to be an illusion of what one really is, like an animated character that appears in a virtual reality world as the projected images of that virtual reality world are displayed on a computer screen.

When one finally sees the illusion to be an illusion, one loses interest in the illusion and stops paying attention to the illusion. As one withdraws one's attention away from the illusion, one withdraws one's investment of emotional energy in the illusion that animates the illusion. That's when one becomes able to stop moving relative to the motionless void. One enters into an ultimate state of free fall, and one's virtual reality world disappears from existence from one's own point of view. One falls into the void.

As one falls into the void, one has to remain aware of one's own sense of being present, which is the sense of I-Am-ness or being a presence of consciousness at the center of the world one perceives. If one remains aware of oneself in this way as one falls into the void, one becomes spiritually enlightened. One's individual being dissolves back into its source of pure undivided being. Individual consciousness, present at the central point of view of the world it perceives, dissolves into the nothingness of pure undivided being.

Spiritual enlightenment is only possible if one becomes desireless because that is the only way one becomes motionless. One has to stop moving relative to the motionless void, which is the source of one's individual consciousness. The desire to become desireless is the only pure desire that leads to the experience of spiritual enlightenment.

## **Surrender is the First Step in Awakening**

You have to start with your willingness to surrender. You have to give up your personally biased desire to control things in a self-defensive way. When you act self-defensively by expressing fear and desire in a personally biased way, you're only defending the survival of your body as you pursue pleasure and avoid pain. You're under the sway of the pleasure-pain principle and the survival of the fittest body. That's how evolution and natural selection have designed the expression of your emotions to defend body survival. When you express emotions in a personally biased way to defend body survival, you're only going along with that evolutionary design, which leads you to emotionally identify yourself with the emotionally animated form of your body since you really feel emotionally self-limited to that personal form. Personal self-identification is what evolution has designed your self-defensive emotions to do to you.

To paraphrase Shakespeare, nothing is good or bad except thinking makes it so. Inherent in every thought is an emotion. All emotional expressions are body survival emotions that defend the survival of the body. When you express fear and desire, your body is moving toward those things that promote body survival or moving away from those things that threaten body survival. Even emotional attachments are body survival emotions, since the immature body of a child cannot fend for its own survival and must emotionally attach itself to the body of its caregiver to survive. Nature has designed the expression of your emotions along the lines of the pleasure-pain principle. Whatever promotes body survival as a desire is satisfied feels good and whatever threatens body survival as a fear is manifested feels bad. In the sense of Darwinian evolution and the survival of the fittest body, natural selection has selected those emotions that best defend the survival of the body. When you judge things to be good or bad, you are only judging things in terms of the survival of your own body. When you construct a personal self-concept, you are conceptualizing yourself in terms of your own body, and that self-conceptualization is inherently emotional in nature, which is only about defending the survival of your own body. That's how you judge things to be good or bad, which leads to feelings of emotional self-limitation to the body and personal self-identification.

It all begins with personal bias in the focus of your attention that leads to the expression of personally biased emotions that leads to personal self-identification. Once you've emotionally identified yourself with the emotionally animated form of your body, you're screwed. You feel compelled to continue to express personally biased self-defensive emotions as though your existence depends on it. In reality, expression of personally biased self-defensive emotions only defends your body's survival, and your body is only an illusion of what you really are. If you want to realize the true nature of your existence, which is the true nature of your being, you have to lose that personal bias. You have to stop wasting your time and energy defending your body-based personal self-concept,

which is only an illusion of what you really are. That's why you have to surrender. You only lose that personal bias in the focus of your attention if you surrender.

When you surrender, you give up your desire to control things in a personally biased way. You give up your desire to defend yourself, which only defends the survival of your body. When you surrender, you stop interfering with the normal flow of things and simply allow things to play out in the normal way. When you surrender, you do nothing at a personal level. You simply watch as things play out in the normal way. You don't awaken from the dream, but you awaken within the dream. You know yourself to be a presence of consciousness that's only watching as things play out in the normal way. You know yourself to be the perceiving consciousness present at the central point of view of your own world that's only watching as things play out in the normal way.

You do nothing at a personal level when you stop interfering with the normal flow of things and lose that personal bias. You stop expressing personally biased emotions when you lose that personal bias in the focus of your attention. You simply allow things to play out in the normal way as you watch from your own point of view at the center of your own world. You no longer emotionally identify yourself with the emotionally animated form of your body that appears in the world you perceive. You no longer feel the need to express self-defensive emotions that only defend body survival. You know that your existence as a presence of consciousness does not depend on body survival.

The only true thing you can ever know about yourself is your own being, which at the level of being an observer of your own world is your sense of being present. You know yourself to be that presence of consciousness. You have nothing to defend in the world you perceive because the true nature of your existence does not depend on anything that appears to exist in that world. You simply allow things to play out in the normal way, and you put your trust in the normal flow of things to sort out what is for the best. When you surrender and put your trust in the normal flow of things to sort out what is for the best, you simply accept everything as it is every moment with no desire that anything be any different than it is in the present moment. You accept it all as it is because you see that everything only appears to exist in the present moment. If you interfere with the normal flow of things in a personally biased way, you only create an emotional disturbance in the normal flow of things and make things worse for yourself.

In the end, you surrender because you see the absurdity of your ego, with its insane desire to defend its survival at the expense of everything else that appears in the world you perceive. You see the absurdity of self-defense, which only defends body survival. You see your body is only an illusion of what you really are. You see that all your futile efforts at self-defense are a waste of time and energy that results from your mistaken assumption that you are a body and your delusional self-identification with your body.

You see that you are only emotionally identifying yourself with your body because you are expressing those self-defensive emotions that only defend body survival.

Your ego is nothing more than your personal body-based self-concept constructed in your mind that emotionally relates the behavior of your character that appears in the world you perceive to the behavior of all the other things that appear in that world. When you identify yourself with your ego, you do not see things from the wider perspective of that entire world. You only see things from the limited perspective of your character. When you identify yourself, you only see things from the limited perspective of your ego.

When your ego's insane desire to control things in a self-defensive way is carried out to an extreme degree in the world you perceive, and all other things are seen as potential threats to its survival, your ego feels compelled to destroy all those other things. Your ego eventually sees everything else as a threat to its survival and feels compelled to destroy everything else in order to defend its own survival. Underlying the ego's insane desire to defend its survival at the expense of everything else is the ego's fear of death, which is the fear of body death. All the self-inflicted problems of the world are a result of the ego's insane desire to defend its survival at the expense of everything else in a futile attempt to avoid body death, even if that requires destroying everything that threatens its survival. To survive, the insane ego is willing to destroy everything else in the world.

The ego's self-defense is insanity, since there can be no world for the ego to appear to live in if the ego sees everything else that appears in that world as a threat to its survival and destroys everything else in that world in a futile attempt at self-defense. There can be no world for the ego to appear to live in if that world only consists of the ego's own body. A world is a totality of all things that are energetically related to each other and cannot consist of a single body. That is the absurdity of the self-defensive nature of ego that only wants to defend its own survival at the expense of everything else.

### **Focus and Intent**

You have to be serious about awakening. You have to express a clear, unconflicted intent to awaken and focus your time, energy and attention on the awakening process like a laser beam. You have to discipline the focus of your attention and stop it from wandering around and becoming distracted by all the distractions of the world.

You have to bring yourself into focus. You have to look within and focus your attention on the only true thing you can ever know about yourself as you perceive your own world from the central point of view of that world, which is your own sense of being present, the sense of I-Am-ness. That's how you come to know yourself to be nothing more than a presence of consciousness at the central point of view of the world you perceive.

In the end, you have to stabilize the focus of your attention on your own sense of being present as a presence of consciousness at the central point of view of the world you perceive. You surrender so that you can lose personal bias in the focus of your attention and stop expressing emotions in a personally biased way. That's the only way you can stop emotionally identifying yourself with the emotionally animated form of a person that appears in the world you perceive. Only when that personal self-identification comes to an end can you know yourself to be nothing more than the consciousness present at the central point of view of the world you perceive.

In the end, you get fed up with the waste of time and energy. You see that you are only wasting your time and energy with your futile efforts to defend the survival of your own personal body-based self-concept, which is only an illusion of what you really are. Once you know yourself to be nothing more than the consciousness present at the central point of view of the world you perceive and that the true nature of your existence does not depend on body survival, you see you really have nothing to defend in that world. You see you're only playing a game, like a virtual reality game displayed on a computer screen. When you lose interest in playing the game and refuse to play, you're out of it.

In the end, you have to see the world you perceive as an illusion and see your character that appears in that world as an illusion of what you really are. You detach yourself from that world and sever your emotional attachment to everything you can perceive in that world, including your emotional attachment to your character, so that you can see that world as an illusion and see your character that appears in that world as an illusion of what you really are. When you see the illusion as an illusion, you lose interest in paying attention to an illusion. That's when you can finally withdraw your attention away from the world you perceive and withdraw your investment of emotional energy in that world that emotionally animates your character. That's the only way you can stop moving.

You have to become motionless before you can enter into an ultimate state of free fall and fall into the motionless void. If you stabilize the focus of your attention on your own sense of being a presence of consciousness at the central point of view of the world you perceive, while you simultaneously withdraw your attention away from that world and become motionless, the miracle of enlightenment happens. You fall into the void and your individual being dissolves back into its motionless source of pure undivided being.

### **The Final Step in Awakening**

There are several necessary steps in the awakening process: focus and intent, surrender, detachment, and looking within, but they all converge into the final step in awakening. In the end, you see the illusion for what it really is, as an illusion, and lose interest in paying attention to an illusion. You see the world you perceive as an illusion, like a movie you're watching as animated images of the world are displayed on a movie



screen and are projected to your own point of view outside the screen, or like a computer-generated virtual reality game you're playing on a computer screen. You see your character in the virtual reality world you perceive to be an illusion of what you really are. You know yourself to be a presence of consciousness, present at a point of view outside the screen, that is only watching the movie and playing the game. When you see the illusion as an illusion, you lose interest in paying attention to the illusion.

You only see the illusion as an illusion, like a movie you're watching on a movie screen, if you detach yourself from things. When you sever an emotional attachment, your consciousness ascends to a higher level, and you see things from the outside, like something that appears on a movie screen. Whenever you sever an emotional attachment, it feels like something is dying inside because part of your ego structure is dying away. Your ego structure or personal self-concept can only become emotionally constructed in your mind as your body-based personal self-concept is emotionally related to the concept of some other thing that appears in the world you perceive. As you sever your emotional attachment to that thing, part of your ego structure dies away and it feels like something dies inside. Ultimately, you have to sever your emotional attachment to your own character that appears in the world you perceive. Your character becomes dead to you as you stop caring about the life your character appears to live in the world you perceive. That's how you stop emotionally identifying yourself with your character. You cut the knot of personal self-identification with your character. Your consciousness rises to a higher level, and it is as though you have stepped out of the world you perceive as you sever your emotional attachment to your character and stop emotionally identifying yourself with your character. When your consciousness rises to a higher level and you step out of the world you perceive, you see all the images of that world from the outside, like the projected and animated images of a virtual reality world displayed on a computer screen. You see that world from the outside, as all the images of that world are projected to your own point of view like the animated images of a movie displayed on a movie screen.

When you see the illusion as an illusion and lose interest in the illusion, you naturally withdraw your attention away from the illusion and withdraw your investment of emotional energy in the illusion that animates your character in the illusion. When you withdraw your attention away from the illusion and stop emotionally animating your character, you sever your emotional attachment to your character, and your character becomes dead to you. You die at a personal level. You stop caring about your character. You stop being interested in the life your character appears to live in the illusion of a virtual reality world that only consists of animated images projected from a screen.

When you sever your emotional attachment to your character, you also cut the knot of personal self-identification with your character and stop emotionally identifying yourself with your character. When you stop being interested in the life your character appears to

live in the illusion, you withdraw your attention away from the illusion. You see your character is only an illusion of what you really are. When you see the illusion for what it really is, you can finally look away from the illusion, look within, and refocus your attention on the only true thing you can ever know about yourself, which is your own sense of being present as a presence of consciousness at the central point of view of the world you perceive. To do that, you have to lose interest in the world you perceive and the life your character appears to live in that world and only become interested in discovering the truth of what you really are. You do that because you see your character is an illusion of what you are. You do that by withdrawing your attention away from the life your character appears to live in the world you perceive and refocusing your attention on your own being, which is your sense of being present as a presence of consciousness at the central point of view of the world you perceive.

You have to focus your attention on your own being, which is your own sense of being present, to the exclusion of everything else you can perceive. When you've firmly focused and stabilized your attention on your own sense of being present, while you withdraw your attention away from everything else you can perceive, the miracle of enlightenment happens. You stop moving and fall into the motionless void. When you stop expressing emotions, you stop moving. You enter into an ultimate state of free fall and the world you perceive disappears from existence from your own point of view. Your individual consciousness, present at the central point of view of your own world, dissolves back into its motionless source of pure undivided consciousness, like a drop of water that dissolves back into the ocean. You no longer have the individual perspective of the observer, but the undivided perspective of the ocean. You not only see the nature of the world you perceive from a higher level of consciousness, but you also see the nature of the observer from that higher level, which is the perspective of the silence, darkness and emptiness of the void. From that highest perspective, you can only know the observer to be a point of consciousness that creates its own world whenever that point of consciousness is in motion. You see how the illusion of the world is created as the light of consciousness illuminates everything in the world you perceive from the central point of view of that world, like the light of a movie projector reflected off a movie screen. When you stop illuminating that world with the light of consciousness, when you stop paying attention to that world, when you stop animating and projecting the images of that world, when you stop perceiving that world, the illusion of duality, the illusion of self and other, the illusion of self-limitation, the illusion of division and separation, the illusion of motion and time, the illusion of the world, all come to an end. You know yourself to be the nothingness of the undivided ocean of consciousness.

### **Obstacles in the Journey of Awakening**

Forget about your theory of awakening. It's not enough to understand awakening and know what you are at a conceptual level. You are not a concept. To awaken, you have

to know what you are by having the direct experience of being what you are. You don't awaken at a conceptual level. You awaken at an experiential level. Concepts are only like guideposts that help direct you to the final destination in your journey of awakening.

You're not serious enough about awakening. You're only serious about developing a theory of awakening. You're not willing to do the work that is necessary to awaken by focusing your time, energy and attention on the awakening process. You spend all your time and energy developing the theory, lost in concepts, rather than using the concepts to help guide your journey. You're not willing to discipline the focus of your attention and stop it from wandering around and becoming distracted by all the distractions of the world. You're not interested enough in awakening. You're not interested enough in discovering the true nature of what you really are. You're only interested in wasting your time and energy on paying attention to whatever appears to happen in the world you perceive and paying attention to an illusion of what you are that appears in that world.

You're not willing to surrender. You're not willing to stop defending yourself at the level of a personal body-based self-concept, which is only an illusion of what you really are. You're not willing to stop defending the survival of the emotionally animated form of your body, which you defend as though your existence depends on it. You're not willing to accept that the true nature of your existence does not depend on body survival, which is only an emotionally energized self-replicating organized form of information. Death is only a disorganization of form, which has no effect on the existence of consciousness. You're not willing to lose the personal bias in the focus of your attention that gives rise to the expression of those personally biased self-defensive emotions that make you feel emotionally self-limited to the emotionally animated form of your body. You're not willing to stop resisting and fighting against things with your futile attempts to try to defend your personal self-concept and control things in a personally biased self-defensive way. You're not willing to stop interfering with the normal flow of things and simply allow things to play out in the normal way. When you surrender, you do nothing at a personal level. You simply watch as things play out in the normal way. You're not willing to accept everything as it is, which is only as things appear to be in the present moment.

You're not willing to surrender and accept everything as it is every moment with no desire that anything be any different than it is in the present moment. You accept it all as it is when you see that everything only appears to exist in the present moment, like the projected and animated images of a virtual reality world displayed on a computer screen. None of it is really real. None of it really exists. It's all unreal and has no being. The only thing that really exists and is really real is your own being, which is the true nature of what you really are, the presence of consciousness at the central point of view of the world you perceive. You surrender and accept it all as it appears to be because you see the true nature of what you are does not depend on anything that only appears to have momentary existence in the world you perceive. You surrender when you see

you really have nothing to defend in that illusory virtual reality world. The true nature of your being does not depend on anything that only appears to exist in that world.

You're not willing to sever your emotional attachment to whatever appears to exist in the world you perceive and sever your emotional attachment to your animated character that only appears to exist in that world. You're not willing to stop emotionally identifying yourself with your character and cut the knot of personal self-identification. You're not willing to stop defending the survival of your emotionally animated character, who only appears to exist in the world you perceive, as though your existence depends on it. To awaken to the truth of what you really are, you have to know yourself at the level of the perceiver, and not at the level of an image that you can perceive. You're not willing to sever your emotional attachment to your character and stop caring about whatever appears to happen to your character as your character appears to live an emotionally animated life in the world you perceive. You're not willing to sever your emotional attachment to your character, stop emotionally animating the life your character appears to live in that world in a personally biased way, and stop emotionally identifying yourself with your character. You're not willing to die at a personal level as your character becomes dead to you. You're not willing to step out of the world you perceive and see that world from a higher level of consciousness, like the projected and animated images of a virtual reality world displayed on a computer screen. You're not willing to die at a personal level as you die in personal self-identification with your character.

You're not willing to look within and discover the true nature of what you really are. The only true thing you can ever know about yourself at the level of the illusion is your own sense of being present, the sense of being a presence of consciousness at the central point of view of the world you perceive. You have to stabilize the focus of your attention on your sense of being present to the exclusion of everything else you can perceive, then totally withdraw your attention away from the world you perceive while you remain aware of yourself as that presence of consciousness. When you withdraw your attention away from the world you perceive, you withdraw your investment of emotional energy in that world that emotionally animates that world. That's how you stop moving as a point of consciousness. You have to become motionless as you remain aware of yourself as a point of consciousness. That's the only way you'll awaken to the truth of what you are.

### **How to Begin the Awakening Process**

Begin with the most direct and simplest steps: surrender and looking within. When you surrender, you allow things to play out in the normal way. You allow the flow of energy through your own body to come into alignment with the normal flow of things. You feel connected, rather than disconnected and self-limited. Everyone knows what it feels like to feel connected. You just relax and watch as things play out in the normal way. You feel connected as you stop interfering with things, stop fighting against and resisting

things, stop defending yourself, and stop trying to control things. You stop remembering a past and stop anticipating a future when you stop emotionally projecting yourself into an imaginary past or future. You just accept everything as it is in the present moment with no desire to change anything or for anything to be any different that it appears to be in the present moment. Your attention is focused only on the present moment. That's when you can look within and stabilize the focus of your attention on your own sense of being present. You only know yourself to be a presence of consciousness at the central point of view of the world you perceive. That's what it means to be with yourself. You know you're in a state of surrender when you let go and simply watch as things play out in the normal way and feel connected. You can then look within and stabilize the focus of your attention on your own sense of being present while you feel connected.

To go further, you have to sever emotional attachments. You know what it's like to let go and sever emotional attachments. You sever an emotional attachment to another when you see the immaturity and futility of your desire to control another's behavior and force them to satisfy your desires, like a child that wants to control the behavior of its mother. Your emotional attachments are self-defensive, like any other self-defensive emotional expression. You're only defending your own body or body-based personal self-concept.

You sever emotional attachments so that you can lose that personal self-concept. When you sever your emotional attachment to another, the feeling is relief, like you've dropped a heavy weight. You feel nothing for the other after you sever the emotional attachment, and the other becomes dead to you. Your ultimate goal is to sever your attachment to everything, including your own character. You have to stop caring about the life your character appears to live. Your character has to become dead to you before you can awaken. That's what it means to die at a personal level, which has to happen before you can awaken. You have to see the life your character appears to live in the world you perceive as an illusion of what you really are and lose interest in paying attention to that illusion. When you sever your attachment to your character, you cut the knot of personal self-identification and stop emotionally identifying yourself with your character. You step out of the world you perceive and see that world from a higher level, like a movie you're watching as images of that world are displayed on a movie screen. You see that world is no more real than the projected and animated images of a movie. You know yourself to be the perceiver, present at a point of view outside the screen, and not an image that you can perceive that's displayed on the screen. You see it all from the outside. The only true thing you can know about yourself is your own being, which you are aware of in the sense of being present as a presence of consciousness at your own point of view.

### **Be Here Now to Be with Yourself**

Allow yourself to feel connected. You know what it feels like to feel connected. You feel connected when you surrender and allow things to play out in the normal way. You stop

interfering with the normal flow of things and allow the animating flow of emotional energy through your own body to come into alignment with the normal flow of things. You stop resisting things, stop defending yourself, and stop trying to control things. When you surrender and feel connected, you accept everything as it is in the present moment with no desire to change anything or for anything to be different than it appears to be in the present moment. You stop remembering a past and anticipating a future when you stop emotionally projecting yourself into an imaginary past or future. Your attention is only focused on the present moment. That's what it means to be here now. That's when you can look within, focus your attention on your own sense of being present, and bring yourself into focus. As you look within, you can only know yourself to be a presence of consciousness at the central point of view of the world you perceive. That's what it means to center yourself and to be with yourself. Be here now so that you can be with yourself. Your goal is to stabilize the focus of your attention on your own sense of being nothing more than that presence of consciousness at the central point of view of the world you perceive that exists in the present moment, and to know yourself to be nothing more than that presence of consciousness at your own point of view.

Ultimately, you'll see the world you perceive to be an illusion and you'll lose interest in paying attention to that illusory world. When you sever emotional attachments, your consciousness rises to a higher level and you see that world from the outside, like the projected and animated images of a movie displayed on a movie screen. When you see the illusory nature of that world, you lose interest in paying attention to that illusory world and withdraw your attention away from that world. You also withdraw your investment of emotional energy in that world that animates that world. That's how you stop moving and fall into the void. Your individual being dissolves back into its motionless source of pure undivided being. When you withdraw your attention away from your own illusory world, that world disappears from existence from your own point of view, and all that remains is the true nature of what you really are, but before you can know yourself to be that ultimate nothingness, you have to stabilize the focus of your attention on your own sense of being present to the exclusion of everything else that you can perceive.

### **You Are the One and the Denial of Death**

You always are the One consciousness, but you only have the direct experience of knowing yourself to be the One consciousness if you become spiritually enlightened. Spiritual enlightenment is the direct experience of being nothing more than the One consciousness, which is the ultimate state of existence. That One consciousness can only be described in terms of negation as an undivided, unlimited and motionless void of absolute nothingness. All nondual traditions, like Advaita Vedanta, Zen Buddhism, Taoism, Gnostic Christianity, Kabbalah, and Sufism, are only trying to explain the nature of the One consciousness and give directions for how to become spiritually enlightened.

The problem is delusion. The nature of delusion is the dualistic concept of self and other. The concept of self and other can only arise when the One consciousness, which is undivided, differentiates itself into a focal point of perceiving consciousness at the central point of view of the world it perceives. That perceivable world is no more real than the projected and animated images of a computer-generated virtual reality world displayed on a computer screen. That virtual reality world only arises due to the motion of the focal point of perceiving consciousness at the central point of view of that world relative to the motionless void. That motion is how a virtual reality world appears to come into existence on a computer screen. The One consciousness is like a motionless ocean, and the computer screen is like a surface of the ocean that displays images of the virtual reality world. The motion of that focal point of consciousness relative to the motionless void is what underlies the flow of energy that energizes that virtual reality world, which allows for the animation of all the projected images of that world.

The dualistic concept of self and other can only arise when the One consciousness, which is undivided, differentiates itself into a focal point of perceiving consciousness at the central point of view of the world it perceives, which is the nature of individual consciousness that can be called the Self. That world appears to come into existence whenever that focal point of perceiving consciousness begins to move relative to the motionless void, since that is how the observer's world is constructed, like the projected and animated images of a computer-generated virtual reality world displayed on a computer screen. Everything the observer can perceive in its own virtual reality world is an organized form of information that is animated in the flow of energy and projected from the observer's screen to its central point of view like the projected and animated images of a computer-generated virtual reality world displayed on a computer screen.

Everything the observer can perceive in its own virtual reality world is perceived in a subject-object relation of perception. The observer itself, which is the focal point of perceiving consciousness at the central point of view of its own world, is perceiving those animated forms of information that are projected like images from its own screen to its own point of view outside the screen. The observer itself is the subject of the subject-object relation of perception. The projected and animated forms of information the observer perceives, as displayed on its own screen, are its objects of perception.

This subject-object relation of perception is how the illusion of duality is created, which gives rise to the dualistic experience of self and other. The dualistic experience of self and other, which is the nature of delusion that arises from the illusion of duality, is only created when the observer identifies itself with its character that appears as its avatar in its own virtual reality world. The observer's avatar is the central character of that virtual reality world, which appears as the central form of information in that world. That central form of information is always emotionally animated due to the observer's own motion relative to the motionless void. That motion is how the observer emotionally animates its

own body and mind, which gives rise to the mental construction and emotional animation of its own body-based personal self-concept. Delusion is created when the observer emotionally identifies itself with the emotionally animated form of its body due to its feelings of emotional self-limitation to that emotionally animated personal form.

Underlying the observer's delusional self-identification with the emotionally animated form of its body is the psychological self-defensive effect of repression. The observer is repressing its own knowledge of the true nature of what it really is and is defending its personal self-concept. Repression works through denial, and the most powerful form of denial is the denial of death. The observer's denial of death is a denial of its own reality.

The basic problem is the observer's desire to do things at an individual level in the world it perceives. The way the observer does things in that world is through the emotional animation of its own body and mind. That emotional animation can only arise from the observer's own motion relative to the motionless void, which is how the observer appears to live an embodied life in the world it perceives as the observer emotionally identifies itself with the emotionally animated form of its body that appears in that world.

The observer's individual desire to do things in the world it perceives is the nature of the denial of death. The observer is denying death through the expression of its desire to live an emotionally animated embodied life and to do things at an individual level in the world it perceives. The observer's desire to do things and to live an embodied life is its denial of death. That denial is how the observer represses its knowledge of the true nature of what it really is, which allows the observer to continue to emotionally identify itself with the emotionally animated form of its body that appears in that world. By doing things at an individual level and denying death, the observer is emotionally repressing its knowledge of its true nature and defending its own personal self-concept.

Spiritual enlightenment is the direct experience of the observer's true nature. Spiritual enlightenment is only possible if the observer stops doing things at an individual level in the world it perceives. That's the only way the dualistic concept of self and other can come to an end as the observer stops emotionally animating its body and mind. When the observer does nothing in the world it perceives at an individual level, the observer can no longer emotionally identify itself with the emotionally animated form of its body, and its body-based personal self-concept comes to an end. That personal self-concept is no longer emotionally constructed in the observer's mind. The end of that emotional construction of a personal self-concept is what it means to die at the level of the ego. The observer's ego is nothing more than its personal body-based self-concept that is emotionally constructed in its own mind. When the observer stops doing things at an individual level in the world it perceives and stops emotionally animating its body and mind, its ego is no longer emotionally constructed in its mind and dies away.



Ego death is the end result of the observer's willingness to stop doing things in the world it perceives and to stop emotionally animating its body and mind. Without that emotional expression, at the level of perceiving its own world, the observer can only know itself to be a presence of consciousness at the central point of view of that world. That is the only way the observer can stop denying death and stop repressing its knowledge of its true nature. That is the only way spiritual enlightenment is possible.

When the observer stops emotionally animating its body and mind and does nothing in the world it perceives, the observer stops moving relative to the motionless void. That's when the observer enters into an ultimate state of free fall and falls into the void. As the observer falls into the void and its world disappears from existence from its own point of view, if the observer remains aware of itself in the sense of being present, which is its own sense of being a presence of consciousness at the central point of view of the world it perceives, the observer becomes spiritually enlightened. The observer's individual consciousness, present at the central point of view of its own world, dissolves back into its source of undivided consciousness, like a drop of water that dissolves into the ocean. That's when the observer finally realizes the true nature of what it really is. Individual being dissolves back into its source of pure undivided being.

**What the Human Ego calls the End of the World, the Enlightened Being calls Awakening.**

*What the Caterpillar calls the End of the World, the Master calls Butterfly.*

Allow yourself to feel connected. You feel connected when you accept everything as it is every moment with no desire to change anything or for anything to be any different than it appears to be in the present moment. You just watch as things play out in the normal way. You allow the flow of animating emotional energy through your body to come into alignment with the normal flow of energy through all things. You lose the personal bias in the focus of your attention that leads to the expression of personally biased emotions. You stop resisting, fighting against and interfering with the normal flow of things. You stop defending yourself and trying to control things. You see that you're only defending an illusion of what you really are. You stop emotionally projecting yourself into an imaginary past and future and stop remembering a personal past and future. Your attention is only focused on the present moment. That's what it means to be here now. That's when you can look within, bring yourself into focus and focus on your own sense of being present. That's what it means to be with yourself. You can only know yourself to be a presence of consciousness at the central point of view of the world you perceive.

Allow yourself to be here now, focused only on the present moment, feeling connected rather than disconnected and personally self-limited, only watching as you allow things to play out in the normal way, so that you can be with yourself and know yourself to be

that presence of consciousness at the center of your own world. You have to stabilize the focus of your attention on your own sense of being present before you can awaken.

You do this so that you can do nothing. You can only awaken to the truth of what you really are, the ultimate nothingness, if you do nothing. Do nothing so that you can ultimately be nothing and know nothing. You do nothing when you see the world that you appear to live in is only an illusion, like the projected and animated images of a virtual reality game being displayed on a computer screen, you see your character that appears to live an emotionally animated embodied life in that world is only an illusion of what you really are, and you lose interest in paying attention to that illusion. When you withdraw your attention away from the illusion, you withdraw your investment of emotional energy in the illusion that animates the illusion. That's how you do nothing.

If you remain aware of yourself as a presence of consciousness at the center of that illusory world while you do nothing in that world, that world disappears from existence from your own point of view, you fall into the void, your individual being dissolves back into the undivided being of the void, and you become enlightened. When you lose interest in playing the game and refuse to play the game, you're out of it.

Your curiosity about the world only reflects your interest in whatever appears to happen in the virtual reality world you perceive, which is no more real than the projected and animated images of a virtual reality game being displayed on a computer screen. You're interested in how that virtual reality world is constructed and operates. You're interested in whatever appears to happen in that world. Your curiosity only reflects your lack of discipline. You're being undisciplined as you allow your attention to wander around and become distracted by all the distractions of the world. If you were really interested in discovering the truth of what you really are, you would lose interest in that virtual reality world, withdraw your attention away from that world, look within, and shift the focus of your attention onto your own sense of being present as a presence of consciousness at the center of that world, which is the only true thing you can ever know about yourself.

Worse than your curiosity about the world is your self-defensiveness, as you defend the survival of an illusion of what you really are that only appears to exist in the world you perceive. You're only defending the survival of your emotionally animated embodied character that only appears to exist and live a life in that illusory world, which is no more real than the projected and animated images of a virtual reality game being displayed on a computer screen. You're under the sway of Darwinian evolution and the survival of the fittest body, the pleasure-pain principle, as you defend the survival of your character by expressing fear and desire in your pursuit of pleasure and avoidance of pain.

You can only awaken to the truth of what you really are if you surrender. You have to stop defending the survival of your body-based personal self-concept. You're only

defending the survival of an illusion of what you really are. When you surrender, you accept death. Your denial of death is only a denial of the truth of what you really are. You're repressing the knowledge of what you really are as you defend the survival of your character and deny death. You do this by doing things in the world you perceive. Your desire to do things in that world is your denial of death as you emotionally animate the body and mind of your character. You deny death with your desire for embodied existence, which is how you emotionally animate the body and mind of your character. Your denial of death is an expression of desire. If you really want to awaken, you have to accept death. You have to become willing to do nothing. You have to become desireless as you stop expressing emotions and give up your desire for embodied existence. You do nothing when you see the embodied life that your character appears to live in the world you perceive is only an illusion of what you really are and you lose interest in paying attention to that illusion. You have to withdraw your attention away from the illusion while you simultaneously focus and stabilize your attention on your own sense of being a presence of consciousness at the center of the world you perceive.

You accept death because you see that your denial of death is only a denial of the true nature of what you really are. When you accept death, you become willing to let go and move on. To awaken, you have to cultivate that willingness to let go and move on.

You can only awaken to the truth of what you really are if you sever your emotional attachment to your character. You have to stop caring about the embodied life your character appears to live in the world you perceive. You have to see that life to be an illusion and lose interest in living it. You sever the emotional attachment when you give up your desire for embodied existence and become willing to do nothing as you stop emotionally animating your body and mind, which can only happen when you lose interest in living that life, stop paying attention to it, and withdraw your attention away from it. You have to cut the knot of personal self-identification by severing the emotional attachment. That's what it means to accept death, let go and move on. When you sever your emotional attachment to your character and stop caring about the life your character appears to live in the world you perceive, your character becomes dead to you. Your character has to become dead to you before you can let go and move on.

*Remain as the witness and everything is smooth.* This isn't an awakening from the dream but an awakening within the dream. You have to die to the person before you can be reborn to the spirit. You have to awaken within the dream before you can awaken from the dream. The world only becomes dead to you after your character becomes dead to you. You can only remain as the witness if you surrender. You do nothing at a personal level. You only watch as things play out in the normal way. You express no personally biased emotions and don't emotionally identify yourself with the emotionally animated form of a person that appears in the world you perceive. Instead of feeling disconnected and self-limited, you only feel connected. You just accept everything as it

is every moment with no desire that anything be any different than it appears to be in the present moment. You have no desire to change anything, and so you don't emotionally project yourself into an imaginary personal past or future. Your attention is only focused on the present moment. That's when you can look within, bring yourself into focus and know yourself to be the presence of consciousness at the center of the world you perceive. You die in self-identification with the person and are reborn of the spirit. You know yourself to be the spirit. You bring yourself into focus as you focus your attention on your own sense of being present. Be here now to be with yourself. Remain as the witness. Stabilize the focus of your attention on that sense of being present.

The pleasure-pain principle operates through reward and punishment. You're being rewarded with pleasure when you defend the survival of your body and being punished with pain when you fail to defend the survival of your body. That system of reward and punishment is what keeps the focus of your attention personally biased, which leads to your expression of personally biased emotions and leads you to emotionally identify yourself with the personal form of your body. If you are to have any hope of awakening to the truth of what you really are, you have to overcome the pleasure-pain principle.

You can only overcome the pleasure-pain principle if you surrender and stop defending the survival of your body as though your existence depends on it. You have to see the emotionally animated form of your body and your body-based personal self-concept as an illusion of what you really are and lose interest in pursuing pleasure and avoiding pain in the defense of body survival. You have to become willing to accept death, let go and move on. You have to become willing to do nothing at a personal level. You have to become willing to allow things to play out in the normal way without any personal interference. You just watch as things play out in the normal way. Sometimes there is pleasure and sometimes there is pain, but if you stop interfering with the normal flow of things at a personal level, you will always feel connected.

The personal perspective is always personally biased. Once consciousness emotionally identifies itself with the emotionally animated form of a person, it feels compelled to defend the survival of that personal form as though its existence depends on it, which leads to personal bias in the focus of its attention and the way emotions are expressed that animate that embodied personal form. Everything that appears to happen is judged to be good or bad from the perspective of the person in terms of whether that happening promotes body survival, which feels good, or threatens body survival, which feels bad. The ascended perspective of the void is always non-identified and impersonal. Events are seen to be no more real than the projected and animated images of a virtual reality that's being displayed on a viewing screen. From that impersonal perspective, nothing is good or bad. Everything that appears to happen in a virtual reality world only happens on the surface and has no depth to it. It is all superficial and has no meaning. From the non-identified impersonal perspective of the void, it is all unreal and has no being.

If you want to awaken to your true nature, you have to turn the focus of your attention away from the superficial, look within, refocus your attention on your own sense of being present, and become aware of yourself as being a presence of consciousness at the center of the world you perceive. You have to become aware of your own beingness and presence. You turn away from the superficial and look into the depth of your own being, into the silence and emptiness of your own being. You can only do that by turning your attention away from the unreality of the world you perceive and refocusing your attention on your own sense of beingness and presence, by looking into the emptiness.

You surrender because you see that you're only defending an illusion of what you really are. You surrender because you see that the true nature of what you are needs no defense. You're only defending the survival of an illusion of what you are, an animated character that appears in a virtual reality game that you are playing, which is no more real than the projected and animated images of a virtual reality world that only appears to exist as it is being displayed on a computer screen. You surrender because you see that none of it is real. The only thing that is really real is the true nature of what you are.

*The unreal has no being; the real never ceases to be*

You have to become aware of your own beingness and presence. You become aware of yourself, the Self that is nothing more than a presence of consciousness at the center of the world you perceive, as you focus your attention on your own sense of being present. That is the only true thing you can ever know about yourself. You have to bring yourself into focus, center yourself and be with yourself. To be with yourself is to become aware of that sense of being present, to know yourself to be nothing more than that presence of consciousness, and to become aware of your own sense of beingness and presence.

You surrender when you stop trying to defend yourself. You stop trying to control things and stop interfering with the normal flow of things. You see that you are only defending the survival of an illusion of what you really are. The true nature of what you are needs no defense. You surrender when you stop doing things at a personal level. You stop expressing personally biased self-defensive emotions that only defend the survival of the illusion. When you do nothing at a personal level, you allow things to play out in the normal way. You only watch from your seat in the audience. You step out of the world you perceive and see that world from the outside, like a movie you're watching that's being displayed on a viewing screen. You see that the world you perceive is no more real than the projected and animated images of a movie. You can only know yourself to be the presence of consciousness at the central point of view of that imaginary world.

You know you've surrendered when the flow of energy comes into alignment and you feel connected as you watch things play out in the normal way. When you surrender and stop expressing personally biased self-defensive emotions, you stop emotionally

projecting yourself into an imaginary past and future and stop remembering a personal past and anticipating a personal future. Your attention is only focused on the present moment. You become aware of yourself as you look within and focus your attention on your own sense of being present. You become aware of your own sense of beingness and presence. That's where you have to stabilize your attention before you can awaken.

You have to become willing to do nothing at a personal level. You have to see the futility of everything you can do in the world you perceive and the meaninglessness and pointlessness of your own life. You have to see the futility of defending the survival of your character as your character appears to live a life in the world you perceive because you see that you are only defending the survival of an illusion of what you really are. You only become willing to do nothing at a personal level because you see the futility of everything you can do at a personal level, which is the level of an illusion. The illusion only appears to exist on the surface and has no depth to it. You see the superficialness and shallowness of living that life, the meaninglessness and pointlessness of your own life, the futility of everything you can do in the world you perceive as you appear to live that life. To discover the truth of what you really are, you have to go deeper.

The only way you can go deeper into your own being is to become aware of your own beingness and presence and know yourself to be a presence of consciousness at the center of the world you perceive. You have to bring yourself into focus and center yourself. You have to be with yourself. That's where you have to stabilize the focus of your attention. You have to lose interest in the world you perceive and lose interest in whatever appears to happen in that world, including whatever appears to happen to your character, because you see the whole thing is an illusion. You have to stop caring about the life your character appears to live in the world you perceive and sever your emotional attachment to your character. You sever your emotional attachment to your character when you see the whole thing is an illusion, lose interest in paying attention to the illusion, withdraw your attention away from the illusion and withdraw your investment of emotional energy in the illusion. You detach yourself from the illusion. Ultimately, you have to go deeper than knowing yourself to be the presence of consciousness at the center of the world you perceive. You have to look into the emptiness of your own being and enter into the emptiness of your own being. You have to go into the emptiness of your own being. To go to the deepest level, you have to accept death as you become willing to let go and move on. That's why you surrender and detach yourself.

You only care about whatever appears to happen in the world you perceive because you have a personal perspective, which always carries personal bias with it. When consciousness emotionally identifies itself with the emotionally animated form of a person that appears in the world it perceives, it feels compelled to emotionally defend the survival of that personal form as though its existence depends on it. Your expression of personally biased emotions leads to your feelings of self-limitation to that personal

form and perpetuates your personal self-identification. You're creating that self-identified state of self-limitation as you express and perceive your emotions. You're expressing personally biased self-defensive emotions that make you feel emotionally self-limited to that personal form as you perceive your emotional expressions. That's the only reason you care about whatever appears to happen to the person in the world you perceive. You're personally identified. When you emotionally identify yourself with the form of the person, you carry personal bias from that personal perspective, and you express your emotions in a personally biased way. Your goal is to lose that personal bias by giving up that personal perspective. Your goal is to have an impersonal non-identified perspective.

You can only do that if you stop expressing personally biased self-defensive emotions. That's why you surrender and detach yourself. You have to stop defending yourself. You have to stop caring about the life the person in the world you perceive appears to live. You have to sever your emotional attachment to your character and cut the knot of personal self-identification. You have to stop taking yourself to be a person that only appears to exist in the world you perceive. You have to see the whole thing to be an illusion and lose interest in paying attention to an illusion. You have to stop defending the survival of an illusion of what you really are. You have to stop expressing emotions.

The whole process of awakening is to bring yourself to the point of doing nothing. The irony of everything you do in the process of awakening is to bring yourself to the point of doing nothing. The goal is to stop expressing emotions and become motionless. That can only happen when you see the whole thing to be an illusion, lose interest in paying attention to an illusion, and withdraw your attention away from the illusion. You have to bring yourself to the point of doing nothing before you can be nothing and know nothing.

*To be born means to create a world around yourself as the center.*

*You are that point of consciousness.*

*By your movement the world is ever created.*

*Stop moving and there will be no world.*

-Nisargadatta Maharaj

The irony of the process of awakening is that everything you do to awaken is to bring yourself to the point of doing nothing. You can only stop expressing emotions, become motionless and do nothing when you see the world you appear to live in as an illusion, lose interest in paying attention to that illusion, and withdraw your attention away from the illusion. That's when the world you perceive disappears from existence from your own point of view and only the true nature of your beingness remains. You have to bring yourself to that point of doing nothing before you can be nothing and know nothing.